

WISHING YOU A VERY MERRY CHRISTMAS SINCE 1963.

Thursday, December 5, 2002
Volume 40, Issue 14

THE NUGGET

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Coldspot Rocks the House

A Nest Concert Review



JENNIFER
Benoit

Coldspot played another show at The Nest last Thursday, November 28th, but this time it was an electrified show. The week before, they opened for The Watchmen with an acoustic show.

The show was excellent. This time around, there were less technical difficulties, although some still remained, and Floyd Cole recovered from his sore throat from the previous show. The drums and electric guitars were very refreshing and welcomed. Coldspot's musical diversity that everybody raved about shone through. Basically, the boys sound bigger and better when they do a full-out rock show.

Last week, I did not give Coldspot a rave review. One thing I learned is that new and old fans of Coldspot are fiercely protective of the group because they are captivated by their music and are loyal. While sitting and watching Coldspot's show, people expressed their displeasure to me over my review.

"They're a good band. They need good support," said Mike Penny, a NAIT Construction Engineering Technology student. "You have to support the local bands that are good. These guys are doing their own thing - they're really good... I enjoy their company and I enjoy their music."

Penny was impressed with the fact that the three lead vocals can harmonize while playing their guitars. "It's hard to deal with three lead vocalists - hard to get it right." His own experience of being in a band has shown him that it's hard to play guitar as well as they do while singing.

"They're the best original band that I've seen so far from Edmonton," said Penny. He admires the musical ability of Coldspot.

It was unfair of me to do a review of Coldspot from their acoustic show alone, so I will do a re-review of Coldspot based on their rock show last Thursday.

Coldspot played many of the same songs as their acoustic show. Most are from their album *The Curve*. They played songs from their upcoming album and also a



Coldspot puts on a great show at The Nest.

few cover songs (Tragically Hip, John Mellencamp). The rock versions of Coldspot's original songs show the full competence of Coldspot's songwriting; it shows the band's ability to turn pure poetry into exciting, aggressive music.

Guitar playing by both Jeff Machin and Floyd Cole was once again proficient. Both were able to show off their talent with some solo guitar playing. The bass player, Dennis Easton, was able to give more action in the electrified show, and fulfilled his role very well. He and the drummer, Barry Rakewich, worked well together to bring about the rhythm essential for performing good songs.

Though drummers often go unnoticed (because they're usually at the far back of the stage), if you paid attention you would've noticed that Rakewich was a powerhouse that night. He did it with such ease that it almost seemed he was dancing.

Coldspot's rock show stage presence was more of their style - it worked better for them than a sit-down acoustic show. Cole, Machin, and Easton rocked the stage. The three vocalists did really well with the coordination of their voices, especially Cole and Easton. Once again, Machin's singing was

very impressive as he did a nice rendition of their original song, *Hyperspeed*.

The band's musical diversity showed with the different musical instruments brought on stage (bongos, tambourine) and through Cole's intuitive knowledge of music. Cole's intuition was shown through his judgment on which guitar effects to use and when to use them. It was a nice touch when Cole played the bongos while Rakewich played the drums.

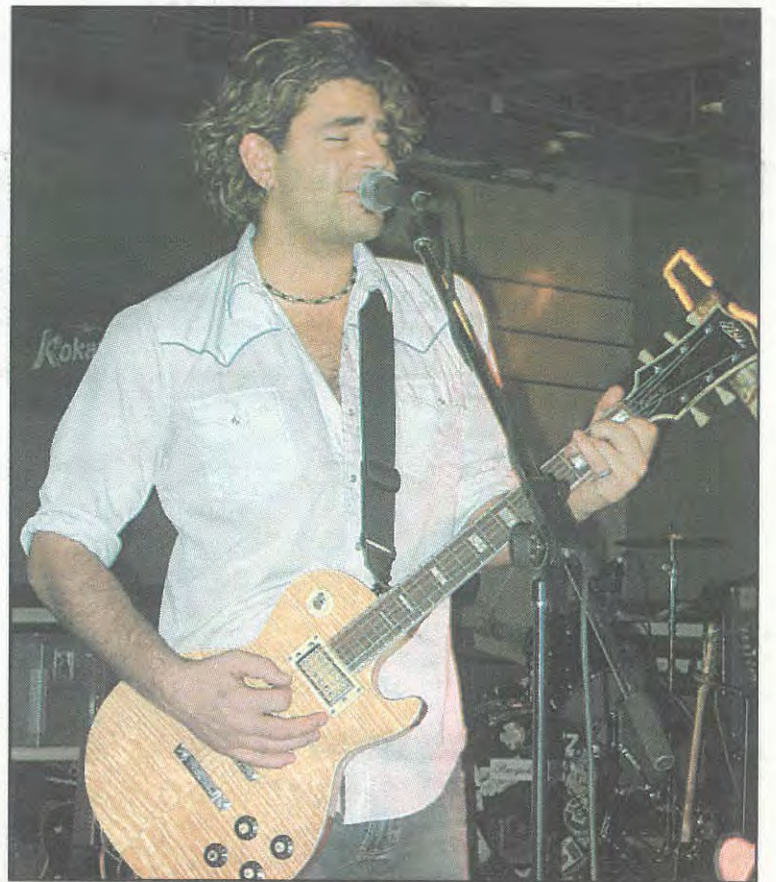
Most of the music Coldspot plays is classic rock, and some of the songs have soul and funk influences. Coldspot likes to call their music "Canadian rock". Many of the band's musical inspiration come from Canadian bands such as Wide Mouth Mason, Tragically Hip, Big Sugar, Blue Rodeo, and the artist Matthew Good. Other musical influences include Led Zeppelin and Lenny Kravitz.

Coldspot is hoping that their new album will be out next spring. Barry Allen will produce the second full-length album. The album should be a high quality album because the band has been taking their time in choosing the right songs to put on the album. When asked if he was getting impatient about getting the album

out there, Cole said, "Oh, totally. We've been working on it day and night." Demos for the new album from Homestead Records can be heard on Coldspot's web site at www.coldspotrocks.com.

This is also the address to check for upcoming Coldspot shows and other band information.

Jeff Machin is a current student at NAIT and Floyd Cole is a NAIT alumnus.



Jeff Machin, NAIT student and a lead vocalist in the local band, Coldspot.

My Mind Just Went Blank

Overcoming Exam Anxiety

DAVID Appell
NAIT Counsellor

With “final exams” only a few weeks away it is worthwhile to consider one of the most common problems among NAIT students, exam anxiety. The purpose of this article is to provide some insight into why exam anxiety exists and to share some methods for counteracting exam anxiety.

Exam anxiety can occur for many reasons. For the purposes of this article we are not looking at exam anxiety caused by inadequate preparation for an exam. Our focus is the exam anxiety experienced by a student who has attended classes, has developed effective study skills and is genuinely confident in their knowledge of the material but does not demonstrate their knowledge on exams.

Exam writing is a stressful activity. The goal is to maintain an optimum level of stress. Too little stress is not desirable, nor is too much stress. Optimum stress actually promotes success. Exam anxiety is an example of excessive stress.

Exam anxiety can be defined as:

- excessive worry about upcoming exams
- fear of being evaluated
- apprehension about the consequences of writing the exam

Exam anxiety is:

- experienced by many NAIT students
- manageable

Symptoms of Exam anxiety

- sweaty palms, shortness of breath, racing heart
- difficulty concentrating and organizing thoughts
- difficulty physically focusing on the words
- feeling of panic, confusion

- nausea and/or fainting
- negative self-thoughts e.g. “I can’t even remember the stuff I know”
- mind going blank (even on material you know well)
- can’t understand exam questions
- correct recall after the exam

Many dynamics (aside from ineffective learning strategies, inadequate study habits and inadequate exam taking strategies) contribute to exam anxiety.

Some of those dynamics include:

- fear of failure, success, the future, and the reactions of others e.g. family.
- unhealthy academic self-esteem, lack of confidence, unrealistic expectations of self (e.g. academic goals set too high)
- high stress levels, depression, not feeling supported in your educational pursuits (by loved ones), negative and irrational thinking and habitual worry.
- financial pressures from family or financial sponsor
- family or relationship pressures (e.g. everyone is counting on me to do well)
- time or age pressures (e.g. this is the last chance for me to make a better life for myself and my family)
- health issues such as illness, inadequate sleep, nutrition and sleep, consumption of coffee, alcohol or drugs
- lack of recreation or social time

What can you do to reduce exam anxiety?

- develop effective exam prep and writing techniques
- get adequate exercise, nutrition and rest
- reduce overall stress by deep

breathing

- use progressive muscular relaxation by alternately tensing and relaxing your major muscles

Too little stress is not desirable, nor is too much stress. Optimum stress actually promotes success.

groups from head to toe

- use mental imagery- create a relaxing in your mind place using all your senses
- identify and remove sources of anxiety
- practice thought control by planning a positive script e.g. “ I will use my relaxation techniques and calm down. Then I will carefully read the question. I will approach one thing at a time.”
- practice thought stopping e.g. say “stop” to yourself when anxiety producing thoughts come into mind then reinstate a positive script
- manage external sources of stress e.g. pay bills on time, contract with family and friends re: your need for uninterrupted study time
- seek medical or counseling assistance if you cannot manage your anxiety using the above sug-

gestions

- focus on a object that produces a calming effect on you
- daydream – both daydream and focus take your mind off your anxiety producing thoughts
- visualize yourself being successful
- praise yourself- talk to yourself in a positive manner
- put the exam in perspective

If exam anxiety is a problem for you may want to make an appointment with a counsellor in O117 or by calling 471-8921.

