

THE NUGGET

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NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Giving Thanks



DARIA Morgan

Every second Monday in October, the Canadian Thanksgiving holiday is observed. Typically, it is a time when families get together and eat turkey, and it is also the last celebrated family holiday before Christmas. Also like Christmas, though, most of the time, the true meaning behind the holiday is forgotten, so here is a little refresher on how Thanksgiving came to be in Canada and what it is all about.

The history behind Canadian Thanksgiving

- When people from Europe arrived in North America, the farmers brought traditions from their own countries, and one of those traditions was to give thanks for their good fortune and abundance of food, so they held a celebration at harvest time. Part of the celebration at harvest time was to also fill a curved goat's horn, called a cornucopia or horn of plenty, with fruit and grain.
- The first North American Thanksgiving was celebrated in 1578 when English navigator Martin Frobisher held a formal ceremony in what is now known as Newfoundland. He did this to give thanks for surviving the long sea journey and the other settlers who also arrived safely in Newfoundland, and the tradition was continued on by them. Frobisher was later knighted and had an inlet of the Atlantic Ocean named



after him, which is known today as Frobisher Bay.

- In the year 1621, in what is now known as the United States, pilgrims celebrated their harvest in the New World. The pilgrims were English colonists who had founded a permanent European settlement in Plymouth, Massachusetts. By the 1750's, the celebration of harvest was brought to Nova Scotia by settlers from the south.
- Around the same time in the 1600s, Samuel de Champlain arrived with French settlers, and they formed the "Order of Good Cheer" and held huge feasts of Thanksgiving where they gladly shared their food with their Indian neighbours.
- In the year 1775, at the time of the American Revolution, Americans who remained loyal to the government in England moved to Canada, and Thanksgiving celebra-

tions spread throughout the rest of Canada as well.

- In 1879, Parliament declared November 6 a national holiday of Thanksgiving. Over the years, many dates were used for Thanksgiving, with the most popular being the third Monday of October. After World War I, both Armistice Day and Thanksgiving were celebrated on the Monday of the week in which November 11 occurred.

- Ten years later, in 1931, both Armistice Day and Thanksgiving became separate holidays, with Armistice Day being renamed as Remembrance Day. Then, finally, on January 31, 1957, Parliament declared the second Monday in October of each year to be "a day of general Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed."

Where the turkey comes in

Of all the Thanksgiving symbols, the turkey has become the most popular. The turkey was originally domesticated in Mexico and was brought into Europe in the early 16th century. Although there is no real evidence to say whether or not turkey was served at the first Thanksgiving, in a letter sent to England by one of the immigrated pilgrims, the pilgrim depicts the governor sent "four men out fowling," and they returned with turkeys, ducks, and geese.

Family traditions

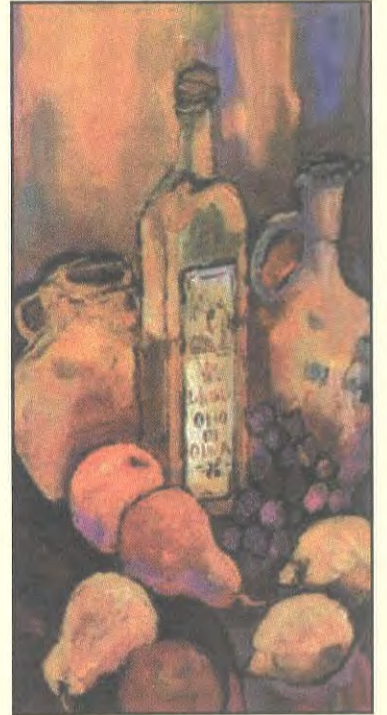
Most families in Canada celebrate Thanksgiving by having a special dinner consisting of their

immediate family and relatives as well as close family friends. The traditional foods tend to include a turkey and pumpkin pie for dessert. For my family, dinner tends to consist of turkey or ham with corn on the cob, mashed potatoes, and red cabbage for the vegetables, complimented by warm, hot cross buns and my aunt's to-die-for gravy. Instead of pumpkin pie for dessert, though, we tend to have a fruit torte or pound cake with whipped cream, which is just as good.

Thanksgiving dinner is not always all about tradition and turkey, though. When inquiring what the traditional Thanksgiving dinner was for a vegetarian friend of mine, he replied, "Roasted butternut squash, rosemary, and garlic lasagna mixed baby greens with red wine vinaigrette, orange bread, and cinnamon pecan ice cream." It all sounds good to me, especially since I gave up eating all meat but fish last summer.

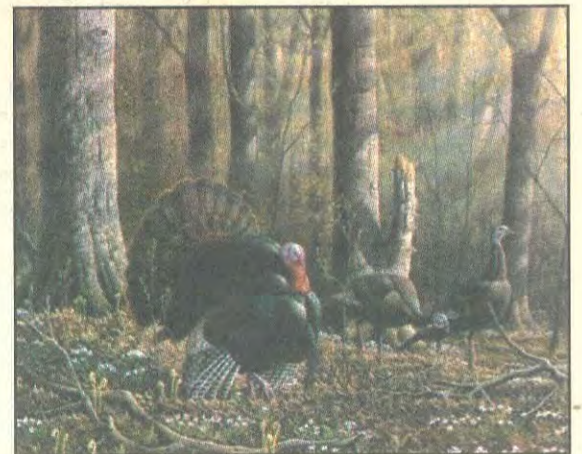
Thanksgiving is the last holiday celebrated together by families before Christmas and, sometimes, is the most important holiday as well because it allows family members to express their gratitude toward their loved ones on an occasion where no little extras (i.e. gifts) is expected. A lot of families tend to say grace at the table and give their thanks for the food in front of them. Another tradition is to go around the table and have each person state that they are thankful for in their lives at that moment. If you decide to go around the table to state your thanks or have a small child say grace, patience should be thrown in with this tradition because it will be needed.

When having the family come together for a special occasion or meal such as Thanksgiving, centerpieces tend to be used to help add that festive mood to the occasion. For Thanksgiving, the traditional centerpiece is a cornucopia, which is a curved goat's horn, and filling it with fruits, vegetables, and grains. The cornucopia at the dinner table represents harmony, peace,



and plenty to all those celebrating the occasion.

This upcoming Monday, October 8, is Thanksgiving Day in Canada. It is a statutory holiday, which means Canadian schools and most places of business are closed



for the day so families and/or friends may come together and give thanks for all that is good in their life and to appreciate those around them.

So, to all NAIT students and staff and to your families as well, I hope you all take advantage of the upcoming day off next week and spend it how it should be spent, as I know I will be with my family this year – giving thanks for their love and support of me. Happy Thanksgiving to you all!



Be Careful What You Apply For



CHANTAL Eder

While walking around the various NAIT campuses, many of you have, no doubt, seen the advertisements for credit cards. You may even have picked up a pamphlet, maybe even applied for, and received, a credit card from one of these numerous companies. What you may not know is that some of these so-called credit card companies aren't actually in it for the credit cards, though. Instead, they're in it for your private, personal information.

Clegg Campus Marketing, better known as Campus World, is one of these companies. Their specialty is the marketing of products and services to university and college students. Students' personal information is gathered and sold to other corporations such as KFC, Bank of Montreal, BMG Music, Universal Studios, and even the Government of Canada. They do this because students are recognized as prime prospects for a wide range of products and services. As stated on their website, "Students are accessible,

open-minded, and impressionable." We are also at the impressionable age at which most of us develop a sense of loyalty towards certain products.

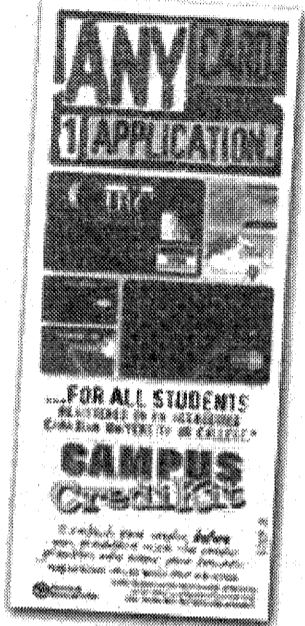
Each year, Clegg compiles lists of names, postal codes, permanent addresses and, if they can, financial information. These are then entered on a database where mailing lists are created, and voila - every corporation that is associated with Clegg now knows all about you. They know your race, religion, where you live, and what school you attend.

Scary, don't you think? Your records, and the lists, are updated two to three times a year, along with over 60,000-70,000 new victims.

NAIT became involved with Clegg in 1994/1995, unaware that the sale of student information was the reason behind the company. Fortunately, NAITSA has discovered the process and are in the process of attempting to eliminate Clegg from NAIT campuses. NAITSA is also pushing forth their new Alumni credit card, the Affinity, in hopes that students will steer clear of Clegg and other companies that may have the same motives.

Unfortunately, there is no way to be certain that your information is not being sold. Just make sure to read the fine print when applying for anything and even when entering contests. For more information on

Clegg, visit their website at <http://www.clegg.ca>. You can also view their student website at <http://www.campusworld.com> and see everything for yourself.



Upcoming BAS Events

On Thursday, October 11, BAS is throwing a karaoke beer gardens on the 8th floor of the Business Tower on main campus. Beer will be a cheap \$2.50 a glass, and coolers will be \$3. The karaoke beer gardens is sponsored by Molson, Hooters, and BAS and is from 3 p.m. to 9 p.m., so be sure to come and sing your heart out!

On Friday, October 12, BAS is hosting a car rally scavenger hunt. Teams consisting of four people maximum will have three hours to find as many items as possible on their given list. The teams who accumulate the most points will win the prizes.

While many prizes are up for grabs, the elusive 1st place winning team will receive four tickets to see Aerosmith and The Cult live in concert on Saturday, October 13. The 2nd place team will win a trip for four to Jasper, including

two nights accommodation and two days of lift tickets. The 3rd place winners will get to ride on the Hooters fan bus and see the

The elusive 1st place winning team will receive four tickets to see Aerosmith and The Cult live in concert on Saturday, October 13.

Edmonton Eskimos take on Montreal on Sunday, November 4.

The car rally scavenger hunt is sponsored by Marmot Basin and their new chair lift Eagle Ridge as well as Hooters, Molson, the Tonquin Inn, Nashvilles and BAS. It only costs \$20 to enter a team of four, and limited space is available, so book your team ASAP in Room T-114A or call 471-7873.

