DAYLIGHT SAVING TIME BEGINS SUNDAY!







TEAM NAITSA

Photo by Laura Dettling

NAITSA's new Executive Council members get together for a photo on Wednesday. VP Academic Jackie Albert, left, Student Services VP Jonathan Bilodeau, VP External Miranda Holman and President Teagan Gahler will officially take office May 1. See story, page 3.







ST. PADDY'S DAY

NEWS&FEATURES Celebrity chef coming to NAIT

By JENNY OATWAY

For the fourth year in a row, NAIT will be host to a celebrity chef for the 2012 Hokanson Chef in Residence program. This year's special guest is none other than Toronto chef Massimo Capra.

Capra is an Italian born chef, originally from near Cremona, Italy, who immigrated to Toronto in 1982. He started his career working in many of Italy's best restaurants and hotels and since then has helped launch the lofty reputations of many famed Toronto restaurants.

He is currently the co-owner and head chef of the Mistura Restaurant and the popular live music venue Sopra Upper Lounge. Both offer fine contemporary Italian cuisine, which Capra specializes in.

The Hokanson Chef in Residence program first began in 2009 as a way for NAIT's Culinary Arts students to be exposed to new and diverse cooking techniques and trends by masters in their chosen field. In the past three years, NAIT has played host to Rob Feenie, David Adjey and Susur Lee.

The program aims to bring well-known chefs with a history of successful restaurant ownership, TV appearances and published cookbooks to NAIT. During their week in residence, the chefs perform presentations and demonstrations, working with the students all along the way.

Capra himself is best known for his extensive appearances on television, arguably his most famous being a guest chef on the popular Food Network show Restaurant Makeover. Capra is also a regular guest expert on Citytv's Cityline.

He has also appeared on such cooking shows as The Beer Buddies, A Moveable Feast, Buddies of The Vine, Christine Cushing and Three Takes. Chef Capra is frequently featured as a guest columnist for the Globe and Mail in its Life section.

He has also authored two cookbooks, the first called *One-Pot* Italian, and the second, a recent release, 3 Chefs: The Kitchen Men.

Capra will be in residence at NAIT from March 19-23. Ernest's will be hosting the exclusive "Mangia with Massimo" luncheon on

Thursday, March 22, where guests will enjoy a three-course meal prepared by the Culinary Arts students and Massimo himself.

NAIT will be giving away four tickets to this luncheon, along with a copy of Capra's newest cookbook. You can enter to win at www.nait.ca. Tickets can also be purchased for \$50 by calling Ernest's Samantha Well at 780-471-8676.



Massimo Capra

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NEWS & FEATURES

New executive council

By ALI MAGEE

The voting process for 2012-2013 has ended, and new student representation has been elected, with a few familiar faces leading the way. The group will take up their duties on May 1.

Three of the new student government executives have already worked within NAITSA, either as members of the Executive Council or members of the student Senate. Each has plans for changes and is dedicated to maintaining a positive student environment at NAIT.

Teagan Gahler President

After serving this past year as Vice President Academic, Teagan Gahler is now the new president of the NAIT Students' Association.



As president, Gahler's duties include chairing all meetings of Executive Council, being responsible for the vice-presidents, acting as NAITSA's official liaison to the administration and ensuring that students are represented to all levels of government.

Teagan Gahler

While in her position

as VP Academic, Gahler created a new online system for students to use to voice their opinions, ideas and concerns to NAITSA, which created a convenient and easy way for students to have an open relationship with NAIT's student government.

Gahler's plans for her term as president are to continue an open policy where students are able to talk to her any time. Encouraging more campus involvement is also a major part of Gahler's plan for the upcoming year and she hopes ensure that the Souch and Patricia campuses are included in that effort.

Involved with various NAIT committees, Gahler wants to ensure that the student voice will be present as often as possible.

Jackie Albert

Vice President Academic

Jackie Albert, NAIT's newly elected Vice President Academic, also has a background in NAIT student government. Albert has spent three years as a part of the NAIT Senate as well as working as a Frosh Leader.

The VP Academic's responsibilities include being the official liaison to NAIT Academic Council, dealing with issues arising between stu-



Jackie Albert

free time.

dents and other students or the institution, advocating for student academic rights and being the official representative to NAIT's academic faculty.

Albert has made valuable contacts and is proud of the many strong relations she has built over the years.

As a second year Instrumentation Engineering student, Albert wants to make it clear to students of NAIT that she understands student life and will fight to help students get what they want at NAIT and make their experience at the school a stress

Miranda Holman Vice President External

Another familiar face has rejoined her comrades for another year as student representation. Currently serving as Vice President Student Services, Miranda Holman has changed her

role and is now Vice President External, a position which calls upon her to

Miranda Holman

nal advocacy organizations of which NAITSA is a member.

With her marketing diploma in hand, Holman is currently a fourth year Business student.

As well as being heavily involved in NAIT's student government, Holman was also the 2010 Shinerama co-ordinator at NAITSA, helping to organize one of the biggest fundraising events of the year. Since then, Holman has been nominated to be Shinerama's associate regional director of Alberta.

NAIT takes on Metis project

Sharing a similar vision with the new president, Holman wants to maintain involvement with the other NAIT campuses. During the past year while in her role as Vice President Student Services Holman made it a prime concern to visit Souch and Patricia campuses at least once a month to communicate with students and plan events.

Holman is a part of the team working on having the campus bar, the Nest, renovated and assures students that if other changes need to be made at the school, she will make it priority to make the necessary improvements.

Jonathan Bilodeau Vice President Student Services

The only new face to join NAITSA's executive council is Jon Bilodeau, who has been elected Vice President Student Services.

The VP Student Services is responsible to help develop campus life at NAIT, to act as the official

liaison to NAIT on campus life issues, to ensure that planned events and activities appeal to students and to work with satellite campuses on event planning.

Bilodeau is an Accounting student at NAIT and is confident in his abilities as a leader as well as representative of students. The new

member of the student government believes that his position is responsible for the culture in and around NAIT and already has grand plans for the upcoming year.

Bilodeau aspires to focus on new student and mature student transitions, which he plans to make easier by planning events to promote networking. Athletics within the school are also a major topic Bilodeau wishes to make a centre of attention. He wants to see more recognition within the sports community and promote the school teams that have been a proud part of NAIT for many years.

Bilodeau also plans to give some of his attention to the school's international and transfer students, hoping to enrich their experiences at NAIT.



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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.



Thelma Chalifoux

By ALI MAGEE

NAIT continues to celebrate its diversity with a new Métis history project underway.

The school is creating a virtual museum to help preserve Métis history and the Michif language, which is the language of Canadian and U.S. Métis, and is still used in Métis communities across the nation. The museum is a collaboration project between NAIT, the Michif Cultural and Métis Resource Institute in St. Albert and Avatar Media.

The website will be hosted by Thelma Chalifoux, a Métis leader at NAIT who says, "it's a history that is so rich and so interesting."

She has been a large part of the planning, organizing and research of the project.

"NAIT and Avatar Media will be bringing Canadian history to life through this virtual museum," Chalifoux said.

When entering the museum, guests will be virtually greeted by Chalifoux, who will remain as their guide for their tour of the different compartments of the museum. The museum will feature individual "rooms" that guests can use to explore artifacts and historically important documents.

Items will be three-dimensional, giving users the most realistic museum tour possible while on the web.

An important aspect of the museum will be the audio clips that have been recorded and archived for historic purposes. The clips include audio from Metis elders and are in the Michif language.

The museum has plans for the future to include a documentary about Chalifoux, who was the first female Metis to become a part of the Canadian Senate. Chalifoux was also the founder of the Slave Lake Friendship Centre and was a large part of the Metis Association of Alberta Land and Welfare departments.

With her background, experiences and willingness to teach others about Metis history and future developments, Chalifoux is a vital part of the project.

The planners of the museum hope the features and technologies used for the virtual experience will help preserve the Metis history, as well as help students and other people learn and explore the Metis culture that is such a vital piece of Canadian history.



We want your views

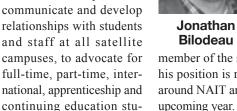
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continuing education students to NAIT and all levels of government and to represent NAITSA with exter-

A little desert for dessert

By KEVIN ALBUS

Two weeks ago, the NAIT culinary team flew back from Dubai with seven medals from the Emirates Salon Culinaire.

Twenty internationally renowned chefs judged 1,300 young chefs from across the world in competition. This was the first time NAIT has participated in a culinary competition in the Middle East.

Team members had 60 minutes to prepare a salmon dish and 60 minutes to prepare an Australian lamb dish, using only the shoulder and leg.

NAIT's Ashley Broad, Phillip Robidoux and Francis Flores won silver medals for the Australian lamb dish. No small feat, with 1,300 chefs from across the world involved in the competition, and of them, roughly 10 to 12 per cent earning medals.

Mike Seiffert and Tiffany Sorensen received two bronze medals. In this case, last is certainly not least. Vinod Varshney, the chair of Culinary Arts, was pleased with his students' accomplishments.

"It was a great experience for the students. This is a very intense competition," said Varshney.

They had little time to explore the city during the competition. The culinary team checked out the world's tallest man-made building, the Burj Khalifa, which sits at 2713 feet high. After that, they visited Dubai's six-star hotel, the Burj Al Arab. And before they left, they took a desert safari tour.

The pastry team won two medals at the National Student Pastry Competition called Decadence: A Celebration of Chocolate and Icewine.



Over two days, participants were required to prepare pastry products featuring chocolate and ice wine. The medallists were Meaghan Koop and Kalynn Dobos, who received a gold medal in Best Dessert using Icewine.

Teja Atkinson and Sheldon Polowick got the bronze medal for Best Hot Dessert.

The pastry competition was held at Niagara College, where teams from across North Amer-

ica competed.

What's next for the NAIT culinary team? The International Culinary Olympics.

The International Culinary Olympics is a world-class event held every four years. This event includes live cooking competitions and plate presentations. Presentations change daily throughout the four-day event. More than 1,000 cooks from 33 countries competed for the Olympic champion title in 2004.

There were 115 national and regional teams participating. The event, usually held in Germany, was originally hosted in Frankfurt and Berlin and is now being held for the fourth time in Erfurt.

Like the other competitions, this won't be easy and will present a challenge to the NAIT culinary team. The selection of the team will be made on March 17.

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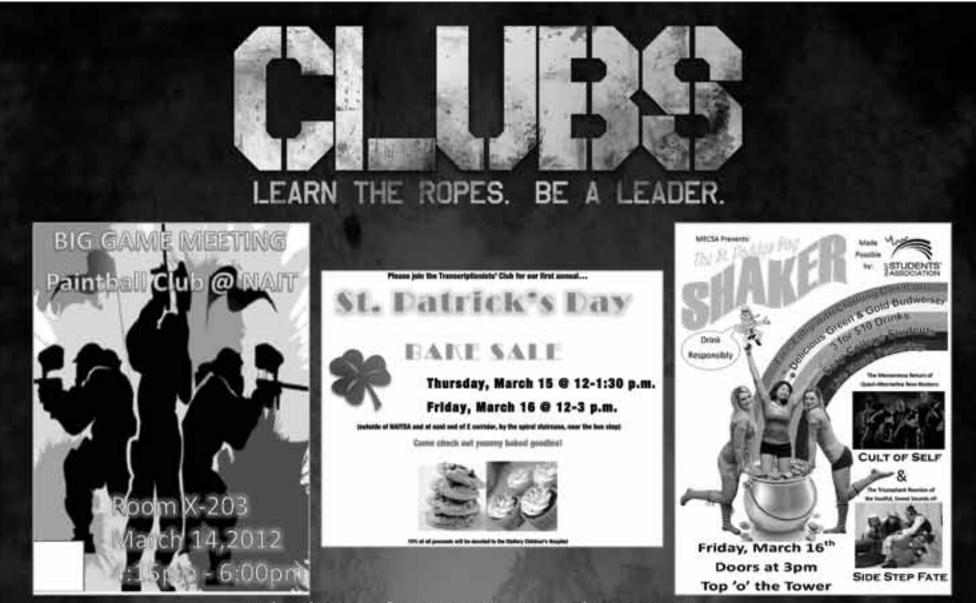
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What's Going on Around Campus...

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 Game Dev Club WHAT Info Session WHEN March 13; 5:00 – 9:00pm WHERE Shaw Theatre

WHO RT2013 WHAT Bake Sale WHEN March 14; 11:00am – 3:00pm WHERE NAITSA and HP Centre (outside computer commons)

HID Latter-Day Saints Student Association HIM Weekly Meeting HIM Thursdays; 11:15am - 12:10pm and 12:15pm - 1:10pm HIMERE J006

Muslim Students Association Weekly Prayer Fridays; 12:15pm – 1:10pm

WHD Club 5 Star WHAT Pubnight WHEN March 10; 8:00pm – 1:00am WHERE Canadian Brewhouse

whiti Accounting 을 NAIT what CRA Tax Prep when March 24; 9:30- 2:00pm where TSIS



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NEWS & FEATURES

Feds shut student job centres

By LEE RICHARDSON **CUP Ontario Bureau Chief**

TORONTO (CUP) - The federal government is closing job centres that help students find seasonal summer employment, shifting its services online to save \$6.5 million a year.

The offices, called Service Canada Centres for Youth, were open temporarily from May from August to offer job-finding advice and career-building tips to youth aged 15-24.

"The number of students visiting these sites has significantly decreased over the years, making them less effective and relevant for today's youth," said Alyson Queen, spokesperson for Human Resources and Skills Development Minister Diane Finley. "Young Canadians have told us that they want to access more government services online, so as a result we are expanding our website with more resources to help them find employment."

While Finley announced on Jan. 27 that services were moving to the government's youth employment site, there was no mention in that announcement that the centres would be closing.

Diverse reaction has followed the announcement.

"It doesn't surprise me, because this government has shown its willingness to cut its expenses on the backs of the most vulnerable," said Liberal MP for Papineau Justin Trudeau, the party's critic for youth and post-secondary education. "Young people, unfortunately, are easy targets in that sense."

The centres provided career advice such as resume writing and interview techniques, and were stationed country-wide with about 100 in Ontario alone.

"There might be a good reason to move important aspects of these job centres online, but the other side of it is you probably need, more than ever, good forms of training, coaching and development of skills ultimately to get around the labour market," said McMaster University Political Science professor Peter Graefe. "All that is lost when we move things online."

The shift online comes at a time when unemployment among Canadian youth is 14.5 per cent, according to Statistics Canada - almost double the rate of unemployment in all Canadians.

"We need to be ensuring that youth have access to jobs and that youth have access to services to find jobs," said NDP post-secondary education critic and MP for Scarborough-Rouge River Rathika Sitsabaiesan. "We should be encouraging our youth to find better employment, we should be providing

that support, but we can't." Trudeau said that the issue has been brought up briefly in the House of Commons.

"It came up at one point in question period and [the Conservatives'] answers have been

about streamlining, offering the same quality of services, making better use of taxpayers' dollars," said Trudeau. "But this is not making better use of taxpayers' dollars, this is removing investments in young people."