Note: Remember that an exam is simply an opportunity to show what you know and to get feedback on that knowledge. It is not an evaluation of your worth!

MAMA PIZZA

STEAK HOUSE

FULLY LICENSED

Free Delivery (10 km radius)
We Deliver During Lunchtime

OPEN LATE

NAIT STUDENTS 15% OFF
WITH NAIT ID

10531 - 107 AVENUE

422-6262 • 422-6233

Ain't Nothing Like Mama's Cooking
Great Food-Great People

2 LARGE PIZZA 2 Topping \$20 ⁹⁵	2 MEDIUM PIZZA 2 Topping \$16 ⁹⁵	2 X-LARGE PIZZA 2 Topping \$26 ⁰⁰
2 PASTA DINNERS with meat sauce \$13 ⁵⁰	2 JUMBO DONAIRS w/ Fries & 2 Can of Pop \$16 ⁹⁵	FREE 2L POP with purchase over \$21 ⁰⁰
2 MEDIUM PIZZA up to 7 Toppings \$20 ⁹⁵	2 LARGE PIZZA up to 7 Toppings \$26 ⁰⁰	2 XL PIZZA up to 7 Toppings \$35 ⁰⁰

Freshly made Beef & Chicken Donairs.

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

READS & NEEDS

Book Buyback

Get \$ for Books

9:00 am to Close

Monday Through Friday

December 2 December 20

Get a BUYBACK BUCK to spend on anything in the store with each book bought back to be sold at Campus Reads & Needs.

Not all books are bought back.

Please note: that if your book is not on the buyback list today, it could be bought back later. The buyback list is updated daily as instructors bring in their text requirements for the coming semester.

For your convenience, the buyback list will be available on the web:

www.nait.ab.ca/reads&needs

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

3874

EVERYBODY SALSA!

NAIT Student Damara Lopez Brings Home the Gold!



JENNIFER
Benoit

Salsa! That's Damara Lopez's expertise as she recently was part of Team Canada (First Salsa Rica Dance Company) that won the World Team Salsa Championships in Fort Lauderdale, Florida, that took place November 1-3, 2002.

How did Damara Lopez, a NAIT student taking Marketing, find the whole experience? "Amazing! So much fun! We met dancers from Europe and from all around the world... Every country has their own style of salsa." It was the exposure to all the different styles of salsa that Damara enjoyed the most about the competition.

The winning performance was choreographed mainly by the directors Kelly Lanan and David Joseph, but the entire team put it together. The performance consisted of three routines: the Introduction (to Michael Jackson music), L.A. style salsa, and Cuban style salsa. Damara's dance instructor, Usukuma Ekuere, was in charge of the Cuban style salsa section.

People from around the world, even Canadians, were shocked that Canada won such an event. In fact, the dance team found it hard to find the community support needed to fund its participation in the World Salsa Championships. The expenses included such things

as transportation and accommodations. But now, the support will be abundant if the team decides to go next year.

Practicing for the Championships was hard work. The team consisted of dance members from both Calgary (13 members) and Edmonton (seven members), and every Sunday, the dancers commuted back and forth between the two cities. The practices were three hours long. During the week, there would be one or two practices with the dance partners. Damara's partner was Leo Bolanos, a student at University of Alberta. The team prepared for almost an entire year.

Azucar is the name of Edmonton's team. Many people in this group teach lessons.

When the Championships rolled around, the team was ready to proudly represent Canada. They even wore bright red, flashy outfits to show how Canadian they were. "They were uncomfortable," recalls Damara.

Damara started salsa dancing two and a half years ago. It was easy for her to learn because of her Latino background. She has always been exposed to salsa. Learning the basic dance techniques was harder to do, but Damara was able to master them shortly.

"The most interesting part (of salsa) is that you're dancing with someone... but you look around and you see that everybody is doing the same thing," said Damara. "It's a feeling you just

have to understand." Damara says salsa is good, clean fun.

Damara frequents the local Spanish night club, Mezzaluna, which is Edmonton's only all-Latin night club. This is where Damara met the person that changed salsa dancing in Edmonton to what it is today.

It was in London that Usukuma Ekuere, a scientist at University of Alberta, first became exposed to the salsa scene. He traveled to Cuba and learned Cuban style salsa. "He's probably one of the best Cuban style salsa dancers in the world," Damara attests. Finally, Ekuere ended up in Edmonton, and it was at Mezzaluna that Damara met Ekuere. Ekuere was teaching people to salsa casually. A few Cuban exchange students put a salsa group together, and Ekuere joined them and learned from them. After the exchange students left, Ekuere began teaching people. Later, an interested group at University of Alberta asked him to teach them salsa.

Damara wishes to acknowledge Ekuere for bringing his influence to Edmonton. She wants to thank him for all his patience and determination, and for the increased self-esteem resulting of his teaching. "He brought salsa to Edmonton," said Damara. She believes that it wasn't for him, salsa wouldn't be as popular in Edmonton as it is today.

Other than salsa, Damara learns different styles of Latin dance, such as merengue, cumbia,

pachata, and flamenco. Damara even does belly dancing. To help learn, videos are brought from L.A. Dance instructors come from L.A. to teach dance workshops. The next workshop, the third in Edmonton, will be at the end of March. Damara enters the open dance competitions at Mezzaluna. Once a month, Mezzaluna has a "salsa party" at which there is all salsa dance, which Damara also likes to attend.

Damara is on a break dance right now, but not for long. Dance season starts soon, and Damara will be teaching salsa. If you're interested in taking lessons, classes start in the second week of January. The classes run for six weeks. For more information, e-mail dillyd15@hotmail.com. For convenience, dance lessons are held at different locations all around Edmonton.

Of the future, Damara says, in Edmonton because it's small... "I would like to open a studio. I hope this style of dance will grow My goal is to get more people interested in salsa."



Damar Lopez shows off top prize.



Team Canada in Fort Lauderdale, Florida.

The Nest Movie Mondays

THIS WEEK'S FEATURE

Christmas Vacation



Monday December 9
4:30 pm
FREE

The Big, The Bad, The Ugly



PETE
Parker

"I'll admit it. Sometimes I stretch the truth a bit. Sometimes I fabricate a little and sometimes I even downright lie, but the funniest things in life happen when there are no lies to be told, only the bold faced truth." Pete Parker

I was standing there talking to a classmate discussing the NAIT policy on College Dorms and how

sock he stuck it back in his pants. Good place as any, I suppose.

Then we went to The Nest and we have a couple pints. There was one chick, or shall I say Lady, we saw there who had on more foundation than the new HP Centre. It still never hid the ugly and that was after a few beers too. C'mon folks, give her credit to try and hide it.

This reminded me of the night when I took the bus. Man, are there ever some ugly people who ride that thing. One night I was especially grossed out by the amount of

butt-face ugly people that climbed aboard that wagon. The whole bus, excluding me of course, put the 'ug' in ugly. One woman was so ugly my dog would have to close his eyes just to hump her leg. Now that's ugly.

In this frame of mind, I quote Forest Gump, "Ugly see as ugly does." I never quite understood that fellow.

My pappy always used to say, 'Marry an ugly fat girl. That way you can leave her home at night and not worry about the milk man. The uglier the better time out

you'll have. Ugly as a kick in the face.' Oh not to worry, he only said those words as mere blabber on the wind. I don't think he meant it although the logic is there—somewhere. My Mother seemed to keep him in line, although sometimes it took a cast iron frying pan to the head to do it. Ah, my dear sweet mother.

I digress.

So after a couple of beers at The Nest, I told the story of the sock in the pants to our lovely young waitress by the name of Volita. For my trouble, I told her

that especially good story tellers were often given a pint of ale in the olden days. She gave me nothing but a story about how I was the tenth guy to ask for free beer and I should take a hike. But then I ended the little sock-in-the-pants-story with how the sock doubled for my buddy as toilet paper and it just wasn't the same the second time around and asked for some laundry soap and a nice clean kitchen sink. And can you believe she threw us out?

I swear. Nothing but the bold faced truth.

An hour of persistent interrogation later he finally fessed up. He pulls this sock from the back of his pants. I laughed.

they don't have one since we don't have any, when all of a sudden he gets a sort of puzzled look on his face. It struck me more than a little odd that he would put his hand down the back of his pants, make a face of inspiration, and try to continue the conversation as if nothing had happened.

'Fa la la la, nothing going on here.'

Yeah, right.

What the hell was that all about?