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TO ALL STUDENTS:

An Important Message from NAIT

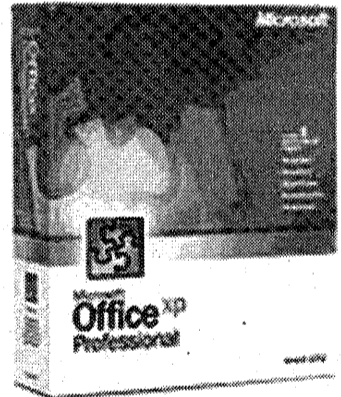
Each February, NAIT issues T2202A forms to its students. You are responsible for ensuring that your mailing address is correct.

Notify the Registrar's Office of changes prior to the end of December to present incorrect mailings. Students will be charged \$10 for a duplicate tax form.



The Techstore@NAIT now has Office XP Professional at student select pricing!

\$110.00!!



Office XP Professional Edition contains all the latest versions of the following programs:

- Microsoft Word
- Microsoft Excel
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Compare at \$850.00 regular retail price at any other store!!

Please note you must present proof of your student ID upon purchase of the software and meet certain qualifications to purchase this software.



Odds & Ends



DARIA Morgan

The Queen Gets Wired

Queen Elizabeth II has reportedly jumped on the technology bandwagon by becoming the owner of a cell phone. Purchased by her son Prince Andrew, her Majesty, now 75 years of age, has yet to be seen using the phone in public, though royal sources confirm she has used it inside the palace walls. It makes one wonder what it would be like to get her on a wrong number.

Love Thy Neighbours

An 80-year-old lady in Toledo, Ohio, after repeatedly asking her neighbour to turn down his music and him repeatedly refusing to do so, took matters into her own hands by grabbing her shotgun and firing a round at his porch. Instead, she managed to hit two children who were standing nearby but, fortunately, because the shell casing was over 40 years old, it had lost its power and didn't even pierce the kids' clothing. The 80-year-old woman was then charged with felonious assault and was arrested and jailed.

King Names King as King

Burger King recently held an in-store sweepstakes in which it invited customers to vote for their favorite living legend of music. Blues legend BB King, 75, was

chosen from a list of nominees that included Tina Turner, Stevie Wonder, Michael Jackson, and Aretha Franklin. Burger King then donated \$10,000 to BB King's charity of choice, the Sickle Cell Disease Association of America. BB King is currently on tour, making a stop in Edmonton at the Jubilee Auditorium on Sunday, November 4.

A Truly Mistaken Identity

In a case of not doing one's homework, a 55-year-old man in North Little Rock, Arkansas, attempted to pass off another man's income tax refund cheque as his own at a hardware store to pay for a small purchase. The 55-year-old may have gotten away with it, too, if the name on the cheque he tried to pass off was not, in fact, the owner of the hardware store he attempted to use it in. The man was held down by several employees until the police arrived.

A Sad Passing

Author Peter Maas passed away last week at the Mount Sinai Hospital in New York. Maas was best known for his book "Serpico," which was made into a movie that nabbed actor Al Pacino an Oscar nomination. Maas also wrote "The Valachi Papers" and "Killer Spy," with "Killer Spy" depicting the life of Aldrich Ames, who was convicted of spying in the Soviet Union. The last book Maas released before his death was entitled "The Terrible Hours." It chronicled a submarine rescue during WWII and was turned into a NBC movie entitled, "Submerged." Maas was 72.

The VOA Catches Laryngitis

Going against every principle of journalistic ethics, the Voice of America (VOA) was pressured by Bush officials to not air an interview with the Taliban's supreme ruler earlier this week. The States Department spokesman said the federally funded broadcaster's board of governors was told the department "did not think it was appropriate for the Voice of America to be broadcasting the voice of Taliban." The VOA, which is heard all over the world, planned to air a brief voice clip from the interview with Mullah Mohammed Omar in which Omar repeatedly refuses to surrender Osama bin Laden and called on the United States to "stop trying to impose its empire on the rest of the world, especially on Islamic countries."

A NBA Legend Returns

A rumour no more, it is now confirmed that Michael Jordan will be returning to the NBA, playing for the Washington Wizards. Jordan has issued a statement to the press saying that out of "deep respect" to the victims of the September 11 terrorist attacks, he will be donating his entire salary for this season (\$1.3 million US) to relief and victim assistance efforts.

The Feet Of One Man's Feet

When a Seattle, Washington, man entered the "World's Most Beautiful Feet" contest, he had a feeling he would not win - and he was right. Instead, he won the dubious title of "The Feet Most in Need of a Pedicure." The man won a day trip to

the Gene Juarez Spa & Salon for a full pedicure. His "winning" photo is posted on the website <http://www.Foot.com>, alongside the real winner of the "World's Most Beautiful Feet" contest.

Curing The Great

On November 13, The Cure is releasing a greatest hits album that will feature two new tracks, including the new single, "Cut Here." The greatest hits album will be offered in two versions, with one being a limited premium package containing a bonus CD with acoustic hits, featuring unplugged versions of all the songs on the greatest hits track list.

Making Too Much Of A Merit

Public health officials in Thailand are urging the 52 people who were bit by dog at Bangkok's Chatuchak Park last week to get a rabies shot because the dog was rabid. The dog allegedly bit dozens of people as they waited to catch a bus and was eventually killed by a security guard after he, too, was bitten. The dog was then sent to a lab for tests, which confirmed it had rabies. Many semi-wild dogs run free throughout Bangkok, fed by well-meaning Buddhists who believe they are making merit by caring for the often disease-ridden animals.

Stupid Headline Of The Week

A Reuter's headline read earlier this week: "Novel Auction Offers Chance to Buy Immortality."

Have any questions or suggestions for this column? E-mail virgin_state_of_mind@hotmail.com.

NAIT Students Give From The Heart



CHANTAL Eder

We've all seen, or know about, those little red, white, and blue ribbons created especially for, and in support of, the United States relief effort and the Canadian Red Cross.

Last week, the ribbons finally made their way to NAIT campuses at the request of a staff member. The Development Office coordinated a ribbon campaign and set up sales booths across all NAIT campuses in hopes of raising money to aid the relief efforts.

As always, NAIT students and staff showed tremendous solidarity and sold 1,388 ribbons. The total raised was a remarkable \$4,288.

Thank you, NAIT students and staff for coming to the aid of our southern neighbours and the Canadian Red Cross. Every bit helps!



Crime Stoppers Tip of the Week

What to do if you are assaulted

If you are assaulted, you will face a number of painful emotions. Victims often feel fear, confusion, anger, embarrassment, disgust, and guilt. It is important to remember that you are not to blame. The only guilty party is your assailant.

Here is what to do immediately after an assault (as suggested by Alberta Justice, Public Safety Division):

- Call the Police - prompt reporting will help them obtain evidence, and they will help you get the assistance you need. If you feel uncomfortable, ask that a friend or loved one be with you.
- Don't bathe, change, or dispose

of your clothes. Such actions may destroy evidence that could convict your attacker.

- Do not consume any alcohol, drugs, or medication.
- Go to the hospital for a medical examination. You will be asked to give your name, age, and details of the assault. You may ask that a friend be with you throughout the physical examination.
- You may also want to call a sexual assault center. Trained counsellors can provide you with emotional support.
- Write down everything you can remember about the incident as soon as possible. This information could be vital and should be kept for court evidence. Use the following check-

list to record all you can about your assailant:

Suspect Identity chart

- Age
- Type of hair/color/cut
- Beard/moustache
- Complexion
- Weapon
- Shirt, coat, trousers
- Method of escape/direction
- Height/weight
- Eyes/eyeglasses
- Visible scars
- Shoes
- License plate
- Vehicle description

If your case goes to court (not all do), you will be treated as a witness

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for the Crown. This may involve one or more meetings with a Crown attorney. You may have someone with you during these interviews. Your case may take several months to go to court.

You may also consider a civil lawsuit, which can be started before or after criminal proceedings. Ob-

tain legal advice if you wish to pursue this course of action.

You are not alone

Family or friends may be eager and able to help. There are also many trained professionals who can offer emotional support and counseling. Know that help is available. You do not have to deal with assault alone.

New Time Out Concession Equals More Food for Thought



CHANTAL Eder

There's a new place to satisfy that rumble in your belly. The ribbon was officially cut on Monday, October 1, to the new Time Out concession.

Operated by NAITSA and The Nest, the concession will be serving pre-packaged snacks and fresh

Time Out is located right next to the gym and will be open for the convenience of students and also during special events to satiate fans.

soup du jour for staff and students to enjoy. Time Out is located right next to the gym and will be open for the convenience of students and also during special events to satiate fans.

The idea for Time Out was brought to the table close to two

years ago by NAITSA, in hopes that the proceeds would go towards helping the students. Problems arose from the Fresh Express and the Common Market, claiming that the concession would take business away from these cafeterias.

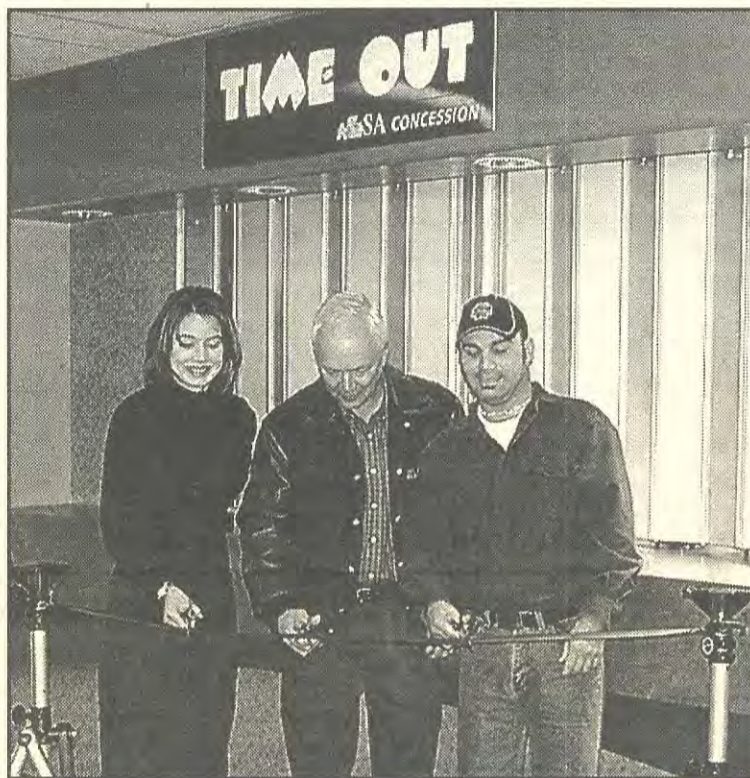
As it stands, Time Out will be carrying similar products but no hot food other than soup.