The federal Conservatives, however, are reiterating the fact that the summer job-finding services will still continue, being integrated into already existing Service Canada offices.

"What we want to be clear about is students will continue to have access to in person ser-



vice ... at our Service Canada offices," said Queen. "There is no longer the need for these seasonal temporary offices."

Also repeated by the federal government is the statement that more young people are going online. But according to Graefe, excluding those who cannot navigate the online job market could be problematic, and that while those who know how to move from the online job market to getting a job will do well, others who might not have access or experience with looking for jobs online could be left behind.

"There [are] problems that haven't been thought of," Graefe said, adding that if youth use other mainstream online job sites to find work, support for the traditional centres may not be enough for them to stay open.

"It's a government that's looking to cut as much as possible, in places that they think people aren't going to feel it, and let's face it - youth aren't going to come out for these employment centres," he said.

Fim Hortons resizes upward

By BRETT PLAXTON

On Jan. 23, Canadian coffee giant Tim Hortons introduced a new size of cup for

TIM HORTONS SHUFFLES SIZES

Tim Hortons shuffles cup sizes to accommodate

new extra large.

24 oz.

ANDREW BARR / NATIONAL POST

ormerh

you will, is their new extra large size, and all sizes below it have been downsized by one. This happened just recently after Starbucks introduced the 31 oz. Trenta size

their hot drinks. The 24 oz. cup, or 710 ml if

of drinks. Misty Jacobson, a Culinary Arts stu-

dent, welcomed the new size with open arms, saying it is "absolutely awesome!" "More for less, why not?" Says Kyle Plitt, an Electronics Engineering Tech student. And Cleopatra Bethune, Charlotte Campbell and Ashley Dack, all Business students, said: "We love the new cup size. It's cheap and good coffee,

so more for your money!"

While many people like the new size, there the lids still suck." are still some people who do not like the idea of the new cup, including DMIT students Fabian Bruhin, Nathan Shankoff and Kayla Shapka. Kayla says, "They are too big and we are going to become fat like America."

Fabian is wary of larger servings.

"We are Americanizing Tim Horton's for bigger cups," he said.

Nathan sees the influence of the United States in all of this."It seems like an American thing to basically supersize the drinks," he said

The lids seem to have people annoyed as well. Electronics Engineering Tech Student Michael Rangan says, "The coffee is great, but

The three girls in the Business program also say the cups need better lids. The XL cup does have a new white lid that is slightly thicker and is slightly better than the other lids.

I personally like the new cup size. That being said though, I do agree that the lids could be improved. Though it is way too much coffee, 710 ml makes for the right amount of hot chocolate, especially with these cold snaps we have been getting.

If you have yet to try the new size, go to the Tim Hortons in Bytes at the HP Centre here at NAIT and try one today. If you don't like Tim Hortons, I guess there's no pleasing you.



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CLAIRE THEOBALD Editor-In-Chief

The phrase "Freedom of Religion" sometimes seems like a sick joke.

Instead of ensuring that all people are able to express their religions freely, without discrimination, the phrase has been weaponized and twisted beyond recognition.

Now, "Freedom of Religion" has turned into more of a freedom to limit others' freedoms based on your personal religion, and has been used to block rights for homosexuals, impose legislation on pregnant women and even block the inclusion of birth control in American medical insurance.

After 9/11, Americans gathered together and showed support for those lost in what was a truly tragic and devastating event. However, the tragedy left in its wake a culture of fear and misunderstanding that has opened the door for discrimination against Muslims and has spread Islamophobia.

"Just because certain people are extreme or certain people kill people, you can't say all those people are like that," said Abdullahi Abdi, member of the Muslim Students' Association at NAIT.

Islamic Awareness Week

This week, the MSA held their first Islamic Awareness Week and they took to the South Lobby to share information about Islam to help dispel some of the myths and common misconceptions of what is, at its core, a peaceful religion.

For Abdi, the idea that young people who have access to so much information are still so easily swayed by often negative and shortsighted portrayals of Muslims in American media, such as FOX News, is sad.

"They didn't know what Islam was, so by nature they were terrified of it," Abdi said.

In Canada, the government has placed a ban on covering one's face while taking an oath of citizenship. While for many this may seem unimportant, for a Muslim woman who chooses to cover her face as a sign of humility and modesty out of respect for her religion's teachings, it seems a clear intrusion on the idea of religious freedom.

Government calls it bizarre

Immigration Minister Jason Kenney told the CBC it was "bizarre" that a woman would be allowed to cover her face during the ceremony.

"It's a cultural tradition, which I think reflects a certain view about women that we don't accept in Canada. We want women to be full and equal members of Canadian society and certainly when they're taking the citizenship oath, that's the right place to start," said Kenney in an interview on CBC News Network.

Although Kenney seems to feel that this ban is in the best interests of women, as someone who has had close relationships with many young Muslim women, his views could not be farther from the truth.

Yes, I will concede that there may be cases where a woman is forced against her will to wear a Niqab (a full face covering veil) or dress in a style that suits the Muslim tradition. But tell me ladies, how many times in your early teen years did your parents tell you "you aren't going out dressed like that?"

The oppression of women is not culturally specific. It's an unfortunate truth that all over the world, women are marginalized, abused and denied equality. However, that is no excuse to infringe on a Muslim woman's right to express her religion through her clothing.

Adbi said one should take special notice of those protesting similar legislation in Belgium, France and Quebec. He noticed that those protesting the bans weren't men looking to protect their right to oppress the women in their lives but the women themselves trying to protect their freedom of religion.

"[Many women] feel that if they lose this right, there will be no other rights left protected," Abdi said.

I have heard some say that these traditional head coverings are nothing more then fabric used to conceal bruises from abuse. Let me start out by saying that Western women have used turtlenecks, scarves and long sleeved sweaters to cover similar bruises.

Should women, for the sake of their personal "security," be forced to walk around naked all day? Of course not.

My fear is that legislation like this will continue to erode the real understanding of what religious freedom means. For me, "freedom of religion" means that, as long as it does not cause significant harm to one's self or another, you should be allowed to peacefully express your religious choices as you see fit.

"If it can happen to Muslims, it can happen to any religion," Abdi said.

As a progressive society, we must be able to set our cultural biases aside and approach each other's differences with

an open mind. Then we can make informed decisions that benefit our society as a whole and avoid allowing politics to pervert the multi-cultural and accepting atmosphere that we as Canadians have worked so hard to maintain.

Abdi encourages everyone who is curious to learn more to look up information for themselves and form their opinions on Islam based on facts and not hearsay. For those

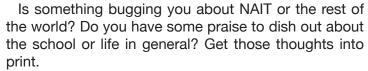


Woman wearing a Niqab

interested in knowing more, he recommends visiting a local mosque.

A Hadith, a kind of Islamic proverb, says "none of you [truly] believes until he wishes for his brother what he wishes for himself."

If we are to continue to protect a person's right to express his or her religion freely, we must ensure that this right is equal among all followers of all religions.



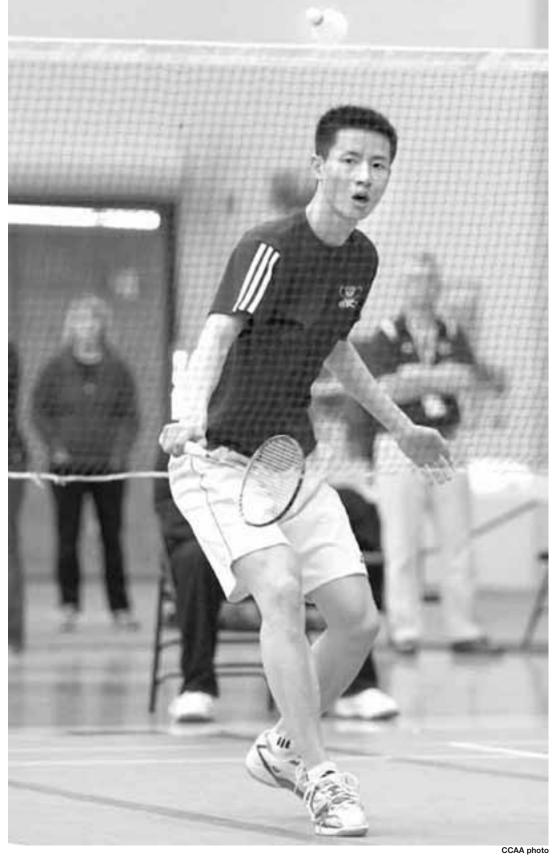
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SPORTS Kai sky high at Nationals



NAIT's Dan Kai in action on his way to a gold medal at the CCAA Nationals in Kamloops. He was also named Male Player of the Year.

By KEVIN MARTIN

Eight members of the NAIT Ooks badminton team travelled to Kamloops for Nationals this past weekend.

The team headed into this competition with a lot of pressure because of their success at the provincial level and success in previous Nationals. Needless to say, NAIT lived up to their expectations.

Dan Kai is an absolute beast. There is no way that this article can sum up what this badminton prodigy is accomplishing. NAIT students need to remember his name as one of our own, rewriting the record books in Men's Singles.

Kai went into the national competition

undefeated on the season. The name of "Dan Kai" was on all the spectators' lips as he won his first five matches with ease. Finishing first in his pool meant the Ook star had a place in the semifinals.

Kai defeated Simon Yip in straight sets to move onto the gold medal final

Bob Sharma battled for the national championship. Kai had a year to remember as he defeated Sharma for the National gold by a

score of 21-13, 21-11. Kai started his season off by obliterating any competitor that stood on the other side of the net.

He went 4-0 in his first tournament in Red Deer, on his way to the gold medal in men's singles.

Kai displayed his dominance with four more wins and another gold medal in his second tournament. Dan also cleaned up in his third tournament hosted by Concordia College.

The star went into the ACAC championship not only undefeated but nobody had even come close to toppling this modern version of Goliath.

His dominance

on the court con-

tinued as Dan Kai

was the ACAC

champion after

three quick wins.

named "Badmin-

of the Year" as he

finished his year

with an unheard of 37 wins with

no losses. Ladies

and gentlemen,

the greatest col-

is our own, Dan

Kai was



where Kai and Dan Kai with his trophy.

Kai. Jessica Yu and Sinead Cheah also took home gold for the Ooks. The women's doubles team needed three set on their way to a national title. The duo defeated Chong and Yeung from BC in

respectively. Weslee Cheah

the gold medal

match 21-19,

and Quinn Conway were awarded silver medals for mixed doubles after a tough loss to Yeung and Campbell

16-21, 14-21. Other impressive Ook finishes include Ellexis Lathan finishing fourth for Women's Singles and the duo of Jonathan Chang and Jason Chou finished fourth in men's doubles.



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Thursday, March 8, 2012





PATRICK KNOWLES **Sports Editor**

Bring back pure dunking

With the 2012 edition of the NBA all-star game having come and gone and this being our first issue since the game, I wanted to take a moment and talk about what was one of my favourite sporting events, the NBA Slam Dunk contest

My first recollection of the dunk contest was 1997 when a much-hyped rookie came in



WOMEN'S HOCKEY eason's over

By MATT INGLIS

It's time to hang up the skates for the NAIT Ooks women's hockey team. The Ooks came into last weekend's ACAC semifinal playoff games tied at one win each in the best-of-five series against the Grant MacEwan Griffins.

After a thrilling overtime victory at home against the Griffins on Feb. 24 and a disappointing loss on the 25th, the Ooks looked to take the series and advance to the next round of ACAC playoffs.

However, NAIT ended up falling short after a close 3-2 loss at home on Friday and a season ending 5-3 loss at Grant MacEwan on Saturday.

NAIT head coach Deanna Iwanicka thought that despite the outcome, the effort was there in the final games.

"Overall, I thought the team played hard. There was emotion and desperation in our play," she said.

Although the post-season was cut short for the Ooks, coach Iwanicka, who was disappointed about the final result, looked back on the season and was proud of how her team played as a whole.

"I am proud of this group. Our season record is something to be proud of, along with the fact that we were never swept in regular season."

The Ooks wrapped up the regular season in second place at 14-9-1, finishing behind only Mount Royal in the regular season standings. NAIT's Danielle Brown was third in ACAC league scoring with eight goals and 13 helpers.

scoring. Sherri Bowles ended the sea- arena. MacEwan won 3-2.

son with a total of 14 points and NAIT goalie Jill Diachuk, who started in 19 games, finished with a 0.930 save percentage and a 1.85 GAA.

The NAIT women's hockey team put forth a great effort all season and stayed competitive until they were eliminated from the playoffs.

Keep an eye out next year, as NAIT's returning players will make a push for that top spot in the league, and the ACAC championship.



Photo by Chad Steeves

A NAIT Ook is taken down by a Grant Mac-Another Ook cracked the Top 10 in **Ewan player during a game Saturday at NAIT** and stole the show, taking home the crown as dunk contest champion. That rookie was Kobe Brvant.

After watching that with my family, my dad said if I thought that was an impressive show, that I should watch the dunk contests from the 1980s when Michael Jordan and Dominique Wilkins were headlining the event.

After my first dunk contest experience I was hooked and, of course, the NBA would deprive me of my new found love with no contest at the 1998 all-star game and then with a lockout for the first half of the 1999 season, there was no NBA all-star game, period.

But then finally when the NBA dunk contest returned it did not disappoint. For my generation, the 2000 NBA dunk contest will go down as the greatest dunk contest of the decade, if not ever.

Vince Carter was half man, half amazing in the dunk contest, pulling off dunks that no one ever thought were possible. He had me jumping off my couch in amazement. It was a show that set the bar so high that no dunk contest since has been able to match its excitement.

For me it all started to go down hill when the NBA players started to use props in their dunks. After reviewing the contests from the 1980s, '90s and early 2000s, what set them apart from the past handful of dunk contests is that those contests had no frills and it was all skill. They didn't need a cape or for their uniform to glow in the dark, all they needed was a ball, a net and their athletic ability.

I see a somewhat simple and easy fix to bring the dunk contest back to life, because, let's face it, the dunk contest is in a very sad and unexciting state.

First, take out the props. You can still use a teammate to help you perform a dunk, but that's it, nothing else. Now all you need is to collect all of the most exciting dunkers in the NBA to take part.

Since he was in high school I have wanted

to see LeBron James take part in the NBA dunk contest. His dunks in games are mind blowing, so imagine what he could do in the dunk contest.

Now match LeBron against Blake Griffin,

Dwight Howard, Derek Rose, Russell Westbrook and a late entry to the list, John Wall, who makes the grade after an impressive showing of his dunking repertoire at the Rising Stars game at this year's all-star game.

If you get that group of players trying to one-up each other's dunks, I don't see how that could not be entertaining and bring the dunk contest back to greatness.

Until that happens though, I am sorry to say but we are stuck with the product put forth in this year's edition of the NBA dunk contest.