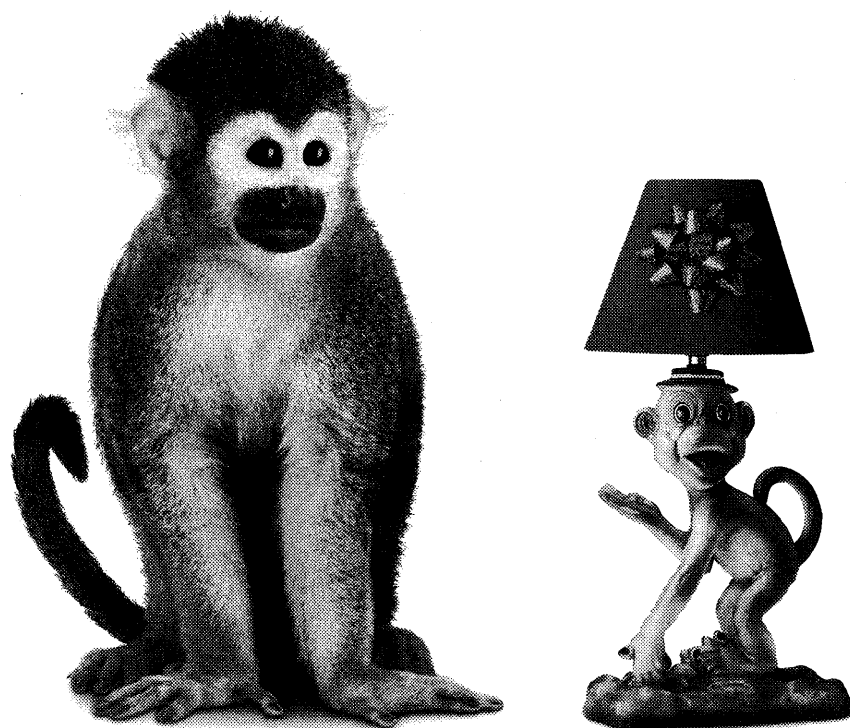
I had to pry, I had to push and I had to cajole the truth from his tightly sealed lips. Being Pete Parker sometimes has its disadvantages. He knew I would splash this all over the best newspaper in town, The Nugget. An hour of persistent interrogation later he finally fessed up. He pulls this sock from the back of his pants. I laughed.

He explained how he just did laundry and the shorts were clean. I laughed.

He explained how he got up in the morning and dressed in the dark with morning grog fingers. I laughed.

He offered to take me to The Nest and ply me with beer so that his little story never sees the light of day. "You know," I said a couple Pints later, "In order to impress the girls, you need to stick the sock in the front of your pants."

The really weird thing about the whole incident was that after he discovered he had a ride-along-



Avoid the re-gift.
Ask for a
cool phone.



Phones from as low as \$24.99*

Let everyone know what you really want. Ask for a TELUS Mobility phone with 1X capability, the latest in wireless technology, and other cool things like:

- Colour screens
- Games
- Access to fun downloads like ringtones and images*
- 2-Way Text Messaging capability

Available at TELUS Mobility stores, authorized dealers and retailers. To find out more visit telusmobility.com/student or call 1-888-810-5555. The future is friendly.*

TELUS
mobility™



FUTURE SHOP THE TELEPHONE BOOTH STAPLES O&SOUND Visions LONDON DRUGS COMPU CENTRE CompuSmart Office DEPOT. Batteries Things PERSONAL EDGE 2001 AUDIO-VIDEO GRAND & TOY WAL-MART Zellers Home Hardware TelePlus the Sony store. BEST BUY

Not all services and features are available in all areas. *For certain phone model and based on a 3-year contract after phone discount or invoice credit on your future TELUS Mobility monthly bill. New activations only. *Service available on a pay per use basis. ©2002 TELE-MOBILE COMPANY.

3868

Technology Bytes



KIMBERLY Ashley

Why is it that technology is "supposedly" on our side? Making our lives easier, enabling to connect with one another and speeding up the process of life.

Internet is the greatest technology miracle of all time, in my own opinion. In your own home you can have access to millions of webpages full of information and text. That is if it works.

Yes, this is most likely a rant. In my own crazy little world where assignments are done the night before they are due, and research is left to the last minute, why does Murphy's Law have to come into action. If something could go wrong, it will.

In my case, I use the Internet to connect with my friends, family and staff. I share files with many other Internet users, and I use the Internet for information and research, but what do you do when it doesn't work?

You call your Internet provider, and in my case that is TELUS. A major communications

provider in Canada. But what do I get? Nothing! The tech line, the most obvious one to call when your Internet doesn't work, and you are unable to get a representative. You are asked to call back later. This is a telephone company, and they are asking me to call them back? Yeah right, I would rather be put on hold, and have my call answered in the order in which it was received, or even better, have the stupid little "recorded" message tell me that my Internet service (DSL) was down all over Alberta. I only found this out by calling another line, which usually provides information on billing.

I stewed around my house freaking out for the half hour that it was down, and now that I am done my rant I have found out that it is back up again. The purpose of this rant was to ask why. Why does a "communications" company such as TELUS communicate with their customers in retarded ways? You can't get an answer from anyone. INTERNET is down. That is a huge deal, to me anyways and I am sure many more. What would the people of Alberta do if they didn't have phone service for half an hour? Riots in the street. That's what would happen, that's what.

Health and Dental Dismay

APRIL Washburn

Dear Nugget Staff and Readers:

I'd like to bring to your attention a problem which has been troubling students who have previously opted out of the NAITSA Health & Dental Benefits.

Student who have opted out and later wish to opt in aren't always made aware of this, but the Cash Office doesn't automatically take the fees with your tuition if you've previously opted out and the Health & Dental Benefits Office doesn't always tell you that in addition filling out a "Personal Information Form", you also have to formally rescind your previous "Waiver Form(s)". This procedure is all well and good, however is not made public knowledge.

This problem recently affected myself personally. I am a recently married student who had opted out of the benefits plan for the past two and a half years prior. I went to the Cash Office thinking that they would do what they had done very other year prior, which was to deduct the fees from your Student Loans automatically unless you specified otherwise. So, this year I did not tell them to take off of my loans. The Cash Office however thought that as I had opted out previously, that I was opting out again this time, therefore they didn't take off the fees.

As a result of this, I thought the fees had been paid, even though they had not. After that, I went to the Benefits office to opt in. I explained that I was a returning student who had previously opted out and that I wished

to opt in this time. They told me to fill out a "Personal Information Form", so I did. Two months after this, I tried to use the paper card to get a prescription, which I normally get, and low and behold the card didn't work. I was told that the number was in use by somebody else, and the only variable part of the number is your personal NAIT student ID number.

I therefore went to the Benefits Office to find out what had happened. They told me that there was nothing that they could do and that basically due to all the circumstances involved in this, that I have no benefits coverage for this semester. I just wish to draw attention to this process for those students who have previously opted out who are needing to opt in. Again, the process is: let the Cash Office know that the fees need to be deducted, fill out a "Personal Information Form" and formally rescind your previous "Waiver Form(s)".

Editor's Note: The problem that Mrs. Washburn experienced was one of a kind. The main reason behind the paper trail and delay was the change of her name. As a note to students, if any of your personal information changes, inform the registrar's office as soon as possible. A reminder as well that the Health and Dental Office is independent from NAIT and only has the information on file of which you have provided them with. If you have any comments, questions or concerns do not hesitate to contact the staff at the Health and Dental Office.

Final Feud



TOM Ace

As you probably know, finals are right around the corner. I never study until the week before all my tests start—even then it usually comes down to a one-night cram session. My problem is my girlfriend. She always wants to spend time with me because she's not going to school at the moment and we don't live together. I've tried to tell her that I need to study but I can't seem to get through to her. Help! Please.

Fed up with Finals

Dear Fed up with Finals,

In a perfect world every student would do their homework right after classes and be in bed by 10:00 every night. In the real world students get drunk on week-nights at whichever bar happens to have the cheapest draft or high-balls and end up spending the next day riding the big porcelain bus. You are among friends here at

NAIT. If your girl doesn't go to NAIT then she shouldn't know your final exam schedule, unless you've told her. Sometime before finals, when she wants to spend time with you, tell her that you have a huge exam the next day (even though you don't). Sure it's a little white lie but this is your future we're talking about here! Go out with her and party, or whatever it is she wants to do, and keep mentioning the giant test that you have the next day. A few days later, tell her that you failed your test and that you'll have to take the course over again, causing you to spend even less time with her. She will feel so bad that she caused you to fail, that she'll never bother you during exam week again. Of course if you didn't want to lie you could always unplug the phone.

Nugget Love Doctor will resume in January. Send your burning questions to nuggetlovedoctor@hotmail.com or drop them off in the black submission box outside of the Nugget office (E128).

COMING JANUARY 2003

**PLASTICS TECHNICIAN
CAREER POTENTIAL:**
Sales/Marketing
New Product Design
Estimating
Plant Management
Testing/Quality Control
Troubleshooting/Maintenance

ONE YEAR PROGRAM

CONTACT:

**Ray Kelsey (780) 471-8739 E-mail: rayk@nait.ab.ca
Mechanical Engineering Building B103**

The Official
Student Newspaper of

NAITSA
Students' Association



**Canadian
University
Press**
www.cup.ca

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1

Production Office
471-7615

Fax: 491-3989

E-mail
naitnugget@hotmail.com

Editor-in-Chief
Kimberly Ashley

**NAIT News, Events, &
Entertainment Editor**
Jennifer Benoit

**Arts & Entertainment
Editor**
Stacey Laing

Features Editor
Falon Fayant

Sports Editor
Mike McGuire

Photographer
Kamell Williams

Typesetter
Jacque Truemner

Production Manager
Darrel Gregory

V.P. Communications
Jeremy Coules

Advertising Manager
Linda Campbell

Distribution Manager
BJ Normand

**For Advertising
Inquiries please call**
471-8866

The Nugget encourages
submissions

THE DEADLINE IS
12:00 p.m. on the first
school day of the week.