The hours will be different for the Time Out concession but have

not been stabilized as yet. For the next few weeks, it will run on limited hours until everything gets up and running.

The proceeds from Time Out will go toward student endowments and bursaries, so you won't only be curing your hunger, you'll be helping out your fellow students and supporting your Students' Association.

So, head on down and grab a bite. Take a Time Out!



IT'S OKAY TO WANT TO COUNT THESE. REALLY.

"Bean counters" can do very well in today's business world. Especially ones of the Chartered Accountant variety. Credit the CA program. It gives individuals the confidence, management skills, and professionalism that companies look for in their leaders. This puts CAs in a rather enviable

position—clients, employees, board members and shareholders end up counting on their CA. Take another look. Meet a few CAs and test yourself for signs of accountancy. Visit our website. And if you want to verify that you've counted right, be sure and go to www.becomea.CA/beans.



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MOVIE review



KATRINA Benson

Joyride

20th Century Fox
97 minutes

Starring: Paul Walker, Steve Zahn, Leelee Sobieski

After seeing the preview for *Joyride* air constantly on TV, I wasn't sure what to expect when I saw this movie last Friday at a media screening. And, now, after seeing it, I find myself having to turn the channel when the commercials for the movie come on because they really don't depict the movie accurately at all.

It's not that *Joyride* is a bad movie, because it's not, but it is lacking a lot in the substance department in that a lot of different plot twists happen but then are never explained or further explored. And this becomes a bit frustrating, because you want to know these little details.

The synopsis of the movie is Lewis (Paul Walker) exchanges an airplane ticket home to buy a car and pick up Venna (Leelee Sobieski), a girl who lives a few states over from him that he grew up with and obviously likes, to go on a cross-country road trip to get home instead. Before he leaves, Lewis finds out that his brother Fuller (Steve Zahn), whom he hasn't seen in five years, is in jail and is en route to picking

up Venna. So, Lewis goes and picks up Fuller to take along on the road trip home as well.

While Lewis and Fuller are on their way to pick up Venna, Fuller buys a CB radio to pass the lengthy driving time in the car. The two brothers then decide to play a prank on the radio, posing as a female trucker named "Candycane," to lure lonely, horny truckers into talking to them. A trucker named "Rusty Nail" responds, and the boys trick him into meeting them at a hotel for a rendezvous. The room the boys tell Rusty Nail to meet them at is the room next door to them, where a pompous patron they ran into whilst renting their room is staying.

During the night, Rusty Nail shows up to the room, and Lewis and Fuller find out the next morning that the patron that was staying there is now in a coma. The boys tell the police their story and are told to leave the state. So, they continue on with their road trip, a lot shaken up. While continuing on their way, Rusty Nail comes back on the radio looking for "Candycane." Fuller gets on the radio and tells Rusty Nail he is unbalanced, a nut case, etc., and thus Rusty Nail begins to hunt them down.

Lewis and Fuller have a few altercations with Rusty Nail, where they are almost crushed to death in their car just before they pick up Venna. They opt not to tell her what is going on though, till Rusty Nail comes back on the CB and reveals he has kidnapped Venna's dorm mate, Charlotte, and that Lewis and Fuller have to do whatever he tells them to if they want to see her alive again.

Lewis and Fuller fill Venna in about Rusty Nail, to which she tries to use compassion and reason to appeal to him to stop what he is doing. The speech does not work, however, and when the threesome go out to a farmer's field to meet Rusty Nail to get Charlotte back, Venna is then kidnapped as well. Lewis and Fuller then race against time and odds to save both Venna and Charlotte.

In the end, both Venna and Charlotte get rescued by Lewis and Fuller and, for a moment, one believes that Rusty Nail is dead. After he contacts them in a manner very similar to the end of the *Scream* movies, however, you find out he is not, and this is how the movie ends, with the obvious danger for a sequel that would only parallel *I Know What You Did Last Summer* if one is eventually made.

While *Joyride* did have me twisting my hair a lot throughout in anticipation of what would happen next, the lack of explanation and development of some of the plot twists that take place, leaves a lot to be desired. If you are looking for a mild thriller to get the heart pumping, I would recommend *Joyride* for that sole purpose though. It's not a boring movie to watch by any means, and it does elicit a few good laughs, but just don't expect anything of substance out of it other than that.

I wouldn't pass on *Joyride* totally when trying to decide what to see, but I would save it for a cheap night at the movies, rather than paying full price for it.

Rating: 2 + nuggets out of 5

Geado's Corner



DON "the Geado" Gray

The hard questions are the easiest to ask. What do women REALLY want? Why do people do stupid things? How did he get a license? Why am I in this stupid line up?

Standing in the line up to get into the store so that I could find the textbooks I needed and stand in another line up to pay for the very same books, was an experience that I could have lived without. At the time, I wondered aloud, "There must be a better way," and received a few grunts and nods from those poor souls around me. Although a TV was set up showing some mindless movie to entertain the captive crowd, it was a real inefficient use of time.

After having purchased the books I needed, the experience was soon forgotten. Like a bad dream, it faded away, and new challenges lay ahead. Until, that is, a rather studious fellow schoolmate wondered why he couldn't have purchased the books he needed much earlier than he was able to.

His reasoning is sound, at least on the surface. If the textbooks were available ear-

lier, he would have been better prepared to start the semester. Reading ahead allows the mind to better understand the lecture when presented, thus enabling the student to excel in the offered course. It would reduce the time waiting in lines and spread book sales over a longer period of time for the bookstore. A win-win situation for all parties concerned.

Let's look at the other side. For this to work, the instructors would need to have their book choices in before the end of the current semester to give time for the bookstore to order and receive shipment. No problem there, if all parties involved decide to follow that format.

But is it worthwhile for the bookstore to buy into this? Inventory would be a lot harder to control, resulting in a possible drain on the store's cash flow. When there is a change in textbooks for a course, there would be more returns to handle. No big problems in those regards, as those are solvable problems.

Would there be enough sales to warrant having a full stock of textbooks on an ongoing basis?

There is where the crux of the problem may lie. Students that rely on loans to finance their textbook costs do not receive their funding until after the school year begins, while others do not want to invest their money into books a moment sooner than

they have to, if at all. Lets face it, students with the desire to read ahead and have the money to purchase those very same books are hard to find.

The result is that my friend is penalized, but so is the bookstore. They need to hire a pile of temporary people to handle the overwhelming rush, handle a tremendous amount of books, and provide senseless movies to poor, frustrated souls waiting in a seeming endless line, all in a relatively short period of time.

There is a deeper underlying problem in this scenario. What we are seeing is the power of apathy. Because a large segment of the population has no desire to improve their standing in school, or in life for that matter, the minority that do must pay a penalty. We pay higher vehicle insurance premiums because people don't obey the rules of the road and higher prices at retail stores are because people don't respect the property of others. People pay with their lives because some industries, managed by people, don't care if they pollute their own neighborhood.

There is a better way. If more students ask for their books earlier, people drive their vehicles in a safe and courteous manner, respect is paid for other's property, and industry realizes that it's their neighborhood as well, we all will be better off. It means that we need to start caring about the world around us.

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Whenever I think of the subject of tipping, my mind takes me back to the first time I ever saw "Reservoir Dogs." The scene where Mr. Pink makes the bold, yet truthful statement: "He doesn't tip waiters or waitresses because society says he must."

I agree with Mr. Pink. You see, many people have long forgotten that the word "TIP" is actually an acronym for "To Insure Promptness." The way I see it: If promptness in service is not given, why should a gratuity be left behind?

But it's not that simple. As in any predicament, there are always two sides to a story.

Most servers feel that some sort "TIP" should always be left behind. A server of four years, Matthew Devolder says, "Many of us have to pay out a percentage to the kitchen and hostesses based on our evening ringout. So, every time a customer doesn't leave a tip, we are actually out that money!"

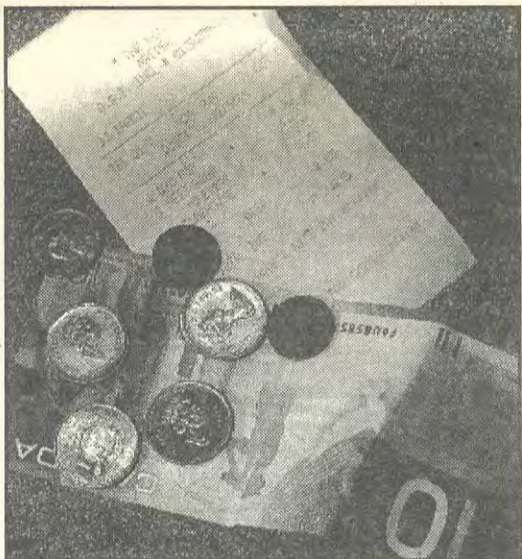
The Alberta government doesn't make it any easier for the service industry. In Alberta, servers

are expected to declare (and pay taxes on) all tips as part of their annual wages.

So, when service is actually prompt and friendly, how much should one leave as a TIP? According to <http://www.tipping.com>, the standard tipping rate in Canada should range between 10 to 15 percent of the bill total. My tipping strategy is doubling the bill's GST (14 percent).

The following lists suggest what are generally considered to be adequate amounts to tip worldwide. It should be kept in mind that tips are a way of expressing satisfaction. Larger tips should be left for those who provide extraordinarily good service; smaller tips or no tip at all should be left when service is poor.

Make sure to join me next time when I visit "The Tin Pan Alley."



you have any suggestions or comments about this column, please E-mail them to me at comeauscuisine@hotmail.com

Restaurant Tips by Country

Country	Tip	Comment
United States	15%-20%	Expected, but usually not included in bill.
France	12%-15%	Usually included in hotel, restaurant bills.
U.K.	10%-12%	Service charge usually in restaurant bill.
Japan	10%-20%	Tip usually included in hotel, restaurant bill; otherwise, tipping not common.
Germany	10%-15%	Service charge usually included in restaurant bill; small additional tip is norm.
Hong Kong	10%-15%	Tipping common for all services.
Indonesia	10%	Usually included in bill; additional tip some times added.
Italy	10%	Tips expected for most services.
Malaysia	10%	Tipping usual for porters and room service.
Mexico	10%	Tipping common for most services.
Philippines	10%	Tipping common for most services.
Saudi Arabia	10%	Tips usually included in restaurant or hotel bill; extra 10% sometimes given for special service.

(Source: ECA Windham, New York)

Twelve Ways to Manage Procrastination

MARGARET Marean
Counsellor

Procrastination is the avoidance of a task that needs to be accomplished, usually by doing a low priority task (such as working on a major project or studying). Not only does procrastination lead to stress and poor performance, it also increases feelings of guilt, inadequacy, depression, and self-doubt. For some students, it may interfere with personally and academic success.