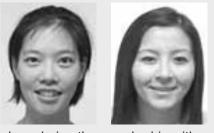
Athletes of the week February 27-March 4

Dan Kai **Badminton**



Dan Kai won his fourth CCAA badminton men's singles championship this past weekend at the 2012 Nationals held at Thompson Rivers University in Kamloops, B.C. Kai defeated Bob Sharma of Douglas College 21-13, 21-11 in the final after going undefeated throughout the championships without even dropping a game. At the All-Canadian banquet, Kai was also selected as the CCAA Badminton Player of the Year and an All-Canadian. Probably the most impressive stat associated with Dan Kai this year was the fact that he went undefeated the entire season, including the Nationals, posting a perfect 42-0 record. Kai will be returning to NAIT next season to try and win an unprecedented fifth national men's singles championship. Kai is fourth-year student in the Business Administration program at NAIT and is from Xi'AN, China.

Jessica Yu/Sinead Cheah **Badminton**



Jessica and Sinead won the 2012 CCAA Nationals Women's Doubles Gold Medal this past week with a heart stopping threegame victory over the B.C. team from Douglas College. Yu and Cheah travelled to the Nationals at Thompson Rivers University in Kamloops, BC as a wildcard team after finishing second at the ACAC women's doubles championship. The duo finished in first

place during the round-robin with a 4-1 record before defeating a veteran team from Ontario in the semi-finals. The championship match saw them win the first game 21-18 before losing the second 21-16. Sheer determination allowed the duo to escape with a 21-16 third-set victory and the CCAA National Championship. "I am incredibly proud of both Sinead and Jessica," said head coach Jordan Richey. "They had some difficult times but peaked at the right time to win the championship". Sinead is a fourth-year student in the Interior Design program while Jessica is a third-year player in Business Administration. Both student-athletes are from Edmonton.

The 2000 NBA dunk contest will go down as the greatest dunk contest of the decade, if not ever.

Athlete Profile



<u>Player:</u> Nikki Dunlop <u>Sport:</u> Hockey <u>Position:</u> Forward <u>Program:</u> Personal Fitness <u>Age:</u> 21

By CAITLIN LAUCHER

When did you start playing hockey? – I started when I was 14.

Why hockey specifically? My family has always been involved in hockey, figure skating, any rink sports.

What's your jersey number? – 20



Any significance to that number? – My usual number (19) was taken.

Who is your biggest competition? – Mount Royal is the team to beat, but Grant MacEwan has always been big competition.

What are your strengths in the rink? – My energy, I can motivate the girls. And my speed, it's always useful on the ice.

Any pre-game rituals? – I always stop at Tim Horton's for coffee before a game. What are your plans after you finish school? – I plan on moving home to Victoria to start up

a personal fitness program.

Favourite NHL team? – Vancouver Canucks

MEN'S HOCKEY

Athlete Profile



<u>Player:</u> Dan Kai <u>Sport:</u> Badminton <u>Program:</u> Business <u>Age:</u> 23

By EMILY FITZPATRICK

Do you have any pregame rituals? – I like to warm up for a really long time. Make sure everything is working correctly.

When did you start playing badminton? – I started training when I was 13 and I just kept working my way up from there.

When did you move here from China? - I came here in 2007 for school.

Who is your sports idol? – Lee Chong Wei, he's a badminton player from Malaysia. He also won a silver medal in the 2008 Olympics.

How did it feel to win player of the year? – Well I don't really understand what it means. But it made me very happy.

Why did you choose to come to NAIT? – Well, my coach is also from China, so we knew some of the same people. And I met him while I was training with a badminton club and he convinced me to come to NAIT.

What are your future goals? – Well, I have to choose between continuing with my education or training for the 2016 Olympics. I'm not sure which route I'll take yet.

Pre-game meal? – I don't eat that much before big games because usually when I'm away on tournaments I always get a cold. It's become sort of a tradition.

MRU takes first two games

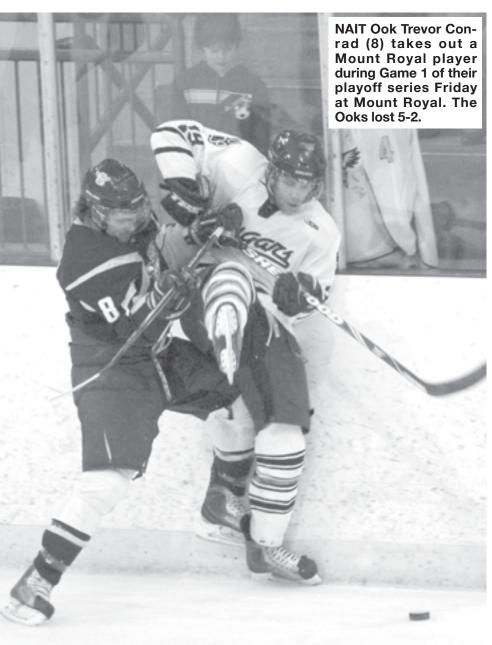


Photo by Bryan Weismiller, The Reflector

By AVRY LEWIS-McDOUGALL

NAIT went into last Saturday's Game 2 of their best of five semifinal playoff with the Mount Royal Cougars needing a win after losing the night before 5-2.

What they got, however, was a heartbreaking 3-2 loss in double overtime.

The late ending came on a broken play in front of NAIT goalie Graeme Harrington when the puck found its way to the stick of Brendan Turnbull, who was able to get it past the Ooks goalie, but the marker was not without controversy. It appeared that the net may have been off its moorings when the puck went in.

The Saturday night marathon got off to a start that didn't give any indication that extra frames would be needed.

The Ooks were able to get on the board first, thanks to a goal from Andy Willigar, to make it a 1-0 game early in the first period.

Mount Royal, a team that has won every game this year versus the Ooks, was able to pepper Harrington with shots early. This was because NAIT got into some penalty trouble. However, they were able to get out of the period with a one-goal lead over the Cougars.

In the second, Mount Royal was able to turn the heat up on Harrington as they tied the game up, thanks to a goal from Brad Goss. The parade of Ooks to the penalty box began at this time, as Ryan Smith and Michael Westfall took penalties in the period, which ended at 1-1.

The third period saw plenty of chances as both teams tried to finish the game off without an extra frame of hockey. The Ooks took back the lead thanks to a shot from the point that was tipped by Westfall, who redeemed himself after already being in the penalty box twice on the night. It looked then as if the Ooks might have been able to wrap things up but the Cougars had other plans. Mount Royal tied the game late in the third period as Jordon Harrison scored with less than two minutes remaining in the third period, which ended in a 2-2 stalemate.

The first overtime saw chances for both sides but since the puck did not wind up in either team's net, a second overtime was needed.

The second overtime, just like the first, featured some spectacular chances and in the end, Mount Royal was able to get it done with the aforementioned controversial goal mid-way through the frame. Mount Royal ended the night with a 2-0 series lead over the Ooks.

Head coach Serge Lajoie gave praise to his club after the marathon game.

"You can't ask for anything more," Lajoie said.

"I think we deserved a better fate but we showed Mount Royal that they better not take us lightly. It's the best of five.

"They've only won two games. Last time we checked, they have to win three," he said.

"The guys are very optimistic, but obviously disappointed. We've had to battle all year, not just against our opponents, but in a lot of other circumstances. We're ready for it."

Coach Lajoie also talked about his star goalie and his 37-save performance.

"Graeme's been waiting for his opportunity. He told me that when he would get it, he'd deliver, so good for him."

Game 3 will be played on March 9 at 7 p.m. at Mount Royal with Game 4, if necessary, back at NAIT on March 10 at 7 p.m.

ACAC Standings

MEN'S HOCKEY

MEN'S HOCKEY											
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts		
Mount Royal	28	22	18	2	1	3	126	64	48		
Augustana			17		1	2	137		43		
SAIT			19		1	2	121		41		
NAIT			17			3	106		37		
Concordia		8	8			3		140			
MacEwan	28		8	18		1		110			
Portage	28			17		3		122	17		
Briercrest	28	-				1		163	7		
PL	.AY			•	mi-f	ina	ls)				
Best of five											
			Seri								
			Mai	ch	2						
N	lou	nt I	Roy	al 🗄	5, N/	٩IT	2				
(Mou	ınt F	Roy	al l	eac	ls se	ries	1-0)			
			Mai	ch	3						
Mou	nt F	Rov	al 3	3. N	IAIT	2 (2	2 OT)			
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(1100		-	Seri					/			
			Mai								
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The winner	of e	each	ı se	ries	s will	pla	y a l	best	-of-		
five series	s foi	r th	e A	CA	C Cł	nam	pior	nship) <i>.</i>		
W	ON	Ι Ε	N'S	5 F	IOC	KE	ΞY				
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts		
Mount Royal	24	15	14	7	2	0	72	37	32		
NAIT			11		0	1	54	53	29		
MacEwan			10		2	4	48	42	28		
Red Deer			7			3	33		20		
SAIT		6		12		4	41		18		
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			Seri								
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			-		Red						
(Mount Royal leads series 1-0)											
February 26											
Mount Royal 5, Red Deer 4 (OT)											
(Mount Royal leads series 2-0)											
March 2											
Mount Royal 3, Red Deer 2											
(Mount Royal wins series 3-0)											
Series B											
February 24											
NAIT 2, MacEwan 1 (OT)											
(NAIT leads series 1-0)											
February 25											
MacEwan 5, NAIT 2											
(Series tied 1-1)											
March 2											
	N.A					T ~					
MacEwan 3, NAIT 2											
(GMU leads series 2-1)											

March 3

MacEwan 5, NAIT 3 (MacEwan wins series 3-1) MacEwan and Mount Royal will play a bestof-five series for the ACAC Championship.

1 1-									
MEN'S BASKETBALL									
North Division									
Team	G	W	_	Pts	PF	PA			
Lakeland-x	20	20							
NAIT-x	20		4			-			
Keyano -x	20			28					
-	20			24		1419			
MacEwan-W	20					1477			
Augustana-W		6		12		1818			
King's		4		8		1660			
Grande Prairie		4		8	1462	1955			
	South				4500	1000			
Mount Royal-x	18	15		30		1200			
Red Deer-x	18			22		1444			
Medicine Hat-x									
Lethbridge-W					1423				
SAIT		5		10					
Briercrest		4		8	1338				
- Medicine Hat fo	orteite	ed a (gam	e to i	August	ana			
and Briercrest.			• ••••		Dualula				
- SAIT forfeited a	-		Grai	nde F	rairie.				
x-clinched playo	п spo	τ							
y- 4th North W- wildcard									
FINAL F			יחיי						
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Hosted by		arch	-		iversi	IJ			
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Bro	nze l			am	_				
NAIT O									
	old M								
Mount R					er 72				
Gold - Mount F	-				0172				
	-		igui	0					
Silver - Red Deer Kings Bronze - NAIT Ooks									
2101120 10111	001	•							
WOMEN'S BASKETBALL									
North Division									
Team	G	W	L	Pts	PF	PA			
MacEwan-x	20	20	0	40	1493	1038			
Lakeland-x	20	14	6	28	1416	1263			
Augustana-x	20	12	8	24	1426	1321			
Concordia-y	20	9	11	18	1246	1259			
NAIT-W	20	9	11	18	1253	1178			
King's -W	20	9	11	18	1359	1390			
Grande Prairie	20	5	15	10	1108	1363			
Kausaa	00	4	40	~	1101	1 100			

Keyano

Mount Royal-x

Lethbridge-x

20

18

South Division

SAIT-x 18 11 7 22 1220 1080 Medicine Hat-W 18 10 8 20 1155 1120 Red Deer 18 2 16 4 970 1248 Briercrest 18 1 17 2 847 1159 x-clinched playoff spot; y-4th North; W-wildcard FINAL FOUR TOURNATION; W-wildcard FINAL FOUR TOURNATION; W-wildcard FINAL FOUR TOURNATION; y-4th North; W-wildcard MacEwan 68, Lethbridge 59 MacEwan 68, Lethbridge 59 MacEwan 68, Lethbridge TOUR Nount Royal 72, SAUT 71 Saturday, Marce 18 Saturday, Marce 18 Bronze Lethbridge 68, SAUT 60 Gold Hedal Carmer MacEwan 89, Nourt Royal 57 Gold - MacEwan Griffits Silver - Mount Royal Cougars Silver - Mount Royal Cougars Silver - Mount Royal Cougars Bronze Lethbridge College Kodiaks Silver Silver 18									
MEN'S VOLLEYBALL									
Provincial Division									
DIV Team	-	MP							
S Red Deer-x	-	20	16	4	53		32		
S Briercrest-> S Mount Roya		20 20	15 14	5 6	48 49	29 29	30 28		
N Keyano-x		20 20	14	6	49 47				
S Lethbridge		20	13		48	33			
N NAIT-x		20	12		46				
N MacEwan-	Q1	20	12	8	47	29	24		
S SAIT-Q2		20	11	9	42	41	22		
S Augustana-		20	9	11	40	40	18		
N King's-Q1		20	9	11	33		18		
S Medicine H		20	8	12			16		
N Grande Pra N Lakeland		20 20	4 3	16 17	29 18	48 55	8 6		
N Concordia		20	0	20	9		0		
x-clinch playoff s									
1 5	PLAY								
Hosted	by Bri	erc	rest	Coll	ege	•			
	Febru	-							
MRU 3, NAIT 0 (22-25, 18-25, 18-25)									
Keyano 3, Lethbridge 2									
(25-27, 21-25,25-15, 25-22,10-15) Red Deer 3, SAIT1									
(25-14, 18-25, 14-25, 18-25)									
Briercrest 3, MacEwan 1									
(16-25, 17-25, 25-23, 20-25)									
February 24									
MacEwan 3, NAIT 1									
(28-26, 17-25, 23-25, 24-26)									
Lethbridge 3, SAIT 1 (22-25, 25-21, 28-26, 25-22)									
Red Deer 3, Keyano 0									
(25-10, 26-24, 25-11)									
MRU 3, Briercrest 2									
(20-25, 25-14, 20-25, 13-25, 15-12)									
	Febru	-							
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										
עוס	DIV Team MP MW ML GW GL Pts									
S	Mount Royal-x	20	18	2	56	18	36			
S	Medicine Hat-x	20	18	2	57	16	36			
N	MacEwan-x	20	16		51	21	32			
S	Red Deer-x	20	13		45					
N	NAIT-x	20 20	13			21 29	20 26			
N	Grande Prairie-x		12	8	40		24			
N							18			
S	5									
S	SAIT-Q2	20	9		34		18 18			
N	Lakeland-Q1	20	9		34 34		18			
S	Briercrest	20 20	9 6		34 31		12			
N			4							
N	Keyano	20			20		8			
	Concordia	20	4	16			8			
S	Augustana	20	0	20	6	60	0			
x-clinch playoff spot										
Q-playoff qualifier series										
PLAYOFFS Hosted by Medicine Hat College										
	•			at C	olle	ge				
-	Febr			~-		~-	~ ~`			
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)										
Ivled		•		2, 25	-18	, 25	-21)			
	Febr		-							
	Lakelan	-				4.00				
(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, 25-1			25-	·21)					
Gold: Mount Royal Cougars										
Silver: Medicine Hat Rattlers										

WOMEN'S BASKETBALL appearance a high n ote avo

By MATT INGLIS

Another season is in the books for NAIT's women's basketball team.