All submissions must be
accompanied by your name &
student ID number

The opinions contained in *The Nugget*
are the opinions of the individual writers
and do not necessarily reflect the
opinions of the Nugget staff or NAITSA.
The Nugget reserves the right to edit
letters and viewpoints for brevity.

Contributing Writers

April Washburn, Tom Ace, Pete Parker,
David Appell.

The Snow Queen

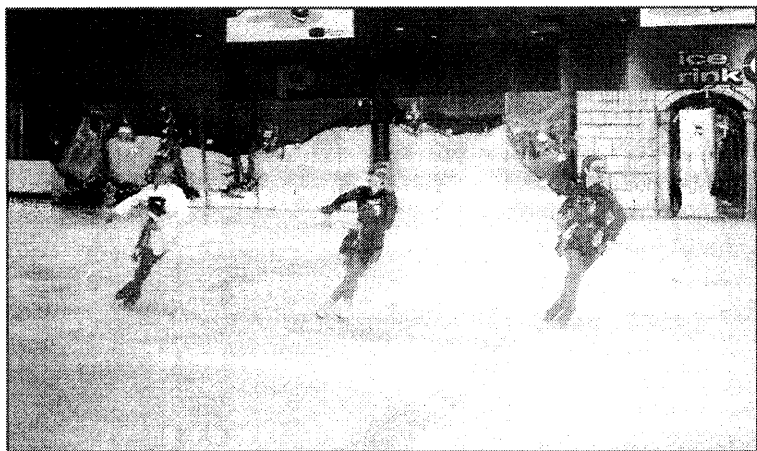


FALON
Fayant

The National Ballet Institute of Canada previewed an amazing show on Saturday, November 22nd, at the Westmount Ice Centre. When you first arrived, you noticed the beautiful scenery, a snowy scene with trees and cottages that provided the backdrop for the performance. The mysterious sounding music soon started and the skaters were about to begin the performance of, "The Snow

schoolgirl attire, and three fairy like girls dressed in red, blue, and yellow. The performance was beautifully choreographed, the skaters moving across the ice with grace and agility to the powerful music, successfully telling the story with no words. It was a mixture of dance, ballet, figure skating, and even acting, for all the characters had amazing facial expressions that help set the scene.

One of the characters, the blue fairy, is one of our very own. Laura Gjesdel attends NAIT and is in the dental assistant program. She gave a beautiful performance on Saturday. All the skaters, in fact, are local and did a lovely job. Sat-

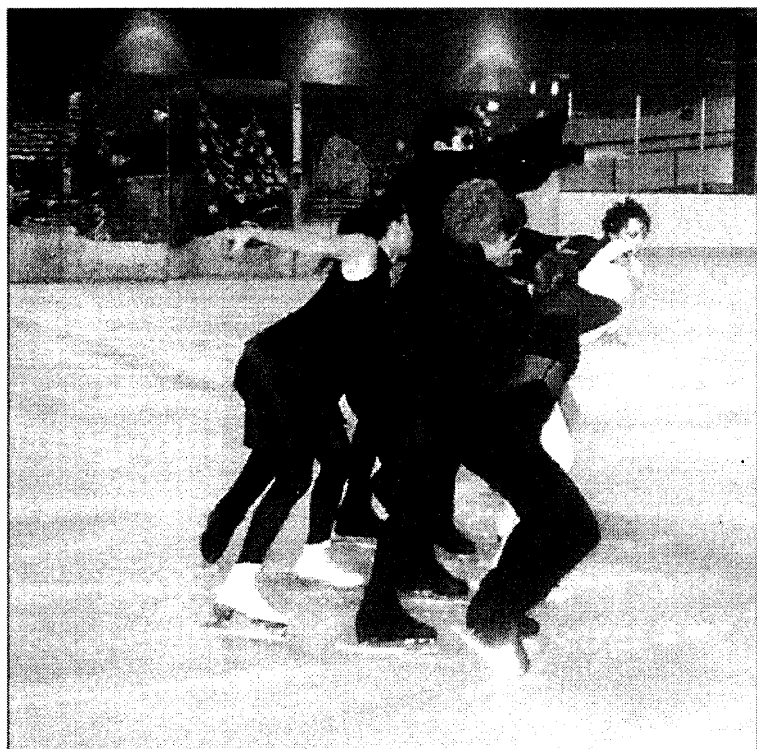


Laura Gjesdel as the Blue Fairy.

Queen" based on Hans Christian Anderson's classic story.

With the dark, almost ominous music providing the atmosphere, a group skaters dressed in black made their appearance on the ice. The cast of skaters also included the snow queen, dressed all in white, two girls dressed in

urday's performance was only a preview however, since it did not have an ending. For New Years, the skaters will be performing in Sherwood Park and they'll be in Jasper in February. It was an excellent performance and I had a wonderful time.



'Twas the Night Before Finals

'Twas the night before finals,
And all through the college,
The students were praying
For last-minute knowledge.
Most were quite sleepy,
But none touched their beds,
While visions of essays
Danced in their heads.
Out in the taverns,
A few were still drinking,
And hoping that liquor
Would loosen their thinking.
In my own room,
I had been pacing,
And dreading exams
I soon would be facing.
My roommate was speechless,
His nose in his book,
And my comments to him
Drew unfriendly looks.
I drained all the coffee,
And brewed a new pot,
No longer caring
That my nerves were shot.
I stared at my notes,
But my thoughts were all muddy;
My eyes went a blur,
And I just couldn't study.
"Some pizza might help,"
I said with a shiver,
But each place I called
Refused to deliver.
I'd nearly concluded
That life was too cruel,
With futures depending
On grades earned in school.
When all of a sudden
Our door opened wide
And Patron Saint "Put-It-Off"
Ambled inside.
His spirit was careless,
His manner was mellow,
But summoning effort
He started to bellow:
"What kind of student
Would make such a fuss
To toss back at teachers
What they toss at us?
On Cliff Notes! On Crib Notes!
On Last Year's Exams!
On Wingit and Slingit,
And Last-Minute Crams!"
His message delivered,
He vanished from sight,
But we heard him laughing
Outside in the night:
"Your teachers have pegged you,
So just do your best...
Happy Finals to All,
And to All, a good test

Source:
<http://www.laughnet.net/archive/college/beffin.htm>

Do you need

EXTRA \$\$\$

One very reliable student needed to clean microwaves on main campus including the Engineering Annex and the HP Centre. Approx. 2 hours per week.
For more info contact Rita Cain at 471-8960 or see her at the NAITSA office (E131).

Single looking for action.

Searching for a
good time out.

Single Oilers Fans Wanted

Fun and refreshments on us!

Purchase an Edmonton Oilers single seat for some of the most popular Oilers home games this season and receive a \$6.50 beverage and food voucher.

Check our website for details and complete game listings.

Tickets at all Ticketmaster locations, CHAMPIONS in Kingsway Garden Mall, West Edmonton Mall, United Cycle or the Oilers Ticket Office.

ticketmaster

Call 414-GOAL (4625)
toll-free 1-866-414-GOAL
www.edmontonoilers.com



Sweet Revenge

Hockey Men Right A Wrong



MIKE McGuire

Grant MacEwan 2
NAIT 5

In a rematch of the NAIT Home Opener, and coming off of a 3-3 tie on Griffins' ice, Oaks Coach Terry Ballard and crew were determined to win the latest installment of the NAIT/GMAC feud.

With such a long-standing rivalry, bad blood was quick to surface, and the penalties resulting from both sides' extreme dislike of one another would tell the tale of the game.

Grant MacEwan's offence started strong, as both Bobby Almeida and Matt Levicki would take advantage of a GMAC power play during the first period. NAIT's Craig Anderson would get some help from Billy Baker and Bryce Mawbey to halve the Griffins lead.

Second period, the NAIT power play continued to serve as a nightmare for the visitors. Goals by Jeff Ainsworth and Blair Rota gave the Oaks the lead.

NAIT goaltender David Wood was having a great night, as he virtually stonewalled Grant MacEwan's best shooters. 1:40 into the

third period, Grant MacEwan bombarded Wood with three very close calls, and presented a mish-mash in front of the net, which ended up in the NAIT netminder covering the puck and preserving the lead.

17:21 remaining, NAIT's Andy Penny would add another notch to the Oaks lead, blowing past GMAC tender Steve Griffin, thanks to help from Rob Ziemmer and Blair Rota.

Most of the period remained a NAIT defence game. Lady luck was on the Oaks side as a powerful slap shot snuck by Wood, but bounced off the crossbar.

2:01 remaining, the Oaks' Andy Penny doubled his scoring to get the 5-2 lead, and eventually close the game.

For the Oaks, taking this victory served as vindication against the team who beat them 7-1 in the NAIT home opener. Now third in the division, Coach Ballard admits that he and his boys want more.

"The team wants to finish first or second, I think they're focused on that. At the same time, we have to take care of the process along the way."

Finishing in first or second place would give the Oaks the first round bye, and with the win over Grant Mac, NAIT (as of press date) leads the Griffins by 2 points in the standings.



MIKE McGuire

#10 - Jamie Noble

Not many wrestlers can lay claim to drawing quite as much attention to the WWE Cruiserweight division as Noble. A beautifully constructed character, matched with outstanding ability, Noble's five-month reign as Cruiserweight Champion set the bar for future entrants.