So why do students procrastinate?

There are a variety of reasons. If you are a procrastinator, ask yourself these questions:

- Do I know my goals and priorities? Are they really my goals, or someone else's?
- Am I feeling overwhelmed by the task? Or the program I am in?
- Do I have negative beliefs such as "I cannot succeed" or "I'm not smart enough to complete this program?"
- Do I have personal problems that are interfering with my concentration (ie: relationships, finances)?
- Am I a perfectionist? Are my expectations realistic?
- Do I fear failure? Do I fear success?
- Do I think I need to work under pressure to do my best work?

Students often think they do better when they work under pressure, but this is not the case. They often do not have the time to revise or to add in creative ideas when leaving projects until the last minute.

Procrastination is a habit and, like any habit, it can be changed.

Here are some suggestions for managing procrastination:

- **Make a daily to-do list.** Evaluate all that you want to accomplish the next day and label each task with an "A" (top priority), "B" (would like to accomplish), or "C" (can wait if I don't get to it). Never work on a "B" or "C" task (or one that wasn't on your list at all) unless your "A" tasks are accomplished.
- **Break major tasks down into smaller pieces and take one small step at a time.**
- **Either start with the most difficult or boring task (to get it over with) or with a very easy task (to get motivated).**
- **Use the five-minute method.**

Commit to do something on the project for five minutes. After the five minutes, decide if you're going to continue for another five minutes.

• **Reward yourself right away when you accomplish a small goal.** You want to use one of your procrastination techniques, such as watching TV or talking on the

Do I have negative beliefs such as "I cannot succeed" or "I'm not smart enough to complete this program?"

phone, as a reward when you accomplish a goal.

• **Use a time schedule.** Schedule realistic times for tasks, and try to stick as closely as possible to your schedule.

• **Get organized.** Optimize your chances of success by modifying your study environment to eliminate or minimize noise and distractions. Have necessary equipment set up.

• **Make procrastination obvious.** Leave your textbook upright

on the top of the TV, put your assignment list on the fridge, and/or paste your priorities for the day on your phone.

• **Imagine what you would do if you were not a procrastinator.** Visualize exactly how you would act and think and then act on your visualization. Pretend you are that non-procrastinator.

• **Incorporate positive self-motivating statements into your thinking.** (ie: "There's no time like the present," "The sooner I get done, the sooner I can relax," "It doesn't have to be perfect," "Yes, I can do this," "If I break this down into small task, it won't be so overwhelming.")

• **Think about how much better you feel when you get something done than when you put it off.**

• **DO IT NOW!** Commit yourself to action and get started.

And, remember, if you can discuss this or any academic, personal, or career concern with a counsellor. The Student Counselling Centre is located on main campus in Room O-117. We can be reached via phone as well at 471-8921 and by TTY at 474-5883. We offer services in individual counselling (academic, career, personal), seminars and workshops, peer tutoring, and services to students with disabilities.

TIME OUT

Do YOU Want a Job on Campus?

Your NAIT Students' Association just opened a new food service concession outside the Gym called

TIME OUT

If you're interested in **making some money** and getting some **work experience** while here at NAIT, come to The Nest or the Time Out Concession and ask for Robin or Roger, and fill out an application.

The job offers flexible hours in part-time and full-time positions. The Time Out concession also offers weekend shifts during events in the Gym and an hourly wage starting at \$7.00.

NAITSA is an equal opportunity employer.

How to Create a Killer Cover Letter

SHARON Brown
NAIT Career
Advisor

So, you've finished creating a winning resume, and now you're ready to move on to the next step in your marketing strategy. Keeping in mind that your goal is to get an interview, how do you get an employer to look at your resume out of the hundreds of resumes on their desk? You have to attract and keep their attention with a **killer cover letter!**

The purpose of a killer cover letter is to make the employer want to read your winning resume. Many people find this to be the most difficult part of effectively marketing themselves. However, it's really as easy as pie – once you know what you're doing, that is! So, read on, grasshoppers, and you will soon be cranking out your own killer cover letters!

Remember, you only have about 30 seconds to attract the employer's attention, so your cover letter has to accentuate the positive, flow well from beginning to end, and focus on your strengths and how you meet the employer's needs. It is a short, one page marketing tool with an opening, a body, and a conclusion. Here are some content/format pointers:

- **Do your research!** Read the ad carefully, research the company (collect information from their website, written materials, etc.), and identify the employer's needs. Write down how your skills, personal qualities, training, education, and experience meet the employer's needs and what kinds of contributions you could make if you were hired. Think about what you have to offer over the competition (what's your edge). What industry buzzwords do you need to know? What is the name/job title of the person doing the hiring?

- **Organize your results.**
- **Start Writing.**

Opening: Write an attention getting opening sentence that clearly explains your reason for writing. You might also express your interest in the company and in the position. Don't forget to tie this interest into some of your strengths.

Body: Focus on answering the question, "Why should I hire you?" Match your strengths to the employer's needs. Use your buzzwords and sound as professional as possible. This section can be one or two paragraphs in length.

Conclusion: Summarize why you're the right person for this po-

sition. If this is a letter in response to an ad, ask for an interview. If you're sending out your resume to companies to keep on file in case they are hiring, state when you will contact the employer to follow up. Remember that you must follow through and contact them in this case. It makes the employer open your file and read your resume when they might otherwise not know about you. Call back every so often to maintain your visibility.

Always address the letter to the person doing the hiring. Demonstrate your awareness of the company's activities/philosophies. Your interest will make a positive impression on the employer.

- **Personalize, Personalize!** Always address the letter to the person doing the hiring. Demonstrate your awareness of the company's activities/philosophies. Your interest will make a positive impression on the employer.

- **Spell Check!** Don't get filed in the circular file over spelling, grammar, punctuation or typing errors. Errors show a lack of attention to detail and signal a lack of interest in the position. Remember that spell check doesn't catch everything! Always get someone else to proofread your letter. Read it out loud to check for flow and organization. Read it backwards! Start from the last sentence and work your way up. This way, you are more likely to see errors and not get caught up in reading what you've said.

- **Standardize Your Look.** Use the same font style and size, paper, etc. as you used in your resume to create an overall impression of polished professionalism.

- **Vary your sentence structure.** It can be difficult to avoid the overuse of "I" sentences, but it will be well worth your time once you read how well your letter flows. Your goal is to create an interesting and attractive cover letter that will make the employer want to know more.

- **Save! Save! Save!** Always save your killer cover letters on your computer. This will allow you to look back at some of the terrific sentences that you've created and use them in the next letter you write.

Remember, always write personalized cover letters tailored to the company and/or ad you are responding to. This will demonstrate that you are sincerely interested in the company and in the position.

- **Product Delivery. Be aware of application procedures and deadlines!**

- **Fax or E-mail:** Always follow up with a hard copy if possible. Send it to a friend first to make sure it comes out how you want it to on the other end.

- **Mail:** Invest in some extra postage and send your material in a large envelope. Employers like reading materials that haven't been folded. They are less likely to spend time looking at a cover letter/resume that they have to keep unfolding to read.

- **Hand Deliver:** Always dress professionally – you never know who the person is taking your application or the role they may play in interview selection.

Well that's just about everything you need to know to crank out a killer cover letter! If you need further help, check our website at <http://www.nait.ab.ca/careers> for further tips on cover letters and job search strategies. There is even a whole section on company research, including a company research tutorial.

Remember, a killer cover letter and winning resume will only be successful if you have a well-planned marketing strategy in place. Watch for the next step in successfully marketing yourself to employers: Networking 101.

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**PLAYING NOTHING BUT THE BEST IN
R&B, HIP HOP, TECHNO & TOP 40**

For the photographer in all of us...

Lowepro Camera Bags:



CURTIS Comeau

With the popularity of classic and digital cameras, chances are pretty good that if you've seen a photographer "working" in the field, they probably use some sort of Lowepro bag to carry their camera gear.

Why? Because many photographers believe Lowepro makes the best bags for transporting and protecting photo, digital, and video imaging equipment. Several of the world's best photographers, from Nevada Wier to Brian Hamill, all testify that Lowepro offers the bags of choice when it comes to protecting your camera gear.

That wasn't enough to satisfy The Nugget, though. We had to find out for ourselves if Lowepro could live up to their expectations.

We contacted Lowepro ourselves and asked them if we could review six camera bags. With over a hundred individual bags to choose from, these were six we chose: *Mini Trekker*, *Sideline Shooter*, *S&F Reporter 400 AW*, *S&F Rover AW*, *Orion Trekker*, and *Off Trail 1*.

Although there are many bags that run upwards of \$250, the ones

we chose to review are very reasonably priced. TRANSLATION: We chose bags that the average student's loan could afford, considering you haven't spent it all on booze!

Once receiving the bags, I gave them to several different photographers, each of whom used their bag for a period of two weeks, and here is what they found.

Orion Trekker "Trekker Backpack Series"

Curtis Comeau
(Freelance Photographer: Valley



Orion Trekker

Zoo, Where Magazine)

I was glad to have the chance to run around and use the *Orion Trekker*. It's padded harness and mesh back pad made it a perfect size for those who want to take their cam-

era on day hikes.

The storage space is positively deceiving, because it's actually a two-compartment backpack. The top half is perfect for storing extra clothing, water, snacks, and/or various other gadgets. The bottom half has the capacity to store one SLR camera with attached zoom lens, two additional lenses, one flash, and a few other accessories like filters and batteries.

Although it didn't rain while I was using the *Orion*, the outer fabric is completely water-resistant. The *Orion Trekker* is a backpack for those who are at the entry-level phase of nature/outdoor photography. The only down fall to this bag is that there is no dedicated tripod holder. However, for the price, the *Orion Trekker* is a steal of a deal! I give it 8 rolls of film out of 10.