This year marked a record-setting performance by the Ooks, as they made the playoffs for just the second time in the team's 25-plus seasons. The Ooks finished at 9-11, a significant improvement over last season's 5-15 record. This was the second year with head coach Todd Warnick behind the bench and the second season of the team's building process.

Coach Warnick was impressed with the team's performance. "I am pleased with our progress this season, making the playoffs was an important first step in this

team building towards competing for a championship." While the women's team may not have come out on top of the league, there were a few individuals who stood out. Josephine Peacock and PJ Wells were both named to the ACAC All-conference team.

4 16 8 1134 1469

13 5 26 1104 1086

18 15 3 30 1341 1072

Wells led the league in three pointers, with 56, just two shy of the all-time ACAC three-point record. Peacock was among the league leaders in several categories, leading the league in steals, coming in second for rebounds and cracking the top five in scoring.

The Ooks broke a NAIT Athletics record with their playoff run, being the first ever NAIT women's basketball team to win in the post season. After beating the Medicine Hat College Rattlers in the qualify ing round, NAIT moved on to a best-of-three quarterfinal series against Mount Royal University. The Ooks lost two very competitive games.

"I am proud of the growth of our young players and veterans who set out to make history this season and did," Warnick said.

With promising rookies joining the team, Warnick is optimistic.

"With the additions of these athletes and a solid core of returning players who now have playoff experience, I look forward to building on the success of this season," he said.



Bronze: Red Deer Queens

Todd Warnick

Bronze medals for men's team

By KEVIN MARTIN

The NAIT men's basketball team made it as far as you can go in the ACAC.

The NAIT Ooks were one of the final four men's basketball teams that battled it out this past weekend for the Provincial Championship. The Ooks were two wins away from the title as they played the Mount Royal Cougars Friday night.

The Ooks, who had a record of 18-4 and the Cougars, who were 15-3 had only one previous meeting this year.

NAIT won an 87-71 contest on Nov. 11 during the regular season. However, in the playoffs all previous statistics and memories are forgotten. It all comes down to one game, with the winner getting to play for the provincial championship the next night.

The Ooks had a very ugly start to the game. There seemed to be a lid on the basket as shot after shot missed the mark. Offensive frustration, combined with a few defensive lapses, meant that the Ooks had to dig themselves out of a huge hole. The score was 30-12 for the Cougars after one quarter.

The Ooks looked to their big men for offensive answers.

Brock McMillan and Kyrie Coleman handled the majority of the touches but the shots were not going in. The Ooks put up 11 points in the second quarter as they faced a 47-23 disadvantage heading into the second half.

The Ooks responded with a better second half, but the lead was too big. The game ended with the victory going to Mount Royal by a score of 88-74. The Ooks had one of their worst shooting performances of the season, converting just two of 24 three-point tries.

Shooting eight per cent from three-point land is not going to get it done at the college level. However the team gave a good effort and now looked to prepare for the bronze medal game on Saturday night.

It was a fitting finish to the Ook's season as they played their rivals, the Grant MacEwan Griffins. The neighbouring colleges both wanted to finish off the season on a high note. The Ooks had an offensive explosion in the second quarter. Led by fifth-year player Jordan Reiter, NAIT took a 39-34 lead into the second half.

The second half was a gritty one as NAIT led by five points with



Photo by Sergei Belski, Mount Royal University

Members of NAIT's basketball team pose after receiving their bronze medals in Calgary. They are: front row left to right, Kyle Saban, Lynden Nummi, Deng Awak, Ron Perepeluk and Bradley Payne. Standing, left to right, are Casey MacLeod (student therapist), coach Mike Hansen, Jordan Reiter, Gamachu Ibrahim, Braden Overwater, Brayden Torresan, Dan Perepeluk, Brock McMillan, Corey Saban, Nick Cupelli, Kyrie Coleman and assistant coach Mike Lynagh.

7:37 remaining in the fourth quarter. Something clicked for the Ooks as they went on a remarkable, 35-9 run in the later portions of the fourth quarter.

The game ended with a final score of 97-66, with the Ooks sporting the bronze medal around their necks.

Head coach Mike Hansen talked about his team's dominating third quarter performance.

"It was the best quarter for us all year and a good way to end the season," said Hansen. "Finally after 90 practices and 30 games, they did what we asked them to do and went out and just played basketball and played hard not worrying about the small things."

On behalf of our student body, I would like to thank the men's basketball team for the exciting basketball season and I cannot wait to see what our team does next year.



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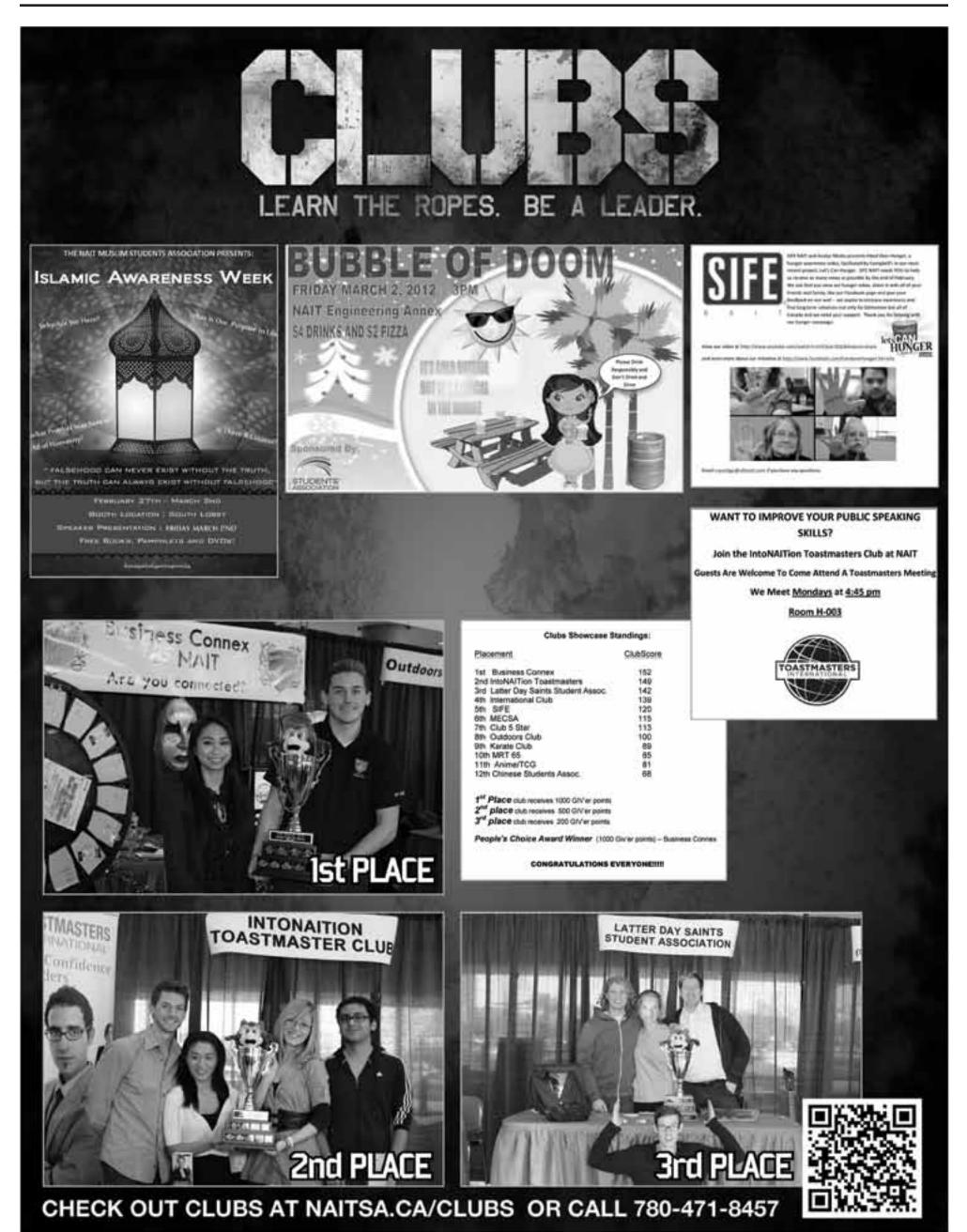


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WOMEN'S VOLLEYBALL

Inconsistency an issue 🐋



EVAN DEGENHARDT Assistant Sports Editor

With a solid regular season in the books, NAIT's women's volleyball team was off to Medicine Hat to play in the ACAC Championships and try to earn their spot at Nationals.

Women's volleyball in the ACAC has been extremely close all season, with multiple teams having a shot at taking the championship. Heading into the tournament, the Mount Royal Cougars were the favourite to win, finishing first overall in the North Division with a record of 18-2.

Here's the breakdown of how this particular tournament system works, and how the Ooks made out.

The top six teams in regular season go straight to the ACAC championship and then the 7-10 ranked teams play off for the last two spots.

The Ooks were one of the top six teams in the ACAC after the regular season, finishing in fifth spot. How the tournament bracket breaks down is fairly straightforward.

When all is said and done, eight teams go to the provincial championships. The top seeded team plays the eighth-place team, second plays seventh and so on. Each team is guaranteed three games.

The interesting thing about this tournament is that it's a oneand-out elimination, meaning, that if a team happens to lose their first game, they are automatically out of contention and they can't win the ACAC title. Once a team loses a game, they drop down to the loser side of the tournament and there is no way they can win the tournament or advance to Nationals.

In their first match, the Ooks went up against Red Deer, which finished in fourth place, just ahead of NAIT in the standings.

This match was definitely an early test for the Ook squad. Unfortunately, NAIT ended up losing the match in three straight sets and a chance at winning the tournament and going to Nationals was quickly gone. What's even more difficult is the

fact that NAIT still had to play two more games to see in what place they would finish on the year.

It's hard to imagine how a team could stay composed and continue to fight, even though they feel as if they have nothing left to play for.

Coach Erminia Russo Thorpe spoke of the difficulties of maintaining a positive team demeanour and trying to instill a sense of purpose.

"It's tough for coaches, but it's even tougher for players," Russo Thorpe said. "As a coach, you have to convince them that it means something to be fifth, or it means something to be seventh or eighth. It's a difficult situation to coach under."

Although their season was technically done, the Ooks came out in their second match with great focus and determination.

NAIT was facing a gritty Lakeland team who had won one of the tournament's qualifier spots. NAIT quickly went up by two sets. How-

ever, Lakeland stormed back and won the next three sets to hand the Ooks their second loss of the tournament.

NAIT's final match was against their 106 Street rivals, the MacEwan Griffins, who came into the tournament as the third seed.

Just like their game against Lakeland, the Ooks took the first two sets.

However, heartbreak would strike three, as the Griffins came back to win the next three straight sets, handing the Ooks their



Coach Erminia Russo Thorpe

third and final loss of the tournament.

Coach Russo Thorpe saw symbolism in her team's defeat. "The weekend was just a summary of how our whole season has gone. We haven't been overly consistent," she said. "When

we play well, we can play with anybody. As a team, we're at a point where we just make mistakes at the most critical moments in a match."

This season may not have finished with the outcome that Russo Thorpe and her team had hoped for, but there are some definite positives to bring into next season

"This is only my second year as head coach for the Ooks, but I think that there is a lot to build on for next year," she said.

"The fact that we finished 14-6 is a huge thing for us. Plus, there were some milestones for our team. It was the first time NAIT had ever beaten Red Deer on their home court. We beat Medicine Hat. We beat these teams that NAIT hadn't done in the past. We have to build from that."

Heading into the off-season, NAIT will be facing an interesting numbers game.

The nature of NAIT is that it's a post-secondary technical school. This means that student turnover is quite drastic, as the average time

spent at NAIT is only two years. The women's volleyball team will be feeling this turnover a little harder going into next season. The Ooks are losing eight, possibly nine players from their lineup, with four of those being starters.

Although there is going to be some changes, Russo Thorpe has one major goal for next season.

"For us, your goal always at the beginning is to win the conference," he said. "Realistically, I think we can be a top-three team."



By REBECCA MEDEL The Gateway (University of Alberta)

EDMONTON (CUP) - After one hastilycalled meeting, the Alberta Pandas field hockey players and coaches were informed March 1 that they are no longer part of a University of Alberta funded team

U of A athletics director, Ian Reade – who stepped into the job last April after a hiatus from holding the same title from 1993-2001 - announced the decision to a room full of shocked athletes who never imagined that this last-minute meeting would signal the end of their U of A athletic careers.

"To be completely honest, I've always been very proud to go to the U of A and be a Pandas athlete. However, I feel like I was definitely let down and betrayed," said Kincso Santha, a midfielder and forward who's been playing with the team for four years.

"We believe that with everything we've sacrificed academically and with our social life and personal lives that we deserved more of a notice."

In an article on the U of A Athletics website, the reason given for the cut was budget-related,

but the players said Reade made no mention of funding when he delivered the news to them.

"The reason we were given was that Reade is not satisfied with the success of field hockey

in Canada as a country. Last weekend the women didn't qualify for the Olympics and that was one of the reasons that he gave," said fifth-year forward Toni Almhjell.

U of A's team is now withdrawing from the Canada West conference and from Canadian Interuniversity Sport (CIS). As one of four field hockey teams in the CanWest conference, Almhjell said the implications of this decision may impact the

entire conference and even all of CIS.

"This is the only team that's getting disbanded but what it means is that now there will only be three field hockey teams in Canada West and CIS requires at least four teams in each conference," she said.

"So Canada West as a conference will now

fold, which will then in turn potentially require CIS field hockey as a whole to fold completely. So there may actually not be CIS field hockey because of this decision."

Lynne Beecroft, the head coach of one the affected CanWest teams, the University of Victoria Vikes, said she was extremely disappointed to hear about the U of A team being cut, but hopes with Calgary and UBC. She added that this could also negatively impact the Canadian national

team. "CIS schools have been the primary feeder system for the women's national team for the past 36 years. So if this decision by Ian Reade causes the demise of CIS field hockey, I wonder what kind of trickle-down effect this will have on the sport in Canada," Beecroft said.

The news came just days after Alberta head

coach Stefanie Sloboda - named Canada West co-Coach of the Year in October along with UBC's Hash Kanjee - returned from Olympic qualifiers in India as a team manager with the national team.

"I feel disrespected. I think my athletes have been disrespected. It's hard to explain the feeling of coming home from an Olympic qualifier when you've been representing your country ... to hear, 'We're cutting the program,' " Sloboda said.

She added that her players chose the U of there would still be a A over any other school in the country or the chance for a three-team NCAA because it is known to be a program of Canada West conference excellence. The Pandas have made it to nationals 14 times in the past 22 years and have brought home eight medals, while the program itself has been around since 1970.

"That's why it's so disappointing to be standing here in this facility going, 'This isn't how U of A does things. This is not how they do things," "said Sloboda. "You just don't cut a program and then say, 'It's not your program.'"

Reade did tell the team that if they could come up with a new model for women's field hockey by June that he approves of, he would consider letting the team stay.