#9 - Hollywood Hulk Hogan

Hulk Hogan is the reason I started watching wrestling. His return in February continued the legacy of this incredible performer. Remember saying to yourself, "There goes everybody's push"? Rock, Edge, Angle, Lesnar. Those are just some of the people Hogan put over last year, all of whom are capitalizing greatly on the ball tossed to them.

#8 - The Rock

One moment showed fans that the Rock was serious about what he does. The week after the Austin walkout. Raw. That was the day that I personally became a Rock fan. Forget the catch phrases, toss the eyebrow and elbow, and strip away the shades. In one ten minute promo, Rocky reminded us that fans are just as responsible for the success of the industry as everyone involved.

#7 - Chris Jericho

2002 started with Y2J as the Undisputed Champion. Every day something new was being criticized about Jericho. Since losing the title to HHH at WrestleMania, Jericho has been on a slow climb back up the ladder, and it wouldn't be surprising to see him on top once more in 2003.

#6 - Matt Hardy

Nobody is more underappreciated right now than Matt Hardy. After splitting with brother Jeff, Matt has managed to find a style that works best for him. Moving away from the extreme bumps and frightening high spots,

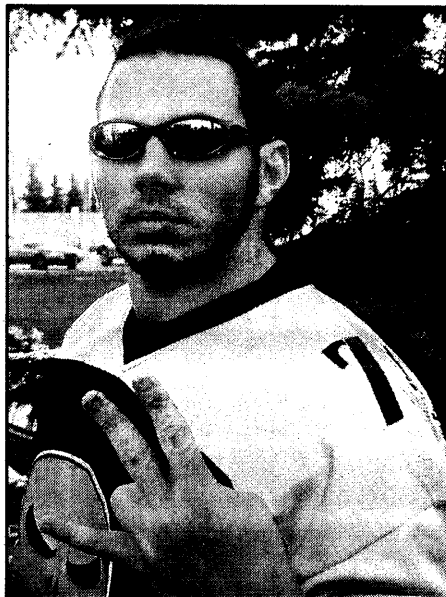


photo by: Mike McGuire

The Era of Mattitude: Expect big things in 2003 from Matt Hardy.

#5 - Booker T

It was a year of building for the five time, five time, fi- (you get the point) WCW Champion. Going from the Rock's whipping boy to one of the most popular Superstars

in WWE, Booker's transition has readied him for the next level.

#4 - Brock Lesnar

Brock entered as an uncontrolled monster, and has refined himself week after week. Watching Brock has been like following an experiment in building the textbook Superstar. From silent beast to demented monster, Brock's success isn't a fluke, as proved by the awarding of the WWE Strap to him at SummerSlam.

#3 - Edge

Perhaps his theme of "Never Gonna Stop Me" is more than a catchy tune. Tag Titles with Hulk Hogan. Main Event status on more than one occasion, and a continually growing fan base, Edge is certainly getting ready for the big one.

#2 - Chris Benoit

Since returning after a LONG injury hiatus, this Edmontonian was quick to re-enter the field and take back his spot as a dominant superstar. Working like he never missed a day, Chris' albeit short 2002 has impressed and amazed many, including myself.

#1 - Kurt Angle

Should this really be a surprise? With the exception of the Smackdown Tag Titles, Kurt worked 2002 without a title belt. Regardless, Angle's year has provided fans with memories of some amazing work. Feuds with Edge and work with Benoit and Los Guerreros only further established the future hall of famer. Adding even more moves to his arsenal, Angle continues to innovate and excite with every outing.

Help Wanted

Zamboni Driver @ NAIT Arena

The NAIT Arena requires a part-time casual Zamboni Driver for evenings and weekends.

Must have Zamboni/arena experience & First Aid.

Contact:

Terry Baumgartner @ 471-8699.

Arena Office: 5218

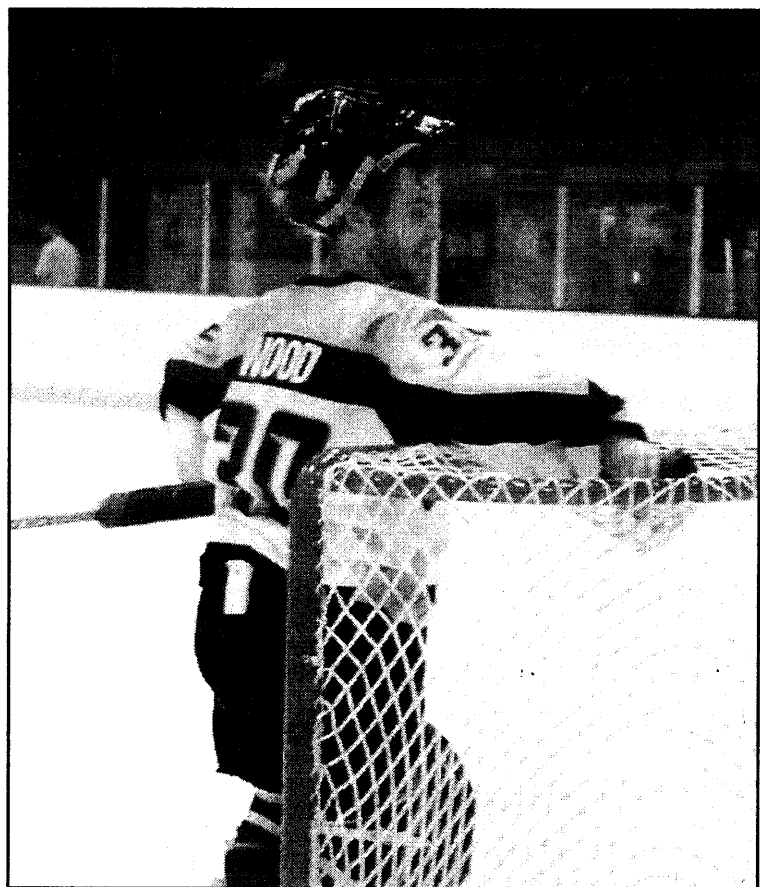


photo by: Mike McGuire

Despite 2 goals against, NAIT goaltender David Wood had a remarkable night with several great saves.

Stand Up and

Shout!

Cheer YOUR Ooks!



**MIKE
McGuire**

This year's NAIT Athletics scene offers something interesting for any fan this year. From fresh new faces on the Women's Basketball and Hockey teams, to established champions in the Men's Basketball division. Add to the list

intense competition in Volleyball, Badminton, and a race for first in Men's hockey, and the setup for some great competition next semester is concrete.

Still, attendance for some home games is fledging. Gregg Meropoulis, head of NAIT Athletics, offers a great itinerary for Ooks fans: "I think that students should enjoy themselves at the Nest, have something to eat, get up to the arena or down to the

gym, enjoy some of the games, and still have time to do something afterwards."

Admission for ALL Ooks home games is free with the presentation of your student identification, and admission for non-students is affordable for all to come. This is a year that should prove memorable for all our Ooks teams... why not be a part of it?



Come out and watch! NAIT Athletics Head Gregg Meropoulis invites students and sports fans to any of the home games in 2003.

photo by: Mike McGuire

STREAK WATCH



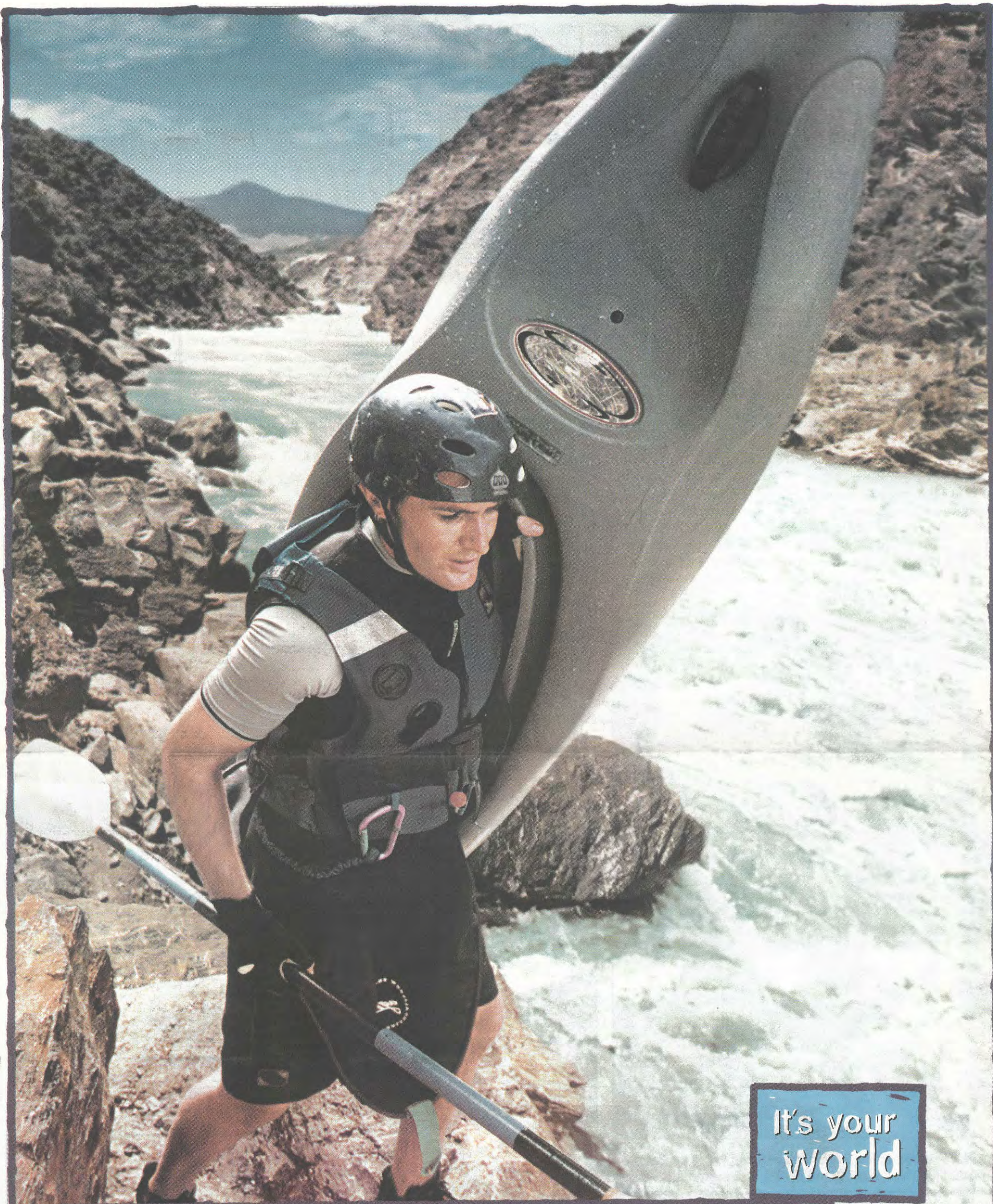
Ook Loren Balon reaches for two as the men's basketball undefeated streak continued last weekend against Grand Prairie.