Mini Trekker "Trekker Backpack Series"

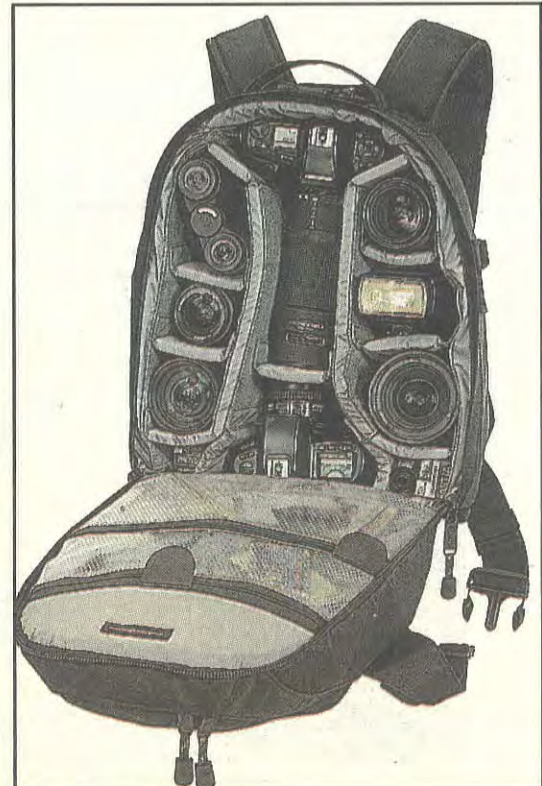
Reviewer X
(Classified)

Reviewer X really liked Lowepro's award winning *Mini Trekker* backpack. In fact, once the review was written, Curtis had to break into Reviewer X's home and steal back the *Mini Trekker* so he could send it back to Lowepro.

Reviewer X says that, at first sight, the *Mini Trekker* appears to be the same size as the *Orion*, but once the *Mini Trekker* was opened, he noticed that it offers much more storage space than the *Orion*. Some of the award-winning features include a quick release tri-pod holder, the ability to hold one SLR camera

with attached zoom lens, one additional SLR body, four to five lenses, and one external flash. Lots of pockets make perfect storage space for film and various filters.

Reviewer X found that the *Mini Trekker* sat very comfortable on his shoulders. He would seriously recommend the *Mini Trekker* to anyone (particularly nature and outdoor photographers) who are looking to transport quite a bit of gear in a small compact space. He gave it 9 rolls of film out of 10.



Mini Trekker



S&F Reporter 400 AW

S&F Reporter 400 AW "Street and Field System"

Jay Miller
(Stock Photo Photography)

My grandpa once told me, "It doesn't matter what you do, so long as you look good doing it."

Well, I think it does matter what you do, but you should also look good doing it! What really gets me going are the unfashionable photographers who wear old fisherman's vests while they're out shooting. Yes, it's true, "those" vests are prac-

tical to use, but really, they could just spend a little bit of money and buy something that's both fashionable and functional.

Personally, I use Lowepro's *Professional AW* series; however, when Curtis contacted me and asked me to review the *S&F Reporter 400 AW*, I was more than happy to oblige.

This stylish bag/belt-pack is bigger than it looks in the photo. Overall, it provides ample space for two SLR cameras, lenses, flash, and any

The Nugget and Lowepro Give you a chance to:

Win your own camera bag!!!

Remember, when choosing a camera bag, keep in mind you are probably going to want to buy additional lenses, so make sure to leave yourself some extra space.

Also, choose a bag that's suited to your style of photography. If you're a photo-journalist, consider a belt-pack that has a top lid zipper, allowing quick access to your camera. However, if you're into outdoor photography, a backpack is definitely the way to go.

Put to the Test



Sideline Shooter

other accessories you would want. Even when fully loaded with pro gear, the *S&F Reporter 400* is surprisingly lightweight, and you can also remove the padded insert to further lighten the load.

The other feature that put a huge smile on my face was the all-weather cover flap, which has a top lid zipper, which allowed quick access to film. Although I will stick with my *Professional AW*, would highly recommend the *S&F Reporter 400* to any young photojournalist. Make sure to head down to your local camera shop and check out this bag for yourself. If the bag's bulkiness is a concern for you, then downsize to the *S&F Reporter 200* or upsize to the *S&F*



S&F Rover Light

Reporter 500. I give it 8 rolls of film out of 10.

Sideline Shooter
"Trekker Beltpack Series"

Eva Forys
(*Weddings, Events, and Commercial Photography*)

I have always used backpacks to carry my camera gear. I mainly shoot landscapes, so quick camera access (the main reason for beltbags) isn't really a concern for me.

When Curtis asked if I would review Lowepro's *Sideline Shooter*, I was a bit hesitant, considering I am a bit bias and prefer backpacks. Eventually, I agreed, because I thought it would be fun to try a new Lowepro product.

I used the *Sideline* while shooting some cityscapes last Friday and Saturday. On Friday, I used the bag primarily as a film storage unit. I liked this, because the adjustable inserts kept my film (slide and negative) very well organized. On Saturday, I decided to make real use of the *Sideline* — I let it carry a camera (Nikon F5) and some basic camera gear. I enjoyed not having to take off my backpack just to put away my camera. With the *Sideline Shooter*, all I had to do was just plop it

through the top zip.

As for comfort, I found that the contour of the bag fit really nice on my hips and, because it's so slim, it didn't get in the way at all, even when I was wearing my backpack. My carrying capacity with the *Sideline Shooter* was one SLR camera, one flash, ten rolls of film, two filters (polarizing, haze), and cleaning equipment.

Overall, I would definitely recommend using the *Sideline Shooter*, especially in combination with a backpack like the Lowepro's *Micro Trekker* (not reviewed in this article). I give it 7 rolls of film out of 10.

S&F Rover Light
"Street and Field System"

Dan Michaels
(*Freelance: Stock Photos*)

This backpack is definitely made for the more serious outdoor photographers who plan on transporting a lot of heavy pro gear for long periods of time. Considering the size of the bag and the amount of gear I carried, I found it surprisingly light.

Because the *S&F Rover Light* is divided into two halves (top and bottom), the weight seemed to be evenly disbursed. In the bottom compartment, I stored my camera, three lenses (24mm, 28-80mm and 70-210mm), close up set, lens papers, external flash, light meter, and a cokin filter set. In the top compartment, I stowed a rain poncho, 20 rolls of Fuji Velvia slide film, and a small notebook (for bracketing).

Other bells and whistles I found useful were the padded shoulder harnesses, quick release tripod holder, and the comfortable waist belt, which has attachment loops that allows you to add other accessories from the S&F line.

I would not recommend this backpack for commercial or wedding photographers, but it's perfect for photojournalists and nature and scenic shooters. My only regret is that I couldn't have used the *S&F Rover Light* for a longer period of time. I give it 9 rolls of film out of 10.

Off Trail 1
"Trekker Beltpack Series"

Josh Pederson
(*NAIT Nugget Newspaper Photographer*)

Here's what I liked about the camera bag — it is definitely easy to carry around. There's nothing slipping off my shoulders or hanging off my neck, which is really nice. It also has a lot of room for a fair-sized camera, with lots of extra room for an extra lens, filters, film, beer, and so on.

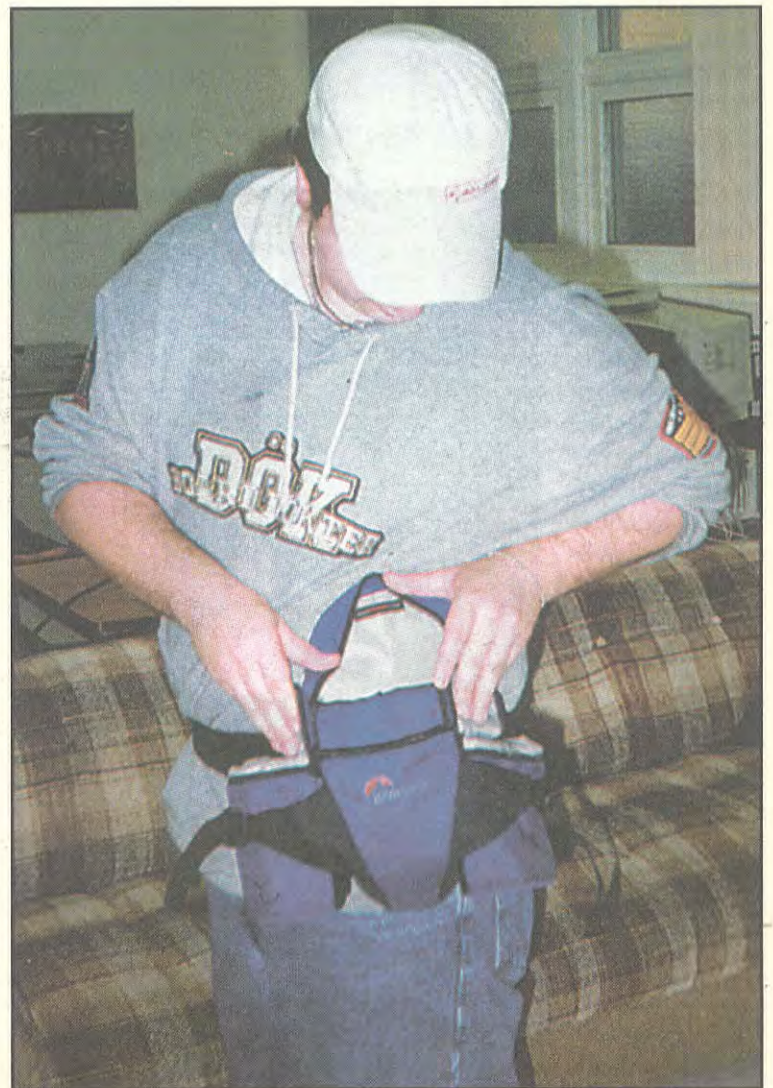


Off Trail 1

In a crowd-type situation, it is really easy to get stuff out of the bag quickly. The fact that it is made out of a heavy-duty material and has lots of padding was kind of nice in case it got banged around or if I am doing outdoor photography.

There was not much I did not like about the bag, other than I am not a big fan of having things strapped to my waist. It felt a bit weird at first, but that faded away pretty fast. In all, it is a pretty decent camera bag. I give it 9 rolls of film out of 10.

"We had to find out for ourselves if Lowepro could live up to their expectations."



NAIT Nugget photographer Josh Pederson utilizes the Off Trail 1 backpack.

Women's Soccer Recap

SUSANNE Melnyk
Head Coach

The Women's Soccer Team had another difficult weekend. NAIT needed to play two good games in order to really secure a playoff spot.

The first game was away in Red Deer. NAIT arrived just in time for the game after a few delays on the bus. RDC scored a quick goal in the first ten minutes to take the lead. NAIT worked hard to get the equalizer and, by doing so, got a penalty shot. Midfielder Miranda Chong scored, and the game was tied.

RDC scored again to take the lead, and Miranda Chong scored again to tie. With five minutes left in the half, as a player lay hurt on the turf, RDC scored to take the lead. NAIT was playing well, just not enough sacrifice to score to win.