MEN'S VOLLEYBALL Hard end to a winning season

By EVAN DEGENHARDT **Assistant Sports Editor**

It was a tough year for the NAIT men's volleyball team, but the squad remained consistent with their game play throughout the regular season. They may not have finished at the top of their division in the ACAC, but their efforts were good enough to earn the Ooks a 12-8 record and a playoff berth at the ACAC Championships at Briercrest.

The competition in the ACAC was extremely tight this year, with only four points separating the first-place Red Deer squad from fourth-place Keyano.

The Ooks finished the season in sixth place.

Eight teams

In men's volleyball, the tournament bracket is fairly straight forward. Once all the qualifying games have been played, the ACAC Championship is left with eight teams standing. The top ranked team plays the eighth seeded team, the second place team plays seventh, and so on.

However, this championship has one small twist - it's a one-and-done style tournament. That basically means that all of the games each team plays are like a sudden-death match. If a team loses one match, their hopes of winning the ACAC and going to Nationals is done.

That said, the Ooks faced the third-place Mount Royal Cougars in their opening match of the tournament.

The Cougars finished the season off with a record of 14-6 and were a tough first match for NAIT.

Unfortunately for the Ooks, Mount Royal was in top form. The Cougars put pressure on the Ooks and swept NAIT in three straight sets, 25-22, 25-18 and 25-18. It was a tough pill to swallow for an Ooks squad that had battled hard all season, but which had to watch as Mount Royal foiled their hopes of winning the ACAC Championship.

Although out of the running, NAIT still had one more

match to play, against the MacEwan Griffins.

Both teams had lost their previous matches, so the game didn't hold much weight in terms of winning the overall tournament. Nevertheless, the Ooks were still looking to finish their season off on some sort of high note.

The match started fairly evenly, with NAIT winning the first set in thrilling fashion, 28-26. The second set was all MacEwan, as the Griffins coasted to a 25-17 set win. The last two sets were intense. The Griffins took the third set of the match by a 25-23 margin. The fourth set was a nail biter, but much to the dismay of the Ooks squad, MacEwan won the set 26-24.

It was a heartbreaker for NAIT, as their tournament and their season would finish on the final, exceptionally close set.

NAIT finished with a 0-2 record at the championships, but, if it's any consolation, the Mount Royal team that knocked the Ooks out went on to win the entire event. The Cougars finished with a 3-0 record and will represent the ACAC Conference at Nationals on March 8-10 at Columbia Bible College in Abbotsford, B.C.

'It was tough'

Team captain and third-year player Austin Hinchey spoke on behalf of the Ooks this week. "Our goal all year was to get top two and to go to Nationals," he told the Nugget.

So after we lost our quarter, it was tough. It was kind of the end of the season for a lot of us right there. I don't know if eighth place is really a good representation of how we did throughout the province."

Although they didn't meet their top two mark, Hinchey still considers this season a success for their team.

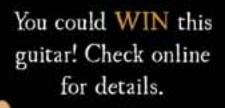
"Even though we didn't meet our goal, I still consider it a successful season," he said.

"We took a lot of young players from the start and we all learned a lot and got a lot better. I definitely feel that our 11-game win streak was a great representation of how we came together as a team in the second semester."



Austin Hinchey

Get it March 19, 21 & 23 IN THE NAITRIUM AT 5PM This event is FREE with very limited availability Bring your own guitar or use one of ours.







Sign up at naitsa.ca/howto or in room E-131

ENTERTAINMENTStars embrace a good cause



CHRISTINE VU Entertainment Editor

Last weekend, the Global Visions Film Festival took place at different venues throughout the city.

Theatres like the Metro Cinema, Art Gallery of Alberta and Empire theatres at City Centre Mall hosted

several different documentaries from around the world. The purpose of the festival was to raise awareness of various causes through the visual medium of film.

Among the films was a documentary produced by actors Scarlett Johansson (*Iron Man 2*, *He's Just Not That Into You*) and then husband Ryan Reynolds (*The Green* *Lantern*). I was surprised to see their names in the credits but it is becoming more common for celebrities to take on worthwhile causes and use their experience in film for something other than turning out a box office hit.

The same year *The Cove* came out, another sea creature/celebrity documentary came out; Johansson and Reynolds' *The Whale*. *The Whale* is about an orca whale named Luna, who was separated from his family and made his way to Nootka Sound, B.C. where the locals welcomed him.

Orcas stay with their families their whole lives and Luna was all

alone. He craved attention and was unnaturally friendly with the locals. Many of them formed an amazing bond with the whale that played and swam happily alongside the boats

that came along. Eventually, wildlife officials tried to stop the interaction between the locals and the whale for what they justified to be for Luna's own good.

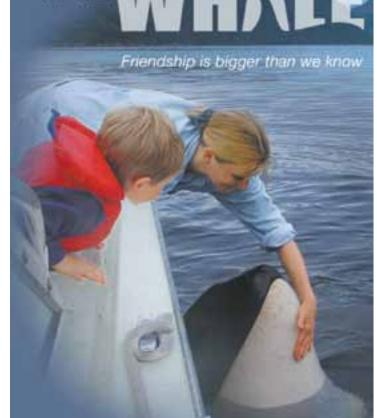
People were divided on the decision for Luna's fate. Some believed Luna needed the human interaction, otherwise she would die. Others thought any kind of human contact would increase Luna's chances of getting hurt or hurting someone.

Reynolds narrates throughout the documentary, and although he is no Morgan Freeman or Donald Sutherland, his narration adds humour to the heartfelt story.

Nothing more about the story can be said without giving away too many details but I thought it was really great that Reynolds and Johansson were involved with a great story.

Many celebrities are involved with charities but the passion that Reynolds had for Luna's story was conveyed genuinely and it is one example how the entertainment industry can be used to make a change or raise awareness.

The Global Visions Festival will be back next year but it is just one of Edmonton's many festivals that are more than just ice sculptures or fried Mars bars. Keep reading the *Nugget* to find out when the next one will be.



tvafterdarkonline.com

GEC YOUR GREEN ON FRIOAY IDARCH 16, 2012 A COLOR HOLE 16, 2012 Suinness \$5.75 Trish car bombs \$4.75 Shamrock shots \$3.75

> Pint green beer \$3.25 Stein green beer \$8.25

FOR YOUR LISTENING PLEASURE ... \$3.99 mixtape ...



By MIKE MacMULLIN

Every once in a while, you just need a break in music. Whether it's country, rock or hardcore *cough* (yeah, right, who listens to hardcore?), it's always nice to shed some new light. So, the list below has some rock, some alternative, some pop, hard-rock and 10 all around good artists! March is here, time to do some spring cleaning. Start with these guys, and enjoy the diversity. Cheers! 1. Just A Song About Ping Pong

- Operator Please
- Wordplay Jason Mraz
 Burn It Down (Innerpartysystem)
- Remix) Awolnation 4. Maybe I'm Just Tired
- As Tall As Lions
- 5. Jalapeño Big and Rich
- 6. Runaway Baby Bruno Mars
- 7. The City Is At War Cobra Starship
- 8. I Will Not Bow Breaking Benjamin
 9. Monster Skillet

10. We Love Like Vampires – Sparks The Rescue



What those Edmontonians say

By KEVIN ALLES

Over the last half-decade, YouTube has had its fair share of fads. From men being struck in the nether regions to cats on computers, the popular trends on the Internet are a cornerstone of today's pop culture.

One of the more subtle and recently-emerging fads, devoid of men grabbing their groin in agony or felines pawing at a keyboard, are known candidly as the "S*** People Say" videos.

The S*** Girls Say YouTube series, which features several scenes of a suspiciously masculine girl spewing stereotypical "girl-ish" remarks ("shut up!") and taking part in "traditional" feminine activities (shopping, eating chips while crying and watching a sad movie), has over 25 million views since debuting in December.

Two weeks ago, S*** Edmontonians Say hit YouTube and quickly started to rack up views. The video makes several clever references to things like the Oilers, the speed traps on Whitemud Drive and how difficult it is to meet up with a friend at the West Edmonton Mall.

Colin Priestner, the video's writer and creator, was meticulous in which Edmontonspecific characteristics he wanted to include in the video.

"I like [the references] that only a certain number of people can get. Those are the most effective references," Priestner said.

Ironically, Priestner was at the other end of

the globe when the thought of making the video occurred to him.

"I was actually in Australia ... I grabbed a piece of paper and wrote down all the [ideas] I could think of. It was all written at once," the University of Alberta grad said. "I wrote probably 100 different things down from the top of my head. I thought of Whitemud, I thought of the Oilers. It was easier to write jokes if you have a point of reference."

S*** Edmontonians Say is brimming with some local super stars, including Sportsnet analyst Gene Principe and "The Nuge" himself, Ryan Nugent-Hopkins.

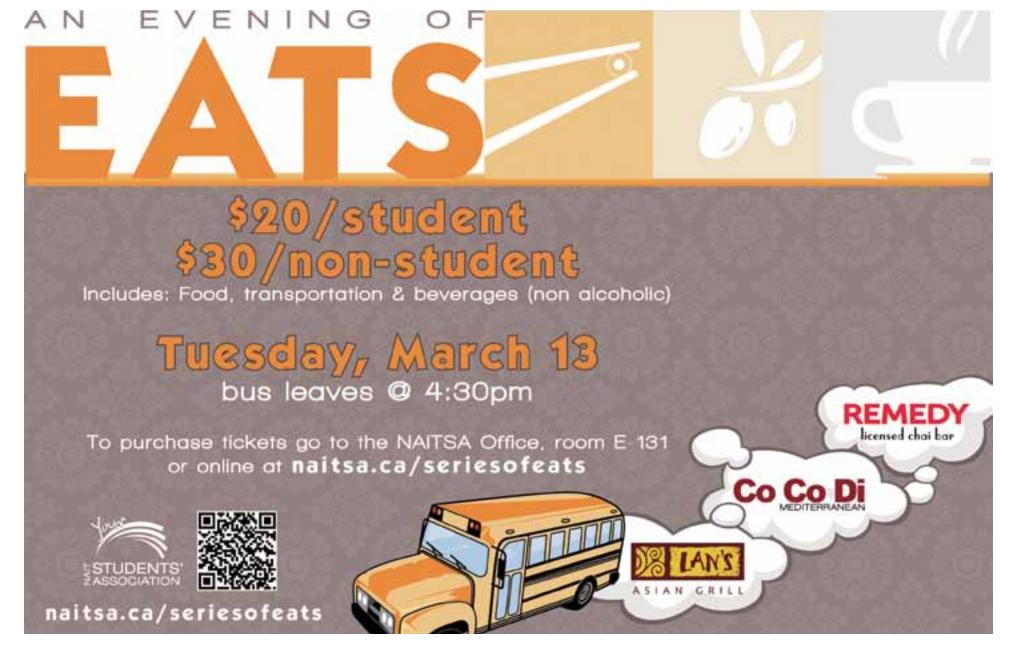
"I had a mutual friend who was friends with some of those guys." Priestner said. "I didn't ask for them specifically, but he came through with some pretty good ones."

Despite having several references that make fun of Edmonton, the first-time YouTube contributor was impressed at the positive vibe around the video.

"I learned that people of Edmonton are extremely nice and generous, and really open to making fun of the city," Priestner said.

"I thought there'd be a lot more backlash or something, but 99 per cent of the tweets, e-mails and comments said nothing but good things."

If you haven't seen the video yet, get out from under your rock, fire up your Internet browser of choice and run a YouTube search on S*** Edmontonians Say. You're bound to find at least one reference that'll make you smile.







2012-2013 STUDENT ELECTED EXECUTIVE COUNCIL





UDENT





Give Mashpit momma a listen

By MIKE JONES

From the depths of St. Albert comes a promising up and coming talent ... It's Lyndsay Cowan! Lyndsay brings her versatile taste of music to an upbeat, fun loving show every Thursday. You can experience the thrills of a "mash pit" from the safety of your own home between 9:30 p.m. and 11 p.m. on NR92.com

The *Nugget* (N): What makes the Mashpit unique?

Lyndsay Cowan (LC): The Mashpit plays hits from every decade, from the '80s till now. Kind of every hit from most of NAIT students' lifetimes.

N: How did you come up with the name?

LC: I knew I wanted to do hits, but I didn't

want to be stuck to Top 40 so I was writing down stuff then I thought of mosh pit and then Mashpit came out of that.

N: Last year you co-hosted The SBC Show with British Craig and Stevie Wild. How much different is it to be hosting a show all by yourself?

LC: It's a little more challenging because you have no one to hold a con-

versation with. You have to be more interactive with people listening and trying to get them to talk on Facebook or Twitter. It's challenging to sound natural by

yourself. N: What would be Lyndsay Cowan's idea of a perfect date? LC: Probably go out for dinner and then go to a concert.

N: What is the best concert you have ever seen?

LC: Probably AWOLNATION (last September at the Starlite Room) or Blink-182 (Neighbor-

hoods Tour- August 2011 at Rexall Place).

N: Who is going to be the next big breakout star of

LC: He's not really a breakout, but I really like Mac Miller. He's not as mainstream, but I think he could get to Top 40.

N: What is your current go to pump-up

LC: Right now, probably Jay-Z and Linkin Park's "Numb/Encore."

N: You are a well-known fan of the Mighty Ducks films. What is your favourite Coach Bombay quote?

LC: I have so many. There's (the) classic "Ducks fly together." Or he asks Charlie: "Have you ever seen a duck fight? That's because he knows the other animals are scared, because they'll have to deal with the whole flock." It's kind of like RTA (Radio and Television Arts). Just sayin'.

It's clear to see that Lyndsay Cowan is going places. Tune in to hear this gem before everyone else does. Get in the pit Thursdays at 9:30 p.m. on www.nr92.com! Bloody lips optional.

NAITSA's Evening of Eats a treat



ANIKA NOTTVEIT Assistant Entertainment Editor

Everyone likes to eat. It's a fact of life. What we like to eat depends on many things, such as a person's upbringing, personal taste buds, what is available in our cultural setting. As students, one factor that determines what we eat is the big ol' dollar sign.

Price plays a determining role in whether we can eat particular foods at particular

places. It's common for students to choose food that is quick and cheap. It matches the "go, go, go" lifestyle. It's usually a treat to sit down, be served and really enjoy the food.

NAITSA is offering an event that will force you to slow down and really enjoy a satisfying meal. The event is called an Evening of Eats. Two delicious restaurants are

included, plus the favourite chai spot – Remedy Café. Co Co Di offers Mediterranean cuisine and if you're not feeling the seafood choice, LAN'S is the other restaurant and it is an Asian grill.

"I hope the students get a new experience out of it," says NAITSA's Teagan Gahler. "It's something fun and different. It lets them try new restaurants at an affordable price."

This isn't the first time NAITSA has

offered this event. It used to be called Dine and Dash. Evening of Eats sounds a lot classier.

"We chose based on new places. We tried to stay in this area," says Gahler of this year's line up. "LAN's is so close to NAIT but most students have probably never been there."

> Co Co Di is also located close by and is one of the few restaurants that offer free parking in the downtown area.

"We do a package for the evening and, in the package we serve two salads, hummus, kiddie, and three kinds of cheese rolls," says Co gan Gahler. Co Di manager Ghada Ghazal.