Notice

Edulinx representatives will be available on campus to accept your signed student loan documents between Dec 9th - 20th.

Please drop off your signed Alberta, Canada or out of province student loan documents for winter term at the Edulinx desk in the South Lobby

(Near Financial Aid & Student Award Office)



It's your
world

**THIS TIME, I'LL PROVIDE
THE HORSEPOWER.**



TeamPlayers.ca

STEVE MOORE, TEAM MEMBER, RACING IN THE C.A.R.T. SERIES.

3868

Movin' On Up

Basketball Women Shut Down Wolves



MIKE
McGuire

NAIT - 63
Grand Prairie - 59

It was an incredible night for the basketball ladies last Saturday, as the Grand Prairie Wolves came into the gym following a 69-53 win the night before in their home gym against the Oaks.

Play for the Oaks was slow to start, with GP gaining an early 14-3 lead. The turning point in the game would come late in the second half, as a pair of foul shots by NAIT forward Amy-Jean Easton broke the tie threshold to take a 43-41 lead. Easton and Jenna Badry would follow up with

4 more, and the Oaks lead increased to 6.

Following a Grand Prairie time-out, Oak guard Kelsey Charuk would return one foul shot, maintaining the 6 point lead at 54-48.

Grand Prairie did manage to close the gap, thanks to a shot by Wolves' Amanda Weber. The game would be decided on a foul shot, as NAIT's Jill Lindstrand would make both shots for the win with only 2 seconds remaining on the clock.

With 21 points that game, Oak Jenna Badry was ecstatic about the win. "It was a really good win for us, we needed it. We needed to go into the break with a win. We can't get down. We're going to play 'til the end. This win is going to help us a lot because it's going to get us into the winning mentality."

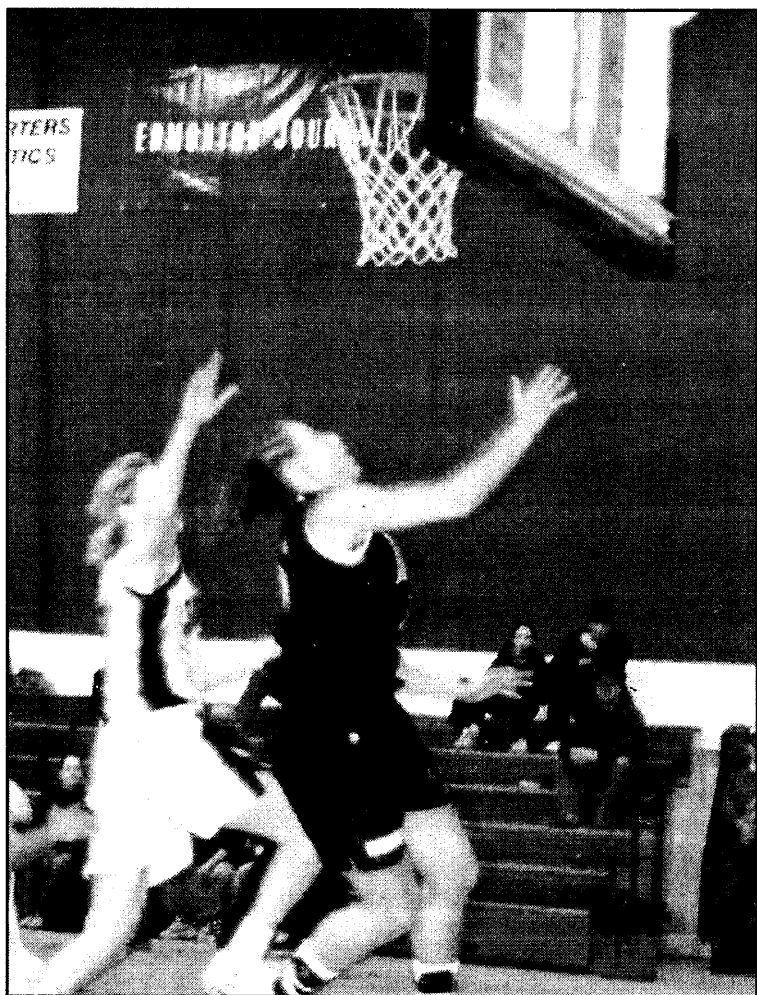


photo by: Mike McGuire

Oaks Player of the Game Jenna Badry racked up an impressive 21 points in a win against Grand Prairie last weekend.

Upcoming Games & Scoreboard

Women's Hockey

Friday, December 6th
Mount Royal vs. NAIT 7:00 pm
NAIT Arena

Basketball

Saturday, December 7th
LCC vs. NAIT
(M) 7:00 pm
exhibition game

SCOREBOARD

Men's Hockey

Friday, November 29th
NAIT - 3
MacEwan - 3
OT
Saturday, November 30th
NAIT - 5
MacEwan - 2

Basketball

Friday, November 29th
Women
NAIT - 53
GPRC - 68
Men
NAIT - 96
GPRC - 58

Saturday, November 30th

Women
NAIT - 63
GPRC - 59
Men
NAIT - 91
GPRC - 62

Women's Hockey

Saturday, November 30th
NAIT - 2
U of C - 2

Volleyball

Friday, November 29th
Men
NAIT - 0
GPRC - 3

Saturday, November 30th

Women
NAIT - 2
GPRC - 3
Men
NAIT - 0
GPRC - 3

NAIT COUNSELLING

promotes

Student Success

- Improve your study skills
- Reduce stress
- Make the most of YOU

• Graduate

Individual Counselling

Student Success Seminars

Services to Students
with Disabilities

Peer Tutoring

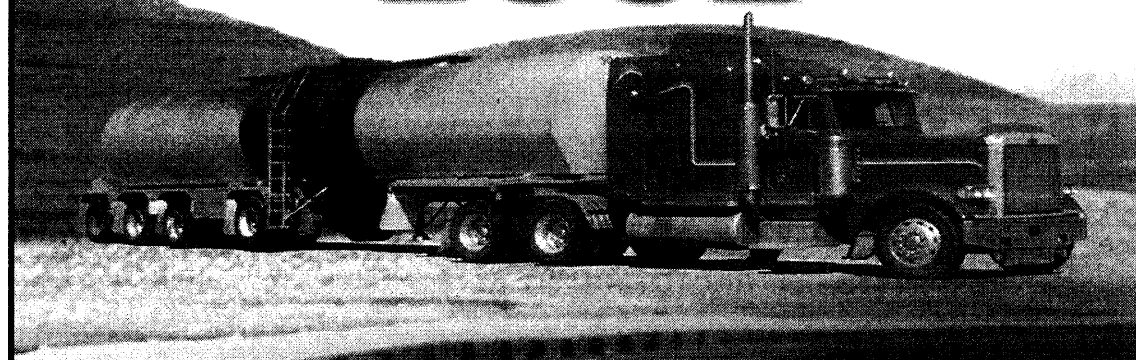
Rm: 0117

South Lobby

471-8921

P.G.C.H. & L.A.T PRESENTS

Pre-Primer Pubcrawl 2002



- Armoury
- The Joint
- Cowboys



Tix Only:

\$10

FRIDAY DEC. 6

Bus leaves @ 7:30 from The Duck!

If You're Drinking, Who's Driving?

New York
Steak And Pizza Lounge

Open 7 Days a Week

10 am - 3 am

11824 - 103 St.

Ph: 479-0333

(Across the street from the Annex)

Lunch Special \$3.99

■ Donair & Fries

■ 8" Pizza - 2 Topping

■ Lasagna & Garlic Toast

■ Burger & Fries

Happy Hour!