Five minutes into the second half, RDC scored to take a 4-2 lead. NAIT plugged away and, with minutes left, defender Sarah Pearson scored. NAIT lost the game 4-3. It was a hard loss for NAIT and not a lot of time to prepare for the next game away at Concordia on Sunday.

The Concordia game was an-

other challenge for NAIT. CC scored within the first ten minutes after NAIT was dominating and had had countless scoring opportunities. With regrouping at the half, NAIT took to the field a determined bunch, but the unthinkable happened, and CC scored in the first ten minutes again.

NAIT lost a lot of energy after that and just sort of gave up. With less than ten minutes left, defender Sarah Pearson scored to put NAIT on the board. NAIT really picked up their play after that but ran out of time. The game ended 2-1, and NAIT left the field a dejected bunch.



A ROYAL THUMPING



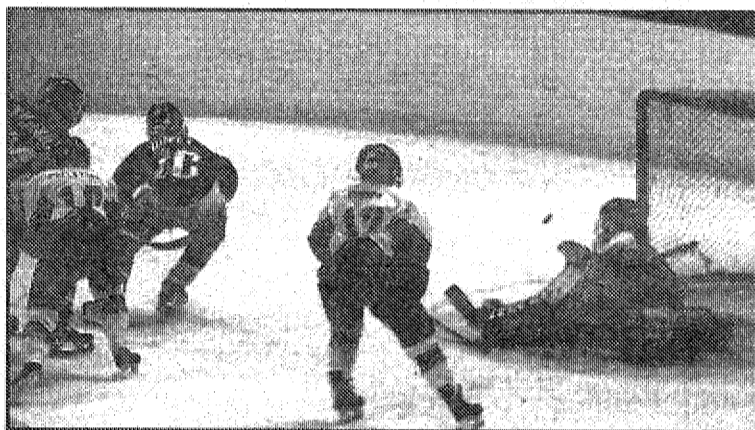
JAY Archibald

Holy crap. That's all I can say after watching the Ooks Women's Hockey Team dismantle the Edmonton Warriors in their Saturday afternoon match-up. 10-0 for the

ever grows up and plays hockey, she'll play for the Warriors.

The first Ook goal was scored by #9, Kara Okemow, on a beauty feed from #7, Trish McArthur. Okemow then went on to score the second goal, skating (literally) circles around the net until she roofed a nice backhand. #24, Val McKay, scored the third and final goal of the first period shorthanded with two minutes left.

The second period saw much of the same, except that the Warriors decided to play a more physical game. It didn't matter, though, as the



Ooks. It looked like the Warriors had not set foot on the ice ever, much less this season.

In a nutshell, if you've ever watched The Simpsons, you've inevitably seen Maggie Simpson doing her patented face plants for no apparent reason. Well, if Maggie

fourth Ook goal was scored by Okemow, again while shorthanded. #21, Alisha Allin, and #14, Mel Maloney, scored again before Okemow made the score 7-0 for the Ooks by the third intermission.

The third period saw a demoralized Warriors team go through the motions as the Ooks racked up three more goals, two by #11, Heather Hadley, and one by #20, Erin Kannenberg.

Special mention should also go to #29, Christy Ravendahl, who persevered the Warrior goose egg with solid goaltending throughout. The Ook Player of the Game as chosen by the Warriors was #9, Kara Okemow, racking up four goals.

I think every Ook got on the score sheet in this game, including the coaches. Not every game will be this easy, though, but it sure helps the ego to be able to totally dominate another team for the full sixty minutes.

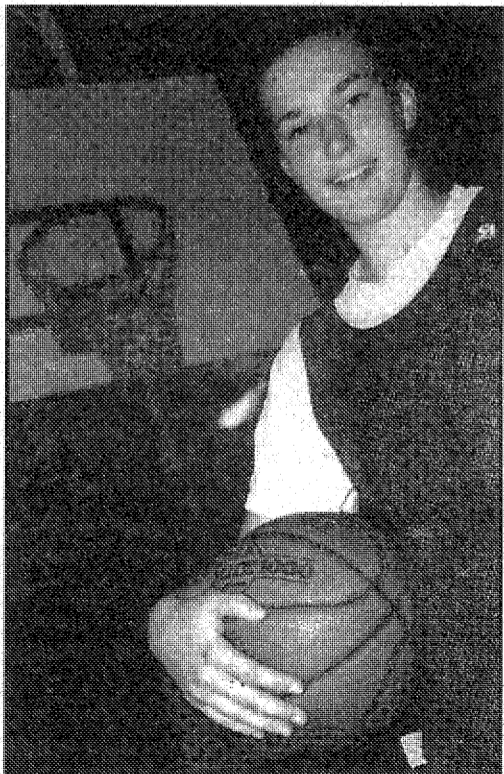
I would also like to comment on the fan attendance. There was none. What's up with that, NAIT students? If the Ooks are going to put on a hockey clinic, it sure would be nice to do so in front of some fans. Nonetheless, kudos to the Ooks, because they deserve it after showing the Warriors how hockey should be played.

If you have any questions or comments for Jay regarding any of the games he covers or just about sports in general, E-mail him at archjay@hotmail.com

Basketball Rookie Introduction:

Name: Dawn Margret Polanski
Age: 17
Height: 5' 8"
Nickname: Donatrons
Program: Combined Lab & X-ray Technician

Welcoming Dawn to NAIT as one of our newest members, she is a great addition to the NAIT Women's Basketball team. This rookie comes to NAIT from John Paul II High School in Fort Saskatchewan and is one of the youngest members of our squad.



Dawn is a well-rounded athlete and has played in a variety of sports such as cheerleading, soccer, volleyball, mud wrestling, and, of course, basketball. She will be playing the small forward position of NAIT this year.

Since Dawn is somewhat of a perfectionist, she is always look-

ing to practice her ball handling skills. She is a sharp shooter and has huge guns. Her sheer talent and agility will help her blow the competition away this year.

The ACAC Player of both games was Miranda Chong as chosen by both RDC and CC.

NAIT started the weekend in first place in the North Division but ended the weekend in last place. With a lot more work at practice and more heart in the games, NAIT could still make the playoffs. Next action is in Calgary against MRC and SAIT. Go, girls, go!!!

Basketball Rookie Introduction:

Name: Mandy Elizabeth Squire
Age: 19
Height: 5'11"
Program: Pre-technology
Nickname: Squire, Gutter

Mandy is a huge asset to the NAIT Ladies Basketball Team. Her size and muscles will help us out in the post position. Her accuracy from the three-point line is amazing, and she aims to have the highest shooting percentage on the team.

Mandy's return to basketball has been slowed due to knee problems, but once she is back to full speed, she'll be unstoppable.



Men's Soccer Recap

GRAHAM Wood

**Saturday, September 29
NAIT @ Red Deer**

Needing three points to keep in contention for the playoffs, NAIT opened the game at a fast pace. Paul Dhaliwal, Will Gonzalez, Troy Galvin, and John Currie all came close to scoring. It was Red Deer, however, that got off the mark first. At the thirtieth minute mark, a midfield free kick lofted into NAIT's penalty area and was met by a hopeful header, which sailed over goalkeeper Ryan Callaway and into the net. Reeling from this setback, NAIT had to work hard to regain composure.

Half Time: NAIT 0, Red Deer 1

The second half opened with NAIT playing some good possession soccer. After fifteen minutes, Stephen Giordano crossed a ball, which split the two Red Deer central defenders. Paul Dhaliwal, seizing onto the opportunity, rose to meet the pass and headed home over the advancing Red Deer goalkeeper for a well-deserved equalizer.

With spirits raised, the Ooks began to press, and just fifteen minutes later were rewarded. Ted Bretzer,

latching onto another calculated cross from Stephen Giordano, sprinted between the same two hapless central defenders and, on his second touch, fired home a rocket for the game winner.

Full Time: NAIT 2, Red Deer 1

Man of the Match for NAIT: midfielder Troy Galvin.

**Sunday, September 30
NAIT @ Concordia**

Feeling good after the previous day's work, NAIT entered the game against the league leaders confident of a positive result. Before the game had time to settle into any kind of pattern, a Concordia central defender rifled a shot from thirty yards, which found its way into the Ooks' net. Once again, NAIT were behind and fighting to regain composure. Unfortunately, this time, attacking opportunities were not converted, and the result remained the same for the rest of the game.

Full Time: NAIT 0, Concordia 1

Man of the Match for NAIT: Brett Chartrand

Down To The Wire



JAY Archibald

For those of you who snuck out of school early on Friday, you suck. You suck because you missed a really good down-to-the-wire basketball game between the NAIT Ooks Women's Basketball Team and the bible thumping (I assume) Prairie Bible College Pilots.

The tip-off at 4 p.m. was quickly followed by a fast break by the Pilots to give them an early lead. However, #13, Amber Smart, quickly scored for the Ooks, setting the back and forth tone for the game.

The game was close for the rest of the first half, helped along by the Pilots tough zone defense and the fact that some NAIT shots just wouldn't fall, instead rattling around the rim. The half saw #8 Wendy-Ann Bell for the Ooks dominate on the boards, pulling down six in the first half alone, on her way to racking up eight in the game.

There was a scare for the Ooks in the first half when #9, Marcy Theroux, went down with an appar-

ent knee injury. She walked it off, though, and was back in the game before half. The score as they went to the break showed the Pilots up 25-24.

The Pilots came roaring out the gates, hitting a key three-point shot, helping them extend to a five-point lead. The Ooks fought back to tie it up with ten minutes remaining thanks to good defense, including a ten-second half court violation against the Pilots. The game wasn't helped along by the somewhat inconsistent calls by the referees, who seemed to make sure that NAIT didn't utilize its home court advantage. The Ooks ended up over the foul limit in both periods, while the Pilots never came close until the end of the second.

I'm not blaming the refs, just noting the obvious.

With two minutes left, the Pilots pulled out to a five-point lead, something the Ooks just couldn't fight through. In the end, the Ooks lost a tough one 60-55. #5, Amanda Nichols, who hit the only Ooks three-pointer of the night, led the scoring, followed closely by #13, Amber Smart, and #10, Brandy Ryder.

All in all, if these teams meet again, I wouldn't bet against the Ooks, because if a few more shots had fallen, this game would have had a far different ending.

If you have any questions or comments for Jay regarding any of the games he covers or just about sports in general, E-mail him at archjay@hotmail.com

Attention All CST & Business Students

The University of Lethbridge is proud to present an information booth on the Post-Diploma Bachelor of Management degree program.

WHEN?

Wed. Oct. 10 & Thurs. Oct 11, 10:00 a.m. - 3:00 p.m.

WHERE?