> "There is a vegetarian option as well." Ghazal said. "We will accommodate for them. For the main dish is the mixed grilled

kabob, it could be beef or chicken and rice."

About the choice of food, Ghazal says, "we pick the most popular appetizers and put it in the package. It's good for our customers to try them at a reasonable price."

This is their first year being a part of NAITSA's event and Co Co Di is one of the few downtown restaurants that offer free parking.

For an Evening of Eats, Students only have to pay \$20. Non – students pay \$30. These tickets include food, transportation and beverages. The beverages included are non-alcoholic.

It will take place on March 13. To get tickets you have to go to the NAITSA Office, Room E-131. You can also get tickets online at naitsa.ca/seriesofeats. The bus leaves at 4:30 p.m. and don't be late, a delectable experience awaits you!





Acres of Lions coming to town

By JENNY OATWAY

If you're a fan of Canadian music, alternative rock or just a good old fashioned great concert, Acres of Lions will are heading to Edmonton on Wednesday, March 14.

The alternative rock band of Reaction fame will be touring across Canada during March, with Edmonton's Pawnshop as their fifth stop of 13.

This isn't Acres of Lions' first time in Edmonton, as they have played in our city once before, also at the Pawnshop, on their tour for their first album and most recently at the Starlite Room with local band Ten Second Epic.

"The Starlite Room is a much bigger venue," says guitarist and keyboardist Tyson Yerex. "But the Pawnshop is definitely where we wanted to play. It has great sound and a super cool vibe."

Along with Yerex, the band consists of guitarist and vocalist Jeffrey Kalesnikoff, Dan Ball on bass and drummer Lewis Carter.

Soft spot for Edmonton

As for Edmonton itself, the band has a soft spot in their hearts for the city. They have been very successful here. They have had huge amounts of support from local radio station Sonic 102.9 and have found quite a following.

The popularity of their single "Reaction" has reached levels of popularity equal to the likes of the Foo Fighters and Foster the People.

"We can tell just by fans on our Facebook page and that sort of thing, our Edmonton fanbase is really starting to take off," Yerex said.

After the first tour for their debut album Working, which was four months of two separate tours, Yerex says they had gained a small amount of radio support but it didn't feel like the buzz was really building. When the new record came out, however, all the work they had done previously started to come to fruition and radio stations across the country really started to pay attention to them.

Full-time ambition

"We're really tying to figure our how to make the band essentially our full time job," Yerex says, referring to the fact that all band members have had to hold down side jobs in the past.

"Over the next year we are going to be taking it as seriously as we can. We're going to be touring like crazy."

After the cross Canada tour is complete, the band will be heading over to Japan, where Working was released in January and Collections was just released on March 7. The newest record will also be released in the United Kingdom this summer, so they have plans to play a few showcases in London this spring, to be followed up by a full tour in the summer.

If you haven't yet heard or seen anything from Acres of Lions, you should check out their video for "Reaction" on You-Tube, which was created as part of the Peak Performance Challenge. Vancouver radio station 100.5 The Peak gives \$5,000 to 20 bands every year to help them out with their careers.

Yerex himself came up with the idea for the video, which features 100-150 of the band's friends and family, including other bands and various radio station employees. Yerex filmed it himself while he was travelling across the country last summer. It was a wonderfully simple idea, costing them no more than what they needed to buy in poster paper and sharpies.

"When we were making the music video for "Reaction," we just thought about it as like, the more people you can get involved in your video or project, the more excitement and buzz there is going to be," says Yerex, jokingly coining the term "forced viral."



Acres of Lions

"It's amazing what technology can do for you if you come up with a clever idea or song, whatever it might be."

Yerex says they are very excited about their Edmonton show, as they had a fantastic turnout last time around, and this will be their first time headlining.

You can catch Acres of Lions with Greater than Giants and Forester at the Pawnshop on Whyte Avenue and 105 Street on March 14. Tickets are still available at www.yeglive.ca.

Have a laugh at the Nest

By BRETT PLAXTON

The Nest is hosting a special guest for their second annual free Comedy Night. Ryan Clauson is his name and he will be there to give his own brand of advice.

Dubbed "Mr. Attraction," Clauson has been teaching men and women how to meet, attract and date the person of their dreams for the past seven years. He promises that if you follow what he teaches, you will be able to attract the person and the life you truly want.

He recently won the 2010 "Fastest Rising Star" award by Campus Activities Magaexpert, bestselling author and, of course, a comedian, so this guy is the real deal!

He goes speaking around the country and hopes to empower as many lives as possible while making the process fun and exciting.

In 2011, he was selected to showcase at both NACA Nationals and COCA Nationals, the largest conferences for campus activities in the United States and Canada.

He has already been getting rave reviews from the places he has visited.

Northeastern University decribe dhis show

zine. He is also a dating coach, body language as "an amazing mix of comedy and dating advice."

> Dartmouth College called him "ridiculously funny!" and Wesleyan University says it was "the best show we've ever had on campus!"

> He's also well known for the books he has written, including his latest, The Nine Rules of *Advice*, which is available for download at his website www.mrattraction.com.

> My advice is to get over to the Nest, bring your friends or your lonesome, and enjoy a free night of comedy and advice. This promises to be a great show, so don't miss out!



Ryan Clauson

CROSSWORD

Across

1- Just _ ! 5- Ski cottage 10- Casino game

- 14- "Whip It" band
- 15- Early computer 16- Bedouin
- 17- Rat-
- 18- Goddess of love
- 19- Not _ many words
- 20- Martini liquor
- 21- Hater of humankind 23- Gulp down
- 25- Follow
- 26- Diners
- 29- Audition
- 33- Serf
- 35- Nun wear
- 37- Layer
- 38- Garage sale sign
- 39- Renaissance fiddle 40- Amenable
- 41- Early hrs.
- 42- Closes
- 43- Be of one mind
- 44- Third sign of the zodiac
- 46- Prima ballerina
- 48- Comedian Carvey
- 50- Fix beforehand
- 53- Lottery
- 58- Leb. neighbor
- 59- New Rochelle college
- 60- Man with a van, perhaps
- 61- Currency of Turkey, formerly of Italy
- 62- Bender
- 63- Clarence's accuser 64- Roman poet
- 65- Additional
- 66- Bird homes
- 67- Shrivelled, without moisture

10- Justly 11- Cartoonist Peter 12- Coarse file 13- It's blown among the reeds 21- Mongrel dog 22- "Java" trumpeter 24- Neighbour of Cambodia 27- Greek fertility goddess, flightless bird 28- Fine fur 30- Burdensome 31- Peter Fonda title role 32- Actress Daly 33- Dutch name of The Hague 34- Salinger girl 36- Of the highest quality 39- Harness driver 40- Eyeball 42- Break, card game

Down

1- Maxim

2- Take hold

3- Missionary zeal

6- Addition column

7- Actress Merrill

9- Glad all over

8- Haggard

5- Hebrew tribe member

4- Barracks bed

- 43- Broadcasts 45- Think
- 47- Musical dramas
- 49- Compensate
- 51- Aluminum-bronze coin of Iceland
- 52- Commerce
- 53- Locale
- 54- Fleece
- 55- Grandson of Adam
- 56- Alamo rival
- 57- Etta of old comics
- 61- Acapulco article

13 14 16 19 17 18 20 21 22 23 24 25 26 27 28 29 30 32 31 35 33 34 36 38 39 40 41 42 43 44 45 46 47 52 48 49 50 51 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67

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

SOLUTION – Page 29

Grapevines is a chance to speak your mind. E-mail grapevines@nait.ca

THE NUGGET PRESENTS:=

RAPEVINES

Hey candy cane girl. Still waiting for a reply. Hangin' in, hangin' out and hangin' on. You know that banging on the library (?) window is one way to get my attention. The other way was to wear those jeans the way you do and have those glasses perched just right. I love the way you rock the smart girl look!

– Your \$40 carpenter

To the cute blonde with braces who borrowed my lighter, your low rise pants were nearly exposing your landing strip ... If only I could land my plane on that strip!

Aspiring pilot

GET YOUR GREEN ON

FRIDAY MARCH 16, 2012

To the "small" men who feel the need to urinate inside the stalls because of your insecurities ... learn to aim or sit down, I'm sick clean up your act!

- 7

of nearly sitting in your pee.

- Number two ...

Dear students in pre-Business, please take a shower and buy some clothes that fit, dumb red head and overage party girl. If you dont need this course why the hell do you keep coming back to class just to sit there a gossip about your previous

No Business

Dear RTA Hoarders, stop leaving your junk NOSE! I can hear you from orbit.

Hey hallway hottie! While you noticed my smile, I noticed your butt. Maybe you should

drop by so I can get a second glance ;) – Double Take

High heels, tight skirts, I love you Business girls. - Wiggle Watch

Dude, what's going on with all this

Kony-baloney? – Not on the Band Wagon

...

To the library mouth breather, USE YOUR

Ear plugs are a must

- Not A Junkie

Hey, slow walkers, move to the side! Bad enough you've got a wide load, I don't need to stare at it any longer then I have to. - Pedway Pro

...

Tim Hortons, I love you, but there's something that's been bothering me. Why do you have to close so early? Where are you on those long, lonely project nights when I need you?

- Bean thinking of you ...

Hey v-neck hottie, your manly mane of chest hair was peeking, but then again so was I. - Mane Attraction

Hey Badminton Stud! I'd like to play with your shuttlecock.

- Hot Birdie

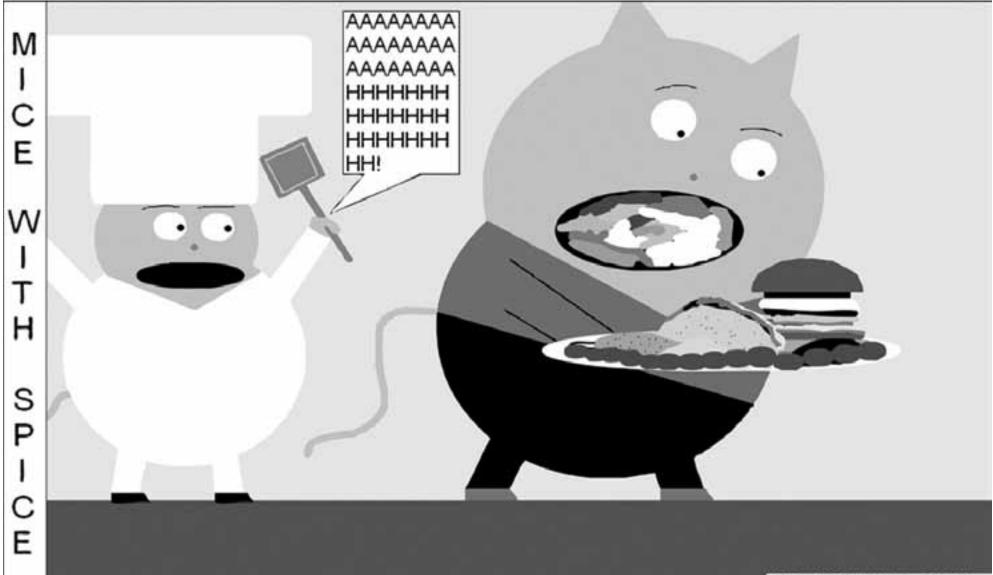


night sexcapades. You guys talk way to loud like your trying to accomplish getting attention from the guys in the class. Don't come back unless your willing to learn most of us don't enjoy throwing away \$2,000 just to listen to you two whine.

everywhere Your mother doesn't work here

e nest

NUGGET-PRESENTS:



Eat out for a week!

By AMANDA SCHULTZ

The Downtown Business Association of Edmonton is putting on a weeklong event called Downtown Dining from March 2 to March 11 and the foodies of Edmonton are excited.

Started nine years ago, Downtown Dining is an event where local Edmontonians have the option of trying a number of different restaurants. Over 20 restaurants in Edmonton are making set menus for lunch and dinner at three different prices; \$15, \$25 and \$50.

Some of the diners that come and eat can win gift certificates to participating restaurants. The grand prize is a dinner for four at The Marc as well as a wine tasting from deVine Wine and Spirits.

Three different ways that diners can win is if you like them on Facebook (at Downtown Dining Event), you can also follow the Downtown Business Association on Twitter, and tweet about some of your experiences with the hashtag, "#yegDTDW".

Some of the restaurants that are included are the Creperie, Hardware Grill, Lux Steakhouse and Bar, Rose and Crown Pub and Lazia. I got the pleasure of talking to one of the owners of Lazia about Downtown Dining, how they got involved and what they are offering for the week.

Jim Dymond took some time to tell me a little about Lazia. The restaurant started 10 years ago, when three friends who had worked in the restaurant business for years decided to open one of their very own.

After Lazia, they also opened The Wildflower Grill and most recently East. For Downtown Dining week, Lazia's lunch is a \$15 Chicken and Shrimp Hot Pot. For dinner, a \$25 three-course meal, with some of the choices being wild mushroom soup with truffle oil, and for main course, Wild Prairie Chicken Supreme. You can finish with a Dark Chocolate Raspberry Bomb. The food is great at Lazia and to be able to eat there for this price is amazing.

"Downtown Dining week started off slow" Jim Dymond said, "but it has caught the attention of Edmonton now and Lazia does get quite busy during the week."

It has been nine years since Downtown Dining Week started and it has been doing very well. It is a fantastic way to be able to try many of Edmonton's downtown restaurants. Come out and try it.



KITCHEN INVASION J.B.





The Expanse Movement Festival

Festival puts dance on map

By KEVIN ALLES

From the Global Vision Film festival to the Annual Silver Skate festival, Edmonton is no stranger to hosting events that celebrate and promote different forms of arts and entertainment. Having started on March 7, The Expanse Movement Festival, put on by Catch The Keys Productions, will be Edmonton's latest expression of the arts.

"It's a celebration of movement arts. That's in performance – it covers dance, clowning, physical theatre, film and anything that is performative, but from a physical work," said Amy Kubanek, this year's festival curator.

"In simple terms, we've got performance, workshops and all 'round theatre,' " she said. "It's a four-day festival that anyone can enjoy." On offer are more than 10 different performances and numerous workshops, including a few free events as well.

"The dance party at the end [of the festival] is a free event. There is a family Friday matinee, for young families and pre-schoolers at 2 o'clock on Friday and that's free as well," Kubanek said.

One of the highlights of the festival is former Cirque du Soleil instructor and performer, Dean Bareham.

Bareham will be conducting a two-hour long workshop on the art of being a clown, as well as performing at the festival.

"He's been doing street performing for many years ... he's one of the big clowns in Alberta," Kubanek said.

Although the festival is now into its seventh year, it has most definitely been going through a growing process.

"It started as a series of shows that started off in Toronto. A little theatre company in town wanted to do something for the dance community in Edmonton, where they could give them another venue to present their work," Kubanek said. "We've really grown a lot, now we're presenting national artists."

While the dance community is growing across Canada, Kubanek admitted that it faces an uphill battle, particularly in parts of Western Canada.

"In some way, the community is just as

healthy as it has ever been. But it's always been a little on the fringe," Kubanek said.