3 - 8 pm

VLT's • Satellite T.V. • Pool Tables

• Juke Box • Golden T. Golf

3866

Movie Review

Eight Crazy Nights



STACEY
Laing

Get into the Christmas spirit by going to see Adam Sandler's new movie *Eight Crazy Nights*. This is not a movie for the kids or for people who can't enjoy a little crude humor. However, if you're not a kid and love jokes that almost push past the line of good taste, then you'll love this movie. It tells the story of Davey Stone (Sandler), a bitter, angry

young man who hates the holidays and how he overcomes his past through the help of some friends. What makes this story so entertaining is the cast of completely unconventional characters that are intertwined throughout Davey's life.

Here is a brief summary of the movie: Davey on the first night of Hanukah goes on a drunken rampage where he not only creates havoc in the streets, but he also destroys a beautiful ice sculpture created for the town. Davey gets arrested and is put before a judge (Norm Crosby) who is tired of Davey's antics and sentences him to ten years in prison. Before

Davey has the chance to realize his serious sentence a kindly, old basketball coach intervenes and tells the judge that he will take care of Davey and reminds him how good friends are to have, and how special the holidays can be.

The cast is fantastic with such stars lending their voices as Rob Schneider, Kevin Nealon, John Lovitz, and of course Sandler who lends his voice to four characters. With a cast like this one, it's guaranteed that it will be a sharp edged comedy. So if you're in the mood for something not so serious this Christmas season, check out *Eight Crazy Nights*.



From left: Davey Stone, Whitey and Eleanor (all three voiced by Adam Sandler), enjoy a warm-hearted moment at a skating rink in Columbia Pictures' animated holiday musical Adam Sandler's *Eight Crazy Nights*.

Restaurant Review

L'Azia



STACEY
Laing

Now that the holidays are almost here it's time to share one of the best happy hours in town. The restaurant L'Azia is located in Eaton Center across from the new Bay. It's a great place to go before a movie, after shopping, or to begin your night out. Happy Hour is everyday between 4 p.m. and 7 p.m. and they offer reduced drink prices as well as ½ price appetizers. They also have drink specials that run all night, in case you decide to spend the entire evening there.

What separates L'Azia from many other restaurants is the fresh

décor that they have as well as their interesting menu. For appetizers they offer three different types of mussels and chicken wings, as well as calamari, dry ribs, and spring rolls. But don't stop there; the menu is packed with interesting dishes that will please anyone's palate. There is an Asian flare in their cooking that turns ordinary dishes into something quite exotic. The service is very quick and friendly, and the atmosphere is very relaxed. It's a nice place to go with a group of friends. My only complaint is that the tables are too small for all the food and drink that you will probably order. So while you're doing your Christmas shopping stop into L'Azia for a refreshing drink and a little snack to give you the energy to keep shopping.

Extended
Hours for the
**McNally
Library
and the
Project
Factory**

Saturday, Dec 7
10 am - 6 pm

Sunday, Dec 8
10 am - 10 pm

Saturday, Dec 14
10 am - 6 pm

Sunday, Dec 15
10 am - 10 pm

Pickup Lines for the Hopeless Educated

PORTER Gysm &
KRISTOFER
Hickingbotham

Throughout the years at NAIT, many students try and try to find Mr(s). Right! Well, never fear, because we have the solution. After many hours of boredom and thoughtless banter, we have come up with pickup lines, suitable to a few trades found here at NAIT. Our apologies if your trade is not listed, you'll just have to make up your own. Kudos to whoever tries these out!

Electronic Service Technician:
"You're so hot, I think my fuse just blew!"

Baking:
"You can lick the icing off my pastry anytime"

Accounting:
"Let's head back to my place so I can review your assets."

Aircraft Skin and Structure:

"I find you riveting..."

Animal Health:
"Your budgie's dying! Let me give you mouth to mouth."

Aviation Training:
"I'm a Pilot!!! Teeheeeheee..."

Carpentry:
(set up three guys standing 16" apart) All together: "Gotta make sure these studs don't go un-nailed

tonite!"

X-Ray:
"You know there are 206 bones in the human body? Well, I need you to examine my 207th bone."

Bilingual B-A:
"Let's go back to my place and practice my French."

Biological Sciences:
"I have a lab on reproduction due tomorrow, and I need a third hand..."

Personal Fitness Trainer:
(With proper motions) "Excuse me, have you seen my exercise ball? It's about this big around, and I think it went that-a-way." (endure mocking laughter)

Photography:
"Let's go to my darkroom and see what develops."

Civil Engineering:
"You know, when I first saw I thought to myself, 'She's so beautiful, I just cantilever behind tonight."

Computer Technology:
"Let's pretend you're a 25-pin Scuzzy port and I'm a jack; LET'S MATE!!!!" (wait for slap in the face)

Mechanic:
"You're as hot as an American 450 in a '67 'Stang freshly washed and waxed on a hot July day." (only works on car sluts, everyone else would just be confused)

OCEAN
SPORTS

Invites You to

Learn to
Scuba Dive!
Discover The Underwater World!

PADI
Certification

15 hours classroom (Bronze and Gold)

12 hours pool (Bronze and Gold)

2 days (weekend) diving in Jasper/West Coast (Gold)

GOLD Certification Card & Diploma (Gold)

Students save a minimum 15% on snorkel gear purchases.

Upcoming Scuba Dates

Dec 9	Mondays	6 Weeks	NAIT
Dec 13-15	Fri, Sat, Sun	Weekend	NAIT
Jan 17-19	Fri, Sat, Sun	Weekend	NAIT
Jan 15	Wednesday	6 Weeks	Grant McEwan
Jan 21	Tuesdays	6 Weeks	NAIT
Feb 6	Thursdays	6 Weeks	NAIT
Feb 21-23	Fri, Sat, Sun	Weekend	NAIT
Feb 26	Wednesdays	6 Weeks	Grant McEwan

Bronze course is \$129.95
Gold course is \$249.95 (includes Open Water)
PADI Manual and Tables for courses is \$59.95

10133 82 Ave. Ph: (780) 432-1904
www.oceansports.ca

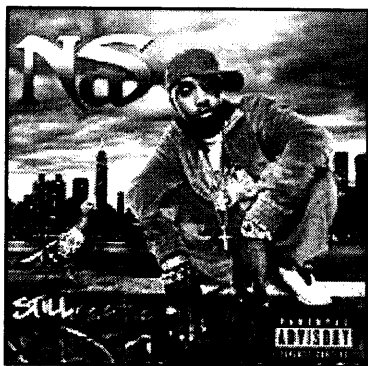
3875

"E"lympia: 2002 & Beyond

Top Hip-Hop Albums of The Year



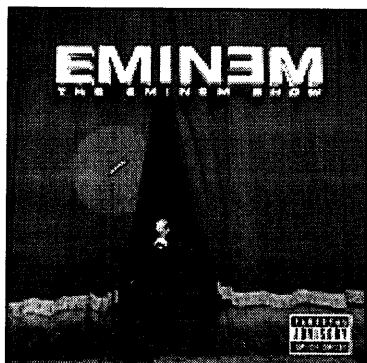
SHARMZ



Nas: Stillmatic

Returning from a brief hiatus, Nas proved all critics wrong that he was no longer a factor in the rap game by releasing Stillmatic. Keeping the beef well in tact, Nas mashed Jay-Z with, "Ether" as a retaliation track to Jay-Z's track "Takeover". "However, Nas did not submerge Stillmatic with constant beef tracks; he still kept the album street, and triumphed greatly on this album to propel him to the status he received when he released his first album Illmatic. Nas definitely raised the bar for other artists on what is sought as a complete album!

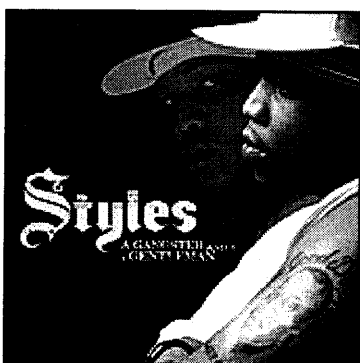
Key Tracks: Ether, Got Yourself A....., One Mic, Rewind, What Goes Around, and Your Da Man



Eminem: The Eminem Show

Eminem's third solo album was one of the most anticipated albums of the year. Many rumors surrounded the album, saying that Eminem would not curse, he would not talk about homosexuals, and he would not dedicate a song to killing Kim. Some of the rumors were actually true! Eminem emphasized this album on more personal issues, life frustrations, "Soilder", and social issues "White America", and he does it with a flow that would make your jaw drop. Slim Shady definitely increased his lyrical content/abilities and production skills on this album. While others hate, Eminem is only getting stronger and better in this business. Not only does he rap, he produces for artists such as Obie Trice, 50 Cent, D-12, Jay-Z, Xzibit and more, he acts, and he heads his own record label, Shady Records.

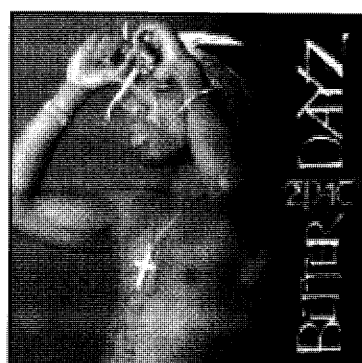
Key Tracks: White America, Square Dance, Soilder, Hailies Song, Till I Collapse, Say What You Say, Without Me, and When The Music Stops



Styles: A Gangster and A Gentleman

Although this album was slept on, The Lox member, Styles aka. Holiday aka. Paniro, definitely showed to the industry that he is much more than a member of the LOX with the solo release of "A Gangster and A Gentleman". Styles takes the listener on a journey through the gangster life. But don't get it twisted this aint no typical gangsta/street album! Don't expect Styles to base his album on low riders and pullin drivebys, he gets real lyrical and lets us know all about being a gangster with a gentlemen demeanor. If you heard "The Life" featuring Pharo Monch, you know what Styles is made of. Expect a balanced attack of high caliber lyrical abilities mixed with street knowledge and simple production.