1st Floor, Business Tower

Stop by and find out how you can advance your career opportunities by turning your NAIT diploma into a U of L degree. The deadline for applications for January admission is November 1, 2001. Don't miss out!

URGENT!!

Minor Officials Needed

for upcoming NAIT Ooks athletic season. Evening and weekend work.

Immediate pay for your work. Must have a working knowledge of the sport (basketball, volleyball, hockey), be reliable, and be available on the evenings and weekends. Call Marc at 471-7606 for details or drop resumes by Room S-105A.

ACAC Stats

MEN'S SOCCER

NAIT 2, Red Deer 1
NAIT 0, Concordia 1

WOMEN'S SOCCER

NAIT 3, Red Deer 4
NAIT 1, Concordia 2

GOLF (ACAC championships in Lethbridge)

Men 4th place
Women 4th place

MEN'S BASKETBALL

NAIT 115, King's College 63
NAIT 79, Concordia 67
NAIT 83, Mount Royal 91
NAIT 74, Briercrest 71

WOMEN'S BASKETBALL

NAIT 58, King's College 86
NAIT 62, Concordia 43
NAIT 55, Prairie Bible 60
NAIT 67, Briercrest 40

MEN'S HOCKEY

NAIT 2, U of C 3 (OT)
NAIT 4, UBC 2
NAIT 5, U of L 4

WOMEN'S HOCKEY

NAIT 10, Edmonton Warriors 0

Coming up next weekend...

MEN'S HOCKEY

(pre-season tournament)
NAIT vs. Briercrest on Friday, October 5, at 7:30 p.m.
NAIT vs. GMCC on Saturday, October 6, at 4 p.m..

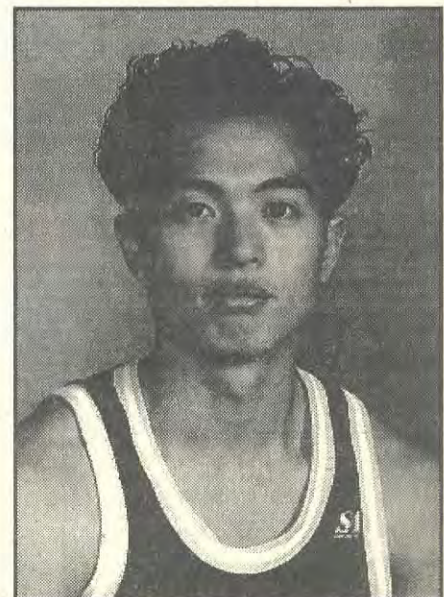


Badass Jack's Ook of the Week

NAME: Mark Dorado
SPORT: Men's Basketball
PROGRAM / YEAR: 1st year College Prep
FAVORITE FOOD: Pizza
FAVORITE TV SHOW: None listed
FAVORITE BAND: Snoop Dogg
PERFORMANCE/ACHIEVEMENT: Mark led the Ooks to two wins over Concordia and Briercrest on the weekend with his quickness and decision making.

COACHES' COMMENTS: Mark has been a tremendous surprise for us so far. His quickness, his ability to learn, and his decision making are keys to his success. We look for great things from Mark in the future.

Each Ook of the Week will receive a t-shirt and a gift certificate from Bad Ass Jack's.



The Alumni Came A-callin'

Last Tuesday, September 25, 2001, the Men's Soccer Alumni, led by Brian Austen ('93-'95), got together with the current NAIT Men's Soccer team for a leisurely challenge. Sixteen alumni players showed up to beat the 2001 team 2-0 at the NAIT field.



Pool Sharks Take Note

The Nest would like to start a pool playing club to take place either Monday or Tuesday nights. The concept would be a round robin tournament each week, with each player pitching in \$5 to the pot to play. At the end of the night, whoever the winner of the tournament was, would walk away with all the money.

If you think you have what it takes to be the king or queen pool shark of The Nest, E-mail manager Robin Mullen at robinm@nait.ab.ca and tell her you'd be interested in such a club getting off the ground. If enough interest is stirred, quick cash, a good time, and being known as the master of your stick could all soon be yours.

2nd Annual TECH Challenge

The 2nd Annual Tech Challenge Competition, the first of three in the 2001-2002 athletic season will soon be upon you, taking place on Friday, October 19, at the NAIT Ooks volleyball game vs. the Grande Prairie Regional College Wolves.

Enter a team from your technology and have a chance at winning great prizes! Teams must consist of at least five people from your technology. You will compete for fifteen tickets to an Oilers game, courtesy of Molson Canada; a pizza party from Boston Pizza on Princess Elizabeth Avenue; specials at Cowboys Nightclub; and/or cash for your technology.

Teams will be judged on the number of people, cheering ability, and the ability to fit the theme (60's theme). To register your team, simply call Marc Dobell at 471-7606 and get ready to cheer for the Ooks!!!

Gordie Johnson & Kelly "Mr. Chill" Hoppe
Acoustic Duo of



LIVE AT THE NEST
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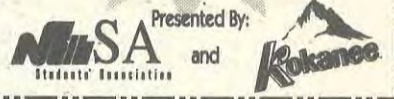


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Useless Knowledge for the College Soul



DARIA Morgan

This past week appeared to be a week where there were actually enough hours in the day to get everything done that I wanted to – to an extent, anyway. I kept up on laundry, got parts of the house cleaned, and even managed to watch a bit of TV. I'm damn impressed with myself.

On the other hand though, a lot of my free time this week was eaten up by work, and then I missed a class to catch up on some of those things I managed to get done and, well, sometimes that's just the way the cookie crumbles. So maybe I didn't accomplish nearly as much as I thought.

The important thing is that I am still alive, still have no gray hair, still have no speeding tickets for this week, and I've remembered to feed my cat every single day. My mom will be proud of me when she comes home.

And, now, without further adieu, I bring to you yet another witty yet wise installment of "Useless Knowledge for the College Soul."

Quote of the week:

"Life is like a beautiful melody, only the lyrics are mixed up." – Anonymous

Fact of the week:

A few years after rock & roll music was introduced, several theories about the music floated around, such as it was believed to be responsible for making teenagers crazy, drug deranged, and/or promiscuous (hence the saying, "Sex, drugs, and rock & roll"). In a bizarre story entitled "Rock & Roll Makes Cows Tighten Up" in *The Los Angeles Times* in 1959, it was also believed that rock & roll music was responsible for tightening a cow's glandular system, causing them to deter from milking.

Word of the week:

Quiddity (/KWID-I-ty/) – the essence of a thing
"Gracie Lou Freebush pondered the quiddity of her work as a beauty pageant queen and decided that she really did make a difference."

Town name of the week:

Old Sweat, Nova Scotia

Joke of the week:

A guy goes to the tattoo parlor and offers the tattoo artist \$1,000 to put a \$100 bill on his Willie. The artist agrees, but is curious and asks the man why he wants to do this. The man replies, "I have my reasons, which I would rather not tell right now."

So, the artist goes ahead and does the job. But, all the while, he is anxious with curiosity over why this

man wants a \$100 bill on his penis.

So, he tells the man that he really needs to know the reason why and says that the man can keep the \$1000 he would have paid for the tattoo if he would just tell the reason for putting a \$100 bill on his willie.

So, the man consents and offers these three reasons: "First, I like to play with my money. Second, I like to watch my money grow. And, third, and most importantly, the next time my wife wants to blow \$100, she can stay home to do it."



SHANE Turgeon

Last weekend played host to the fall showing of Edmonton's bi-annual Record, CD, Comic, and Toy fair. Held at the Hanger on Kingsway, this fall's show proved to be almost the same as the last few shows. Don't get me wrong, the

show is great and there is a ton of interesting collectibles to be bartered and traded over, but having been an attendee of the show for as long as it's been around, it's frustrating to see the same old guys, from the same old shops, selling the same old material. It would be nice if more people from out of town could make it up to add some variety to the event.

That being said, this fall's show had a tremendous turn out, and I saw very few people walking out empty-handed. There were some great deals to be had and some truly amaz-

ing collectibles to be beheld. If you have never been to one of these fairs, you really should check out the next one in the spring. Collector or not, I'm sure you'll manage to find something to take home!



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"E"lympia: 2001 & Beyond

Digital Warfare



MARLON

This past spring, many of us in the urban music community thought that the restraints placed on Napster and numerous copycat sites had finally ended the piracy phenomenon. Artists and labels alike, upset that their music was being given away for free, had voiced their concerns and wanted these sites terminated. Although many artists were vocal, only a handful took legal recourse to shut down these file-sharing sites.

Through these file-sharing sites, many of us were able to exchange, upload, and download music files. With an estimated 80 million plus users, visitors of sites like Napster could cop an entire CD before its release date. The justification for most digital bootlegging — "Too many albums only have one or two good songs on them."

Nearly five months after the injunction that turned Napster into 'Crapster,' many urban music lovers still have failed to take a

look at the "urban economics" related to downloading entire albums free of charge. Sites like Audio-Galaxy and Casa have since replaced Napster, and the parade of downloads have continued.

In its infant stages, rap music was given the cold shoulder by major labels — which, of course, had its pros and cons. Seen as street kids 'talking' over *James Brown* and *Parliament* samples, rappers were turned down from deals that would enable them to appropriately articulate their music expression.

But after fifteen years from its "creation," rap music finally began to gain recognition for its artistry and marketability. This realization came, in part, from the track records of pioneers like *LL Cool J*, *Big Daddy Kane*, and *Heavy D*, who proved that rap music could sell just as well as country or rock.

It was at this time that we began to see budget alterations. Rap albums were now recorded in state-of-the-art studios. Overhead for rap videos now included movie directors, 8-millimeter cameras, and international models. Production equipment, such as the AS-R 10, was now affordable and accessible. And the advances of rap acts could now easily be mistaken for phone numbers or grand prize lotto draws.

But what is the future of the quality of rap music and hip-hop culture with the increasing digital culture of piracy? For every rap album that moves multi-platinum or gold units, the better quality products to come — "urban economics." Even more important for independent acts — the more affordable production equipment becomes, and the better the quality of studios rappers can record in.

In '95 when *P. Diddy*, then known as *Puff Daddy*, raised the bar in hip-hop culture

and charted at #1 with his urban music acts *Biggie Smalls*, *Total*, and *Craig Mack*, doors began to open for the likes of *Jay-Z*, *Busta Rhymes*, and *Xzibit*. The affects of this can even be seen in Canada with Juno Award winning acts like *The Rascalz* and *Infinite*. In the past five years, Canadian labels have taken Canadian urban acts more seriously and have signed artists from across Canada.