"I don't know if [growth] is really possible with Canadians. Especially Prairie people, they have very different priorities. From my experience, art doesn't seem like a priority for many Albertans."

Events like The Expanse Festival, however, are great steps to increasing awareness and promoting dance here in Edmonton.

Tickets are available for individual performances, just for the day, or for the entire festivals at the Arts at The Barn box office. More information on this year's festival, which runs until March 10, and previous festivals is available online at www.azimuththeatre.com/ expanse.htm.

Reggae band set for the Nest

By KEVIN ALBUS

This Friday, the 2011 Western Canadian Music Award winning band Souljah Fyah hits the stage at the Nest.

In 2009, they were Juno nominees and declared the best reggae band in the Canadian Reggae Music and Reggae Music Achievement awards in 2008.

The band's lead singer Janaya "Sista J" Ellis has a positive energy on stage with Dorant "Saint" Ricketts on drums, Paul "2-Tall" Joosse on bass and guitar, "Stormin' Norm Frizzell on keyboards and "The Original Tribesman," Bongbeimi Nfor, on percussion. Together they won Urban Recording of the Year in 2011 for

their album I Wish.

Souljah Fyah played at the Edmonton Folk Fest and at the Grey Cup festivals in Montreal and Calgary. They have played shows with such reggae and world music artists like Morgan Heritage, Mikey Dread and King Sunny Ade.

Their single "Sweet Love" reached number one on CBC Galaxie Radio in 2008. Also the single "Rwanda" was featured on Ziggy Marley's "Ziggy Radio" in 2008. In 2009, Souljah Fyah were Juno nominees for "Reggae Recording of the Year" and Souljah were the first band from Alberta to be nominated in this category. The bands website souljahfyah.com has a blog on which the band shares news about their trips and upcoming projects. They also have one of their songs "Behind that face" as a free listen and an MP3 download.

You can also purchase three of their albums *Truth Will Reveal*, *I Wish* and their self titled 2004 album *Souljah Fyah* on the website.

The band is from Edmonton and are glad to

be back. On July 20 they will be playing at the South County fair in Fort Macleod.

So make sure you get to the Nest this Friday at 5 p.m. for the Kokanee Live Music Night event. You get to see Canada's hottest reggae band and admission is free.

Get there before 5 p.m., because standing room will quickly turn into dancing room.

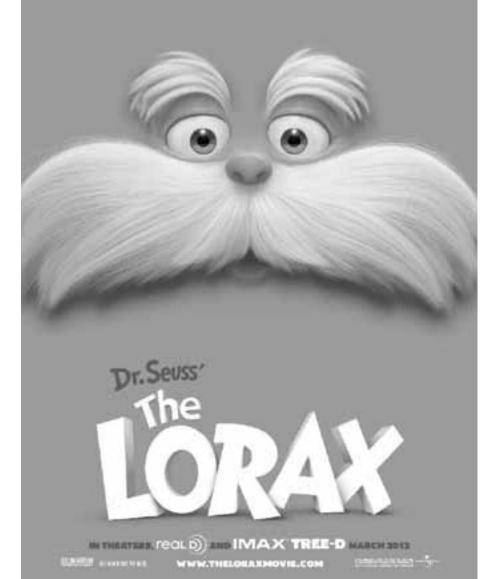




Souljah Fyah

MOVIE REVIEW A waste of time ... in rhyme

FROM THE CREATORS OF DESPICABLE ME



BOOK REVIEW

By KARL GARNEAU

- The continued creation makes me want to pout. For the themes of The Lorax who speaks for the trees. Subtlety is key, I implore you to see.
- Moderation is the theme, I kid you not. The Lorax, the film, as a movie, it rots. Barely a rhyme, anywhere, the characters don't care.
- The shoe-horned bad guy is a short guy with bad hair.
- He looks like Shigeru Miyamoto, I swear! I've got no clue from whence he fared. Danny Devito voices the Lorax, an admittedly

great fit. But even he couldn't elevate this pile of ...

- garbage. Wait, got a better one: It's a shame his perform-
- ance was thrown in the pit. Barely any screen time in his own movie.

It's padded with Zack Efron trying to get ladies.

From anti-logging to anti-corporate. There's really no shame.

Hearing the dialogue is like putting my ears to friends, a flame.

That is, of course, save for a few saving graces. The performance of Betty White put smiles on our faces.

A performance spectacular, she shone like a gem,

in the midst of this wonderfully awful phlegm. Ted, played by Zack, (Efron) was a narrative tool.

He's now a main character. Do they take us for fools?

The action scenes sucked, I'll have you know. I saw better action watching grass grow.

The only thing awesome about this whole play, was the excellent paint job on Ted's segway. Ted's mom was as annoying as a broken bone. Every time she spoke, I emitted a pained groan.

The visuals were nice. I can't fault that. I'll still ignore that 'cause I'm a cynical prat. Taylor Swift was there. I am not sure why. Her lack of purpose made me want to cry. Sure she got Tim to try and find a tree, but I bet she was there just to make money.

The stories don't translate well in 3-D,

nor does it translate into minutes near ninety.

The 3-D is not rough. It's too solid and tense.

This is Dr. Seuss' work; it's not supposed to make sense!

The old story was genius! Why'd you "improve"?

Why did you tramp on Doc Seuss's groove? But the Once-ler is the biggest betrayal by far. He's precisely the reason I gave this one star. That star is for the visuals, which were noth-

ing but fluff. This critic truly wonders who could like this

stuff.

Children? Parents? Fans of the Seuss?

None should have to suffer this eyeball abuse. They imply that Lorax and Once-ler were

despite the fact that they were on separate ends.

At the end, they hug, an ill-fitting scene.

It clashes so much it made me turn green.

So, if it's a movie and visuals you want,

that talks of the hardships that imbalance daunts,

that tells you a story of a conflict of greed,

between economy's glory and environment's need,

With effects and 3-D for your viewing pleasure and throw in a squeeze of love for good measure.

with a kid-friendly climax, then go take a look! But if you want the Lorax, then go read the book.



The Host entertains

By ALI MAGEE

Twilight haters can just hold their horses when they find out this book, The Host, was written by Stephenie Meyer. Unlike the vampire/werewolf novels she's become famous for, Meyer explores an entirely new universe, one that she has created, and vividly describes throughout the book

The Host begins as quite a mystery, it's up to the reader to determine how the world is currently operating and who the narrator is.

Now, when you think of a soul you think of everyone having one, but in this world, souls are separate beings from humans. The souls use the human body as a host for themselves so they are able to be mobile and have a life on earth but to do so they take away the mind of the body they are using, thus making humans and souls enemies.

The main character is Wanda, an extremely likable soul who finds that she can't exactly override the mind of the body

she's using as a host. The two of them, stuck in the same body, become friends and consider it their duty to help the few remaining humans whose bodies haven't yet been invaded by a soul.

Before I spoil the ending, I'll just have to conclude that the plot takes some very unexpected turns and you will not get bored at any point during the story.

Just as she did with the Twilight series, Meyer uses love as a big part of the plot. It's not a sappy romantic book but it does cover a great amount of the spectrum of human emotions, particularly how people deal with love and loss. Again, similar to her previous books, there is a love-triangle - which helps to keep things spicy!

If you didn't enjoy the Twilight series, but liked the movies, then you're in luck. The Host will soon have it's very own motion picture as well, which I'm sure with its background will have plenty of hype around it.





THE NUGGET PRESENTS: HOROSCOPES



MADAME O

March 8-14

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

Pisces (Feb. 19-March 20)

Life may throw hardships at you, but you just have get up and keep going. All those troubles you have been going through will leave you with a new per-

spective. Maybe something beneficial will result, possibly a book? Think about it.

Aries (March 21-April 19)

Watch out. Literally, your klutz side will be coming out loud and proud. So when you trip and fall, make sure you at least get up with some swag. Romance is also written in the stars for you, so make sure you smile at anyone that helps you up.

Taurus (April 20-May 20)

You need to control your rage. You are isolating important people in your life because they are scared of you. Lighten up and good fortune will come to you. But don't forget about your responsibilities, your addictive personality may make you lose sight on what matters.

Gemini (May 21-June 21

Take any advice you get, take on the role of Jim Carrey in Yes Man. You never know what opportunities are waiting for you if you just take the time to accept them. Keep your eyes open for a new love interest. Adventure is in your future.

Cancer(June 22-July 22)

Don't get out of bed tomorrow. You will regret it if you do. Seriously.

Leo (July 23-Aug. 22)

You tend to throw caution to the wind; maybe you should re-think your approach. You leave a trail of rubble wherever you go and right now that will lead to great disappointment for you and many others.

Virgo (Aug. 23-Sept. 22)

You need to tone down your seduction techniques. You may think they are working but people are just finding you creepy. If you don't want to end up forever alone, maybe let someone else do the seducing.

Libra (Sept. 23-Oct. 22) You are on a roll. Whatever you are

doing, don't stop. Great success is in your future if you keep on the track you are on. However, remember when you climb to the top, eventually you'll climb back down, so don't step on too many toes.

Scorpio (Oct. 23-Nov. 21)

Take up a new hobby. You will be pleasantly surprised at what arises from it.

Sagittarius (Nov. 22-Dec. 21)

A new love interest may be in your future, but don't be too disappointed if that love turns out to just be lust.

Capricorn (Dec. 22-Jan. 19)

You're perfect. Don't change.

Aquarius (Jan. 20-Feb. 18)

You need to take a good look at what your priorities are and focus on them. You have been a little off track with what you deem as "important."





MIKE MARSHALL AKA Dr. CONwisDOM

Dear Dr. CONwisDOM,

I think my boyfriend might be going deaf. *I yell at him for hours on end to either take* out the garbage or make me supper and all he does is sit in his chair, drink his beer and listen to old Hank Williams records. Should I take him to the doctor?

> Signed, "Deaf-finitely not my problem"

Dear "Deaf-finitely not my problem," Yeah, here's the deal. Your boyfriend is suffering from a textbook case of "Dont-give-acrap-about-you-itis." The Williams tunes were a dead giveaway. Unfortunately, there is no cure for this affliction. I suggest a high dose of Merle Haggard and George Jones mixed in with the occasional knocker flash to jolt him out of it.

...

Dear Dr.CONwisDOM, My boyfriend would rather play with his action figure collection than with me. I dress in sexy lingerie and parade in front of him, but he's far too busy with Dr. Octopus and Spider-Man. How can I win him back from his precious plastic friends?

> Signed, "I wish he would Marvel at me"

Dear "I wish he would Marvel at me," People who follow the column will notice I sometimes subscribe to a tough love policy. I suggest you do what my father did to me when I was about 8 or so; walk up and kick his collection over while he's playing with it, then crack a beer while telling him how much of a p***y you think he is, all the while insulting his mother. I can think of nothing hotter that a lady can do.

Dear Dr.CONwisDOM,

My girlfriend will pick her nose in the middle of sex. I mean, here I am pumping away and she's got her index up her left snort hole. It's the biggest turn-off I've ever had. Help a brother out?

> Signed, "I'm mining for fun; she's mining for nose gold"

Dear "I'm mining for fun, she's mining for nose gold,"

I prescribe a healthy dose of get out while you still can. I mean for the love of Buddha, here you are giving her a rodeo six ways from Sunday and the only thing she can worry about is the booger in her sniffer; if you're doing anything half right, she

should be fingering something else ...

Dear Dr.CONwisDOM,

My girlfriend has so many shoes, she starting to store them in my garage. I came in last Saturday and noticed my socket set out in the snow while her Gucci pumps sat in their home. I'm contemplating murder. Your thoughts?

Signed,

"Not gonna trade Craftsman for Armani"

Dear "Not gonna trade Craftsman for Armani,"

My god man, how are you writing this with-

out blood haemorrhaging from your shaking fists? If she's a fine piece of tail, gently remind her that the garage is sacred by throwing her shoes to the neighbours dogs. Should she be as attractive as a piece of carry-on luggage, burn

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

io ya gonna ca

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

Housing – Online housing registry at www.rentingspaces.ca

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

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 from 8:30 a.m. to 4:30 p.m. Monday to Friday. Also available at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A).Peer Tutors – Sign up online to get or to be a tutor by e-mailing tutor@nait.ca. The cost is approximately \$15/hour.

your house down when she's on the toilet. ...

your sex doctor will have your "prescription" ready for you the following week!

APP REVIEW Fap DJ reasonable and useful

By KEVIN ALBUS

For \$1.99 you can be a disc jockey. You'll be scratching records in your car, playing around with the sound effects that you use to manipulate the music and mix music to do amazing or horrible things.

First of all, whatever music you have on your iPod or iPhone, that's the music you'll be mixing. I recommend putting on some rap or electronic music. Rock works fine if you have a guitar or bass riff that you want to use.

Now when you get to the main screen of Tap DJ, you're staring at a basic turntable with records on both sides. Look at the picture for the article!

Each side of the turntable has a volume and speed fader. You can adjust the volume and pace of the song. This is where you can hear Alan Jackson in a chipmunk voice or play Adele at a slow rate and hear her low demonic voice ... creepy.

Two vertical bars

In the middle of the turntable are two vertical bars. In these bars you can see the specific audio wave of each track.

To some people it looks cool and shows when the drop is coming in dubstep songs. For others it's used to help match up beats.

Below the red vertical bars is the cross-fader. You keep the fader in the middle and play two songs you're making a mash up.

Now you can either make your music do amazing things or some awful sounding garbage when mixing. That's what's going to separate the people who buy this app. Whoever takes account on how many beats per minute the two songs are will find certain parts that go together perfectly.

Pretty useful

One person will be nodding his or her head in amusement while the other person is adjusting the rate of the song to see if the songs would mash up. And they won't find it, they'll never use this app longer than an hour and they'll most likely be disgruntled that they don't understand music.

So if you like music and most importantly have a basic understanding, this app will be pretty useful.

Want me to get even more technical? In the middle of the turntable at the bottom there's an arrow pointing down. You press that and open the screen that it'll give you the options to manipulate your music. This is where you can add effects (and equalize) and loop parts of a song.

Want to add some echo and reverb to your music? At this point you can give your song a nice ring or sound like you're in a cave.



Other effects include a reverb and gyro.

While reverb will brighten the eyes of audio sound people, gyro will accommodate the easily amused. You get to hold your thumb on the screen and shake your phone or iPod like you're spinning a record. It's kind of useless if you're trying to make music because you're not paying attention to everything.

You are putting one hand up to your ear where there's no headphone while swinging your other hand to scratch music. It gets old after a while but it's a cool feature that was added to the app.

One last thing you can do in this screen is set up cue points in a song. You like a guitar riff in a ZZ Top song, loop it. There's an awesome line of the song, loop it to repeat over and over. The only bummer is you can only loop three times in a song. So make your three picks good when mixing with a song on the other record.

So for \$1.99, you could be a disc jockey. Some people will get great use out of this app and others will be left in the dark. I'm one of the people that found great use out of this app and I must admit, instead of forking over a thousand bucks for an

actual turntable, this app is really useful.

You are also given samples to include in your audio mix. Drum loops, guitar loops and even catchy vocals. You are only given 22 samples. If you want more you can buy them.