Bottom line, labels will not keep an artist that does not push impressive units. Why should a label shell out a lucrative marketing budget for artists that turn out to be the flavor of the month? But as many of our CD collections can bear witness to, many artists can push impressive units, possibly even diamond, but it's cheaper on the consumer to buy CD-Rs and exchange files.

A classic example is Virgin Music recording artist *Chocclair*, whose debut album only pushed gold in its first 8 months. But

when it debuted in the fall of 1999, "everybody and their momma," both in and outside the urban music community, had downloaded *Chocclair's* entire "Ice Cold" album from the Internet, free of charge!

Incidents like this will reflect whether Canada's urban music scene, still in its infant stages, will be able to grow. The gold margin, which was reached by *Maestro* over a decade ago, has not yet been surpassed by any urban music act since. However, artists like *Kardinal Offishall* and *Chocclair* have had increases to their marketing and promotions overhead that should allow for at least 3 million sales.

Within the next five years, it will be interesting to see what happens to the hip-hop industry, especially in Canada. Will we go back to the days of low-budget videos? Will the mastering of albums once again happen out of basements by an uncle who swears he knows what he's doing? Will the marketing and promotion budgets of heavy hitters like *Ludacris*, *Ja Rule*, and *RedMan* diminish? Will urban music marketing and promotions return back to its early stages and rely mere on word of mouth?

Of course, we remember hearing similar concerns being voiced in the early 80's when the threat was cassettes, but cassettes did not have the reach that these worldwide file sharing piracy sites offer. So, five years from now when you look through your CD rack of 100 plus CD-Rs and wonder what ever happened to so and so, look no further for your answer — it lies right before you.



File Edit View Message Format Tools Window Help

12:36 PM

RE: WEEKEND

↑ ↓ Reply Reply All Forward Flag Print Delete Inbox

From : cinnamongrri@coolmail.com
Date : Saturday, October 6, 2001 10:00AM
To : tweetle@coolmail.com
Subject : EXTREME THURSDAYS AT OVERTIME

Attachments: OVERTIME.JPG

Hi Cindy!

You should've come out with the girls on Thursday night. We went to Overtime for Extreme Thursdays. Drinks were only \$1.99!

I saw my lover there. You know, the guy I was telling you about, the one in my Psych 101 class. He has blue eyes, a sexy smile and girl, you should've seen his bulging biceps. We are going to Overtime again this Thursday, and I'm gonna style him. Do you want to come?

TTYL. Luv, Sally

<<OVERTME.JPG>>

OVERTIME

Nobody leaves until somebody scores 10304•111 St



The Nugget would like to apologize to both Mr. Comeau and Ms Marean for the title mistakes that were made in the last paper. Better proofing will ensure this kind of mishap does not happen again.

Just a reminder to all those who are submitting articles and otherwise to The Nugget that your FULL NAME and STUDENT ID# are required on all submissions. Without these present, your submission WILL NOT be printed.
The Mean Typesetter

New and improved Horrorscopes! Go check them out. I have listened to your comments and have searched even harder through the stars for your destiny. Thank you for the feedback!
Daria M.

Bertilda,
Stop treating me so bad. I go home every night and cry.
Boo-hoo

Josh likes to talk politics with crazy bus people.

"You can put a man through school, but you cannot make him think." - Ben Harper

Why don't Fred Flinstone's feet hurt after he hits the brakes in his car?

Megan rules at photography.

Wine Stealing Guru,
It's a day late, but happy anniversary. The road for us as of late has been a busy one, unfortunately, and admittedly, it is one that has been driving me crazy because I am so hooked on you and all our quality time has been has been time spent at work together. Still, I want you to know that I am as much, if not moreso in love with you today as when those three words were first said. Thank you for being my everything.
Ball of Itch Owner

Hey, Blondie!
Where's Ottawa? I know it's in Ontario, but what town is it in, again? Tee hee.
Sense of Direction

Jay couldn't get it in if he was standing right on top of it. He needs more than just glasses when it comes to playing with his ball.
The Voyeurs

Shane is evil, Shane is sin. Shane is sexy, so Shane is in. Elect Shane. For something or other. We want more naked, nippy pictures.
The Hooter Girls

"Being powerful is like being a lady. If you have to tell people you are, you really aren't." - Margaret Thatcher

To the 2nd year Marketing Boy,
I love your deep voice and your hearty laugh. It makes me smile. How can I make you smile? Go, Leafs, Go!!!

Electronics hottie,
Hope you can handle both of us again sometime. Redhead is looking forward to the lessons. Blondie is looking forward to a dance. Come by and tattoo us one Saturday night. Your WW Girls!!!

Tattgirl,
Last week there was a typo. My real E-mail is
nordlander01@totaldeath.com.

Tired of the same old crap at lunch? Listening to your useless friends whine about their day gets a little tiring after a while, doesn't it. Then, how about you stroll down to the South Lobby and tune into Ground Zero on NR92? Be entertained from 12:30 p.m. until 1 p.m. every second Friday, including this Friday, October 5. Listen and win with Ground Zero, watch for the NR92 Cushman Cruiser, and win big with NR92.

Classifieds

Classifieds

Studentcardz.com makes business cards for NAIT students. Only \$25 for 100 cards. For more information, visit <http://www.studentcardz.com>.

Struggling with same-sex attraction and searching for answers? E-mail our Christian support group for more info at virtus_alberta@yahoo.ca.

WANTED for November or December 1st: A small suite for a responsible, mature student and friendly, quiet golden retriever. We come with references. Please call Beverly collect at (403) 762-5097.

Do you want to escape the norms and the overall general stereotype of your program or NAIT? Do have a quirky and interesting personality? Do have any interesting, unusual, and possibly obscene hobbies? If you have answered yes to any of the above questions or if you know someone who should have answered yes, then we have the creative outlet for you. N-Vision, NAIT's foremost television magazine show, is looking to feature NAIT students for their groundbreaking program. If you are interested, please drop us a line at nvision2001@hotmail.com.

WORK WORLD, Kingsway Garden Mall, requires P/T Sales Associate for evenings and weekends. Retail experience an asset. Must be friendly, honest and eager to perform all duties of a retail clothing store, including customer service, till transactions, inventory counts, receiving, merchandising, cleaning. Wages depend on experience and ability. Forward resume to Arlene.

RUGBY ANYONE?
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medium popcorn
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no reproductions-no cash value

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no reproductions-no cash value

\$7.01 + TAX
2 medium drinks
large popcorn
EXPIRES OCTOBER 10, 2001
valid anytime-one coupon per purchase
no reproductions-no cash value

Jazz Songstress Diana Krall to play Winspear Centre



KATRINA Benson

Canadian born songstress Diana Krall has never been a stranger to music. By the age of four, she had started classical piano studies and then joined a jazz band in high school. She landed her first playing

gig at the age of fifteen, playing three nights a week at a local restaurant.

In 1981, Diana won a scholarship to attend the Berklee College of Music in Boston and, after a year and a half of study, returned to her hometown in British Columbia. Whilst playing a gig in her hometown, Diana was discovered by renowned bassist Ray Brown. He then convinced her to move to Los Angeles to explore her vocal skills and penchant for playing the piano.

After three years on the west coast of California with a brief stint

in Toronto, Diana moved to New York City in 1990, and this is where she struck gold. In New York, she was able to concentrate on her singing and playing at a regular gig in Boston with her trio (Ray Brown, Jeff Hamilton, and John Clayton). Shortly thereafter, in 1993, she recorded her first album, entitled *Stepping Out: The Early Recordings*, and the rest, they say, is history.

Since 1993, Diana has released a total of seven albums, with one being a Christmas album. She has

also sung on various soundtrack and compilation CDs and won a Grammy Award for Best Jazz Vocal Performance as well as a Juno Award for Best Jazz Vocal Album. Diana's latest effort, *The Look Of Love*, featuring original material as well as covers by some of the greatest jazz singers of the 20th century, is currently gracing the new release store shelves in record stores across the nation and is selling incredibly well.

Diana is currently touring across the globe, promoting her new CD with *The Look of Love Tour 2001*, and on October 10 & 11, 2001, which is only a week away, she will be gracing the stage of our very own Francis Winspear Centre for Music. Tickets are \$57.50 and \$64.50 plus service charges and are available at the Winspear Centre box office or by calling 428-1414.

If you are a fan of jazz music at



Diana Krall

all, and especially of Diana Krall's, this show, presented by Paul Mercs Concerts, is not one to be passed up by any means. I know I will be there, and so should you. *The Look of Love Tour* is what fond memories are made of, and this is one memory you cannot afford to miss out on.

Angelique Kidjo: Moving Body, Heart, & Soul



CHANTAL Eder

Angelique Kidjo, renowned African rhythm n' blues funk diva, graced the stage of the Winspear Centre on September 28, kicking off the World at Winspear concert series. Born and raised in Benin, Africa, Angelique grew up surrounded by various musical styles, from tribal to Jimmy Hendrix.

From the minute her voice hits that microphone, you can feel the power in the air, and your foot starts tapping. But it doesn't end there. Although you may not always understand the language, her lyrics fill you with a sense of strength and freedom. If you close your eyes, you can see and hear nothing but happiness and energy in her voice. Her

stage presence is one of the most impressive you'll ever see.

With her energetic dancing and love for music, the performance of Angelique Kidjo was one not to be missed. You may have seen her perform in Edmonton at Lilith Fair in 1998, and it is hard to believe, but she has gotten even better. The Winspear, a place usually reserved for symphonies and the elite, was literally shaking with energy. The entire audience joined Angelique in her songs by dancing in their seats and in the aisles. Some were even invited up on stage to groove with the diva herself.

After hugging everybody on stage and thanking them all for coming, the concert continued with Angelique connecting with her audience like no other performer I've seen. Her lyrics run deep, and her compassion towards the world is apparent. She is an utterly exuberant personality. An amazing performer and an outstanding human being, Angelique put on an unfor-

gettable show. If you didn't get the opportunity to see her work her magic on stage, she is releasing a sixth album this fall.

Another outstanding mention should go to Angelique's opening act, Edmonton's own Bomba. A

Latin band comprised of local and international musicians and singers, Bomba set the perfect mood. Their beats and tempos just made your body want to move and perhaps get up and do a little salsa. Their stage presence, however, was, at best, sat-

isfactory. Their movements seemed unexpectedly rigid, with their dancing lacking the fluidity and ease of their excellent music. I would, however, buy their CD without hesitation - a best buy, in my opinion, if you are a Latin music lover.



Angelique Kidjo

date
Oct. 11 + 12

place
Naitrium

hours
9-8

last day
9-5

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