Tap DJ can also record when you mix a song. So if you want to show off to your friends, play the song you mixed earlier in the day and watch them dance. This recording feature is sweet.

I've driven home and listened to mixes I've made over the weekend. It's cool to hear your music come out of the car speakers. But this app has some flaws.

This app should include a screen size adjustment for the app. If you are using any of the other screens besides the main one, you can't operate the main screen. For example, if you're looping songs on the bottom screen, you can't scratch records at the same time.

The app isn't for everyone. But for the people who like the music disc jockeys mix on expensive turntables, \$1.99 seems reasonable.

 $\star \star \star \star \star \star$





TIMELY TIPS MARGARET MAREAN NAIT Student Counselling

Concentration, or the ability to focus, is a learned habit. This is good news because poor concentration can be improved. For progress to occur, however, you must be persistent. Which of these tips could you incorporate to improve your concentration?

□ I have quiet place to study that enhances my learning. If there are distractions, would it be better to study in another location? For many students, home is not the best place

to concentrate because of the numerous distractions. In order to improve your study environment, can you improve the lighting, organize your study space more effectively, make more room to spread out study materials, get rid of clutter or alert others that studying is a priority and you don't want to be disturbed?

□ I know how long I can actually concentrate. For three or four study sessions, set a timer and see, on average, how long it takes before your mind starts to wander. Most people can concentrate between 20 to 40 minutes.

If you are dissatisfied with how long yo can concentrate, challenge yourself to concentrate for two or three minutes longer. Set a timer and practise at that length of time for a few sessions. Gradually add additional time. It isn't realistic, however, to concentrate longer than 45 to 50 minutes at a time.

□ I take regular breaks. Taking a fiveminute break every 25 to 30 minutes helps with both learning and concentration. Try doing something physical and/or having a glass of water during your break - both will help you focus.

□ I am aware of what causes me to lose concentration. Are you eating regular, healthy meals, drinking plenty of fluids and getting enough sleep? Are you feeling overwhelmed or anxious? Are personal problems interfering with your concentration? Do you start daydreaming, or is your mind just out of the habit of focusing for longer periods of time?

□ I follow a regular routine. Getting into regular routines may be the most important thing you can do to improve your concentraand studying at the same times each day your mind automatically focuses more easily.

□ I keep my mind active while I study. Set goals, visualize what you are reading, read out loud, make flash cards, ask yourself questions, do concept/mind maps, close the book and recite main points – anything that helps prevent your mind from drifting. Vary the way you study to prevent boredom.

□ I alternate subjects. Learning is most effective if you do not work for longer than 30 to 50 minutes at a time on one subject. Take a break and then switch to another subject.

□ I deal with personal issues. If personal problems are interfering with your concentration, take some time to deal with these. Identify the problem, brainstorm solutions, come up with a plan and then get right back to work. Ask for help if you need it from friends, family or counsellors at Student Counselling.

□ I use "Thought Stopping". Daydreaming is a problem for most students - every time you find yourself daydreaming yell "Stop" tion. If you get into the habit of sleeping, eating in your head and get right back to studying. (It works even better to yell stop while you gently snap an elastic band around your wrist)! Although this sounds simple, it will improve your concentration very quickly. Give yourself some down time to daydream outside of study sessions

> If you are struggling, don't wait to get help. Counsellors are available to help with any academic or concerns. Phone 780.378.6133 to book an appointment or come in person to Student Counselling, Room W-111PB in the HP Centre

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THE WEEK

SINGI

Sensational steak

By KEVIN ALBUS

On Friday I went to the Fresh Express and got the six-ounce sirloin steak and it was delicious.

I asked for medium rare and the chef got it right. The steak had good seasoning salt and same with the fries. I found the steak hard to cut, but I suppose it was the plastic knife ... that wasn't helping me.

Gravy and mushrooms layered the top of the steak with some deep fried onions. The mushrooms were decent, the gravy was good, but the deep fried onions were awesome. It also came with a piece of garlic

bread. All together it made a good plate of food.

But back to the plastic knife – it makes it hard to cut steak. That was the only negative aspect of this meal.

So my advice is next time you plan on ordering a steak at Fresh Express, bring a steak knife. I mean I don't want to endanger people at our school, but I want to eat my steak before it gets cold. Meanwhile I'm "starting a fire" on my plate from trying to cut the steak.

Whatever works for you, try this plate of food. I recommend the steak, just not the utensils.

seven and nine inches across) with four layers of

heavy waxed paper or three layers of brown paper.

salt and spices onto a piece of waxed paper.

Remove one cup of this flour mixture and com-

bine with fruit and nuts. Mix until fruit is well

creamy. Beat egg yolks until light and lemon-

coloured and beat into the butter mixture. Stir

in the molasses and beat together well. Add

half of the remaining flour mixture and blend

fold into batter. Stir in lightly the remaining

flour mixture alternately with grape juice and

coffee. Add floured fruit and nuts, blending in

each about two-thirds full and spreading batter

evenly. Bake in centre of oven. Bake small cake

2¹/₂ hours, medium cake 3¹/₂ hours and large

cake four to 41/2 hours. Remove from oven and

allow to stand five minutes, then turn out on

plicated, it's well worth the effort! For those

people that truly enjoy a good fruitcake, this

is sure to be at the top of the favourites list.

Don't forget, it's really easy to substitute

ingredients if you prefer different things – I used maraschino cherries and it turned out to

Although this recipe seems long and com-

6. Turn batter into prepared cake tins, filling

until fruit is well distributed.

wire rack to cool.

be delectable!

5. Beat egg whites until stiff but not dry;

4. Cream the butter until fluffy. Add extracts. Gradually add sugar, mixing until

3. Sift together flour, baking powder, soda,

Grease again. Preheat oven to 275 F (135 C)

coated.

thoroughly.

Dark fruit cake

By ALI MAGEE

Ingredients

- 6 cups golden raisins
- 3 cups dried currants
- $-1\frac{1}{2}$ cups pitted dates
- 6 cups raisins
- 1 pound candied mixed citrus peel
- $-\frac{1}{2}$ pound candied cherries
- -2 cups almonds
- -2 cups butter
- 3¼ cups all-purpose flour
- 3 tsp baking powder
- $-\frac{1}{2}$ tsp baking soda
- − ½ tsp salt
- 2 tsp ground allspice
- 4 tsp ground cinnamon
- 1 tsp ground nutmeg
- $-\frac{1}{2}$ tsp ground cloves
- 1 tbsp vanilla extract
- 1 tbsp almond extract
- 2 cups white sugar
- 12 egg yolks
- $-\frac{1}{2}$ cup molasses
- 12 egg whites
- ¹/₂ cup grape juice
- ½ cup strong brewed coffee
 Directions

1. Wash and dry the raisins and the currants. Wash, dry, pit and chop the dates. Chop the raisins and the citrus peel. Slice the cherries. Blanch the almonds and slice them lengthwise. Combine fruits and nuts in large bowl.

2. Grease and line three standard Christmas cake pans (these round pans are at least three inches deep and come in a set of three sizes – five,



<section-header>

Andrzej Chlebek, 19 Carpentry

Photo by Meagan Willis

Ideal Date – Going out for drinks.
Turn-ons – Nice legs.
Turn-offs – When a girl talks too much.
What's your type – Outgoing, nice figure, pretty smile.
Hobbies – Art and graffiti, snowboarding.
Favourite movie – Fantastic Mr. Fox.
Favourite food – Burgers.
What do you do for fun? – Go out to the bar. I like Filthy McNasty's.
Where is your favourite place to be? – Anywhere in Europe. I've been there six times.

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

people will take their physical activities out-

doors. These following tips are recommended

to help keep you safe while running, jogging or

number and blood type on the inside sole or

laced to the outside of your running shoe. Be

you carry a cellphone, always ensure that it is

sure to include your medical information.

• Don't wear jewellery.

• Carry identification or your name, phone

• Carry enough change for a phone call. If

ENTERTAINMENT

TIP OF THE WEEK – FROM NAIT PROTECTIVE SERVICES



cycling.

fully charged.

How to run smart • Run with a partner.

• Write down or leave word of your route. Inform your friends and family of your favourite routes.

• Run or cycle in familiar areas. Know the locations of telephones and open businesses and stores. Alter your route pattern.

• Always stay alert. The more aware you are, the less vulnerable you will be.

• Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars and bushes.

• Don't wear headphones. Use your hearing

to be aware of your surroundings.

• Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.

• Run against traffic so you can observe approaching vehicles.

• Wear reflective material if you must go out before dawn or after dark.

• Use your intuition about suspicious persons or areas. React on your intuition and avoid any person or area that feels unsafe to you.

• Carry a whistle or noisemaker.



• Call the police immediately if something happens to you or someone else, or if you notice anyone out of the ordinary during your run.

If you have information about a crime, contact Protective Services at 780-471-7477. If you see a crime in progress, call 911, then Protective Services. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). You will remain anonymous and, if the information you provide leads to a conviction, you could eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.

CD REVIEW Third time's a ... disappointment

By ANNA MACLEOD

The End of That is the third studio album released by Montreal-based Plants and Animals and is arguably the group's least interesting.

The band decided to put more time into producing this album than the past two. The plan was to take their time, develop the songs before they went in to record. Lead singer Warren Spicer came in brimming with ideas and the project started with a lot of promise.

They spent over a year working in studios in both Montreal and Paris. Apparently their surroundings did nothing to lend any culture or sophistication. The End of That is seemingly the end of Plants and Animals being ... interesting.

Maybe I'm being too harsh. I am, after all, more interested in melody than lyric by and large. But I am, in this case, exceptionally disinterested in the lyrics because they have no "push". There is no weight to them emotionally.

The point of melody is to evoke feelings and, in good music, the lyrics should mirror that emotion and flesh it out. Melody and lyric complement each other and work to deliver a cohesive whole.

With this album, not so much. It feels kind of ... well, it feels like nothing. It evokes no mood and nothing about it, either lyrically or melodically, is interesting enough to merit much attention.

Plants and Animals started as an instrumental group, but listening to this album, you wouldn't know that. The music lacks the beauty, creativity and attention to detail that their previous albums had and it seems they relied heavily on the lyrics to add depth. But the lyrics! Oh, the lyrics!

The lyrics seem to have been written without too much thought, but with many references to the thesaurus. The title track starts off: "I tried the cocaine just to know what it could do/I had to try it again just to give it a second chance" quickly

devolves into a simplistic A/A/A rhyme scheme linking bumblebees and potpourri. Rhyme without reason

I don't want to sound like I'm ripping the album to shreds, but it is very hard to find anything to like. Although, to be fair, there is nothing I severely dislike about it either. You could listen

to The End of That several times through and forget that you'd even heard it once.

It's a pretty obvious thing to say but, some people don't work well under pressure and some do. This album makes me wonder if, perhaps, Plants and Animals do their best work under duress.

windsorstar.cor



Plants and Animals

CLASSIFIED

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What did you think of the Oscars this year?

ASHLEY CALLINGBULL



"I loved looking at the dresses."

"It seemed rigged. Not impressed."

Li Nickolus Minde M Machinist, first year fir



"I don't have cable."

Lisa Girard Medical Lab Assistant, first year



"I don't watch TV."

Richard Laxamana Carpentry, first year



"I was into the performances."

Mitchell Burke Business, first year

RESTAURANT REVIEW

Business, first year

Darcie Boutellier

Famoso deserves to be famous

By KEVIN TUONG

I've worked at Pizza Hut before and I can tell you that you should put away that processed pizza and try some authentic Neapolitan pizza. But Naples is so far and expensive to get to. Luckily for us, there's a pizzeria in Edmonton named Famoso.

If you haven't been there yet, then you have been missing out on real pizza. Pizza that tastes amazing and unique, and doesn't make you feel sick.

They use high-grade Italian flour from Italy and all the dough is handled by hand. They use a real tomato sauce from Campania and cook the pizza in a 900 degree stone oven that will supposedly cook your pizza in 90 seconds.

The interior is very contemporary and comfortable. It's a place where you can really sit back and have a fun, relaxing conversation with your friends over some great food.

One thing to keep in mind, though, is that you have to order at the front counter and your food is then brought to your table. I guess that just makes it quicker and easier. If you want to, you can also start a tab, because there's a good chance that you will be ordering more food after your first bite.

All of their hand-tossed pizzas are thin, with a fluffy and toasty crust that has this amazing natural flavour to it. Their pizzas tend to feature a lot of fresh vegetables, like basil, spinach, artichoke hearts (which are amazing on pizza somehow), roasted mushrooms, sun-dried tomatoes and much more. All pizzas are also topped off with a splash of extra virgin olive oil to give it a subtle flavour kick.

If you're a carnivore, they have an amazing fire-roasted chicken pizza (called the Pollo, my favourite) with roasted red pepper and artichoke hearts and a delicious white sauce.

Yeah, they have white sauce pizzas, too and they're pretty freaking awesome. They also have Italian sausage, meatballs and prosciutto ham but no steak or donair meat. Sorry, but this isn't Pizza 73.

Naturally, they offer more than just pizzas. They have a nice selection of Italian salads that come with flatbread, and freshly made flatbread sandwiches, which I have yet to try because I'm too addicted to their pizzas.

You can accompany your meal with some Italian sodas or coffee. They feature a decent selection of Italian wines and a small variety of other Italian liqueurs.

To top it all off, they have an absolutely fantastic tiramisu that will make you groan "mmmm" loud enough for the whole place to hear.

If coffee flavoured sweets aren't your thing, they also have a small selection of gelato ice creams, which can be combined into an Italian soda float or you can simply add a shot of espresso.

The only downside to Famoso is that you can pick any table you want. The problem with that though, is that most Famosos around town are small and popular enough so that they're generally quite full.

But if you manage to find a table, you will absolutely love your experience there. I don't care what type of food you like or don't like, you will like the food at Famoso. It's heavenly in its own way.

Famoso Jasper – 11750 Jasper Ave. Famoso North – 13655 St Albert Trail Famoso South – 1437 99 St. Famoso Southwest – 14123 23 Ave. www.famoso.ca





One of Famoso's delectable pizzas.

Photo by Kevin Tuong







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March 15th, 2012 Location: Shaw Theatre Time: 4:30pm-7:30pm Ticket price \$5 On sale March 5th, 2012 in the Bookstore



KEYNOTES:

Dr. Neil Fassina Dean JR Shaw School of Business Dr. Krista Uggerslev Applied Research Fellow, JR Shaw School of Business

SUMMARY OF THE EVENT:

Reception: 4:30pm

Opening remarks by Dr. Glenn Feltham, NAIT President

Keynote Speakers: "Negotiating Your Future"

There will be three (3) breakout sessions with women from each industry who will share their career choice and be available to answer questions

THREE PANELS ARE:

- 1) Women moving Forward in Trades
- 2) Women moving Forward in Engineering Technology
- 3) Women moving Forward in Information Technology

CLOSING REMARKS:

Rosalyn Naqvi-Parasynchuk,

Vice-President Cameron Homes Inc. 2010 Spirit of NAIT Alumni Award Recipient Business Administration - Accounting, 1999 Bachelor of Applied Business Administration, 2003

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