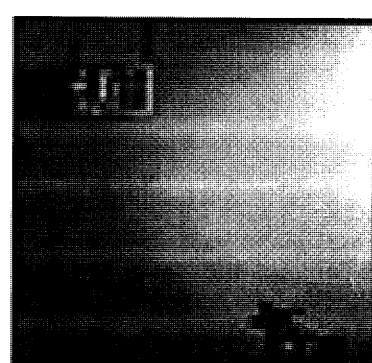
Key Tracks: The Life, Good Times, A Gangster and A Gentleman, We Thugs featuring Jada-Kiss, and Black Magic featuring Angie Stone.



Tupac: Better Dayz

Afeni Shakur and Tha Row Records just seem to find more and more Tupac songs for fans to listen to. The latest installment of Tupac is Better Dayz, including 20 unreleased tracks from the 'Makaveli Era'. This album shows that Tupac was and still is ahead of his time, as songs from almost 6 years ago still have a huge impact in 2002. Several of the album tracks had to undergo several changes in musical production, but still that didn't take anything away from the power Pac possesses behind the mic. When he raps you feel his pain, his happiness, his feelings, his thoughts "Military Minds", his hatred towards enemies "When We Ride On Our Enemies" and when you hear this album you'll understand. The albums end with Pac saying "Expect me like you would expect Jesus to come back, expect me...IM COMIN".

Key Tracks: Better Dayz featuring Mr. Biggs, Thugz Mansion, Thugz Mansion Acoustic featuring Nas, Ghetto Star, My Block, Fair Exchange featuring Mya, Military Minds, and many more.



K-OS: Exit

You sick of the norm of Hip Hop, do you want something to tickle your brain? You sick of hearing "Hot in Herrrrrrre"? Canadian Hip Hop artist, K-OS, will answer your prayers with his lyrical ability and uniqueness behind the mic. His diversity comes in lyrics, and in his music. His diversity is shown by him displaying his singing abilities along with spittin ill lyrics across a beat made by an acoustic guitar. The good thing about this album is that it makes you think its positive and it is well unique from other albums. I wouldn't consider this a fully submerged HIP Hop album; there are elements of alternative, soul, R&B, and rap throughout "EXIT". It's good to see that some artists are sticking to their ideas and not doing what the other man is doing.

Key Tracks: Heaven Only Knows, Superstar pt 2, Fantastique, Call Me, Patience

A Christmas Carol

STACEY
Laing

Bob Baker directing this play it is sure to be exceptional. I saw A Christmas Carol last year and wanted to take the opportunity to tell you about this great play. It runs from today up until December 24, and would be a great gift idea for anyone who enjoys good theater. As with all of the Citadel's plays there are student prices as well as rush seats available, and this helps make a great evening very affordable.

What I liked best about this play was the incredible set that the citadel designed. It is very colorful and complex, as are the ghosts. The cast last year was very energetic and enthusiastic and I expect

nothing less this year. Of course everyone knows the story of Ebenezer Scrooge, and Wood's rendition will bring back all of your fondest memories of Scrooge. So take advantage of the holiday break and go see A Christmas Carol



A Christmas Carol at the Citadel.

The Citadel Theater does A Christmas Carol with pizzazz. Tom Wood does a brilliant adaptation of Charles Dickens classic A Christmas Carol and with

\$17.5 Tuesday Special
Fun, Friendly, Affordable
Now Playing www.cinemacity.ca

\$2.00 Daily Matinees **\$2.75** After 6PM **\$3.25** Fri/Sat Midnight Movies

CINEMA CITY 12 3633-99 Street
Movie Info Line 463-5481

MOVIES 12 130 Ave-50th Street
Movie Info Line 472-9779

NEW MOVIES THIS WEEK

TAXEDO **WHITE OLEANDER**
STUART LITTLE 2 **TRANSPORTER**

SHOW TIMES listed in Journal and Sun

2 Admissions For \$3
valid anytime
2 admissions per coupon
no reproductions-no cash value
EXPIRES DECEMBER 31, 2002

2 Medium Drinks & 1 large Popcorn \$7.48
valid anytime
1 coupon per purchase
no reproductions-no cash value
EXPIRES DECEMBER 31, 2002

2 Midnight Movie Admissions For \$2.50
valid Friday or Saturday for midnight movie
2 admissions per coupons
no reproductions-no cash value
EXPIRES DECEMBER 31, 2002

"E"lympia: 2002 & Beyond

Local Hip Hoppers Raise Food Donations for Hungry During Christmas Break



SHARMZ

Local independent urban music labels Tuff House Records and Music For Mavericks Ent. will be hosting a charity hip hop concert this December at The Rev (10030 - 102Str). Dubbed, Hip Hop For Hunger, the event is an effort to raise food donations for the Edmonton Food Bank for Christmas. Scheduled for Thursday, December 19th, 2002, the event will be the first of its kind for Edmonton's urban music community.

Patrons attending Hip Hop For Hunger will receive a lower cover charge with the donation of a non-perishable food item. The cover charge, which is set at \$8, will be reduced by two dollars with the donation of a non-perishable food item. With the help of Universal Urban, who is one of the events sponsors, Hip Hop for Hunger will award the patron who donates the most non-perishable food items with a prize pack.

The show will consist of performances from local hip hop celebrities Darkson Tribe, Poli Live, Tuff House, CV's Finest, Holy Ghost, and Kahdija & Shy

Guy - all of whom jumped at this opportunity to show they are not only talking about crucial issues, but doing something about them. Hosted by Ms. Trish of CJSR's Urban Hang Suite and Diamond Kutt, the show's main draw will be the 8 MC Freestyle Elimination sponsored by Foosh. The Eliminator is a freestyle competition that will feature up and coming MC's like Black Blaze and Proveli Paragon.

I had an opportunity to chat with Music For Mavericks Ent. recording artist and Urban Hang Suites own, Arlo Maverick, about Hip Hop For Hunger and what him and other local hip-hop artists are trying to achieve from this event.

1. You've been involved before with Hip Hop For Hunger, what does it involve and what do you and other artists want to achieve?

Hip Hop For Hunger has been a huge learning experience for us. Fortunately, we've learned from the mistakes that occurred when we originally hosted it in BC this past summer. The whole process can be summed up to acquiring a venue, sponsors, and performing acts, and then promoting the event through various mediums.

It is the hope of Tuff House, MFM, the performing acts, and all those associated with Hip Hop For Hunger to generate awareness. The

acts that are on the bill can relate either directly or indirectly with poverty. Some have been homeless themselves and have overcome and some have come from low-income families. What we're trying to show is that Christmas time is not the only time that people go without food and Christmas time should not be the only time we donate to the Edmonton Food Bank. We hope that with all the publicity that arrives from this, people will begin to make donations throughout the year.

2. Who else is involved in Hip Hop for Hunger besides the local artists?

Hip Hop For Hunger has acquired the sponsorship of Universal Urban, which is the home to acts like Jay-Z, Eminem and Dr. Dre. They will be preparing a prize pack for the patron who donates the most non-perishable food items. We also have the support of Foosh, who is sponsoring the MC Eliminator. The Winner of the freestyle contest will receive a prize pack from Foosh. As well throughout the night we will be giving away gift certificates from Out Back Steak House, and T-shirts from DV8 Records and CJSR FM88.5.

Many people have showed an interest in the event and have offered their help. From CJSR's Minister Faust - to student groups like SAACH. This is the first of its

kind, and it's truly remarkable how positive the response has been. We've had minors, who despite the fact that they cannot see the show have asked how they can donate.

3. What is your goal for Hip Hop for Hunger?

The goal for Hip Hop For Hunger is to (1) generate awareness that despite the wealth of this province there are plenty of people who go without food on a daily basis, and (2), generate food donations for these people who have been forgotten, or that we may have simply been unaware of. The event is also a great opportunity for Hip Hop acts to show that they're not only talking about critical issues, but they're putting their money where their mouth is and doing something about these issues. Many times the media focuses on the negative in urban music. We're challenging them to have the decency to show the other side.

4. When/Where is HipHop For Hunger?

Hip Hop For Hunger takes place Thursday December 19th, at the Rev (10030 - 102 str). For anyone wishing to get there early to donate, the doors will open at 9 pm. We also intend, if granted by the Rev to do so, to have someone

collecting donations earlier that day during the sound check. At that time we will also take blanket and winter jacket donations. It might be warm outside right now, but this is Canada (laughs). Although dubbed Hip Hop For Hunger, we're trying to make as much of difference as we can make.

5. What will the show include?

The Show includes an 8 MC Eliminator, where there will be 8 MC's who pair up in freestyle competitions then advance on to 4 who pair up later on. Then after those 4 compete there will be a final 2 to see who is the Final Voice. We're refraining from calling it a battle, as most Hip Hop heads would, in order to maintain a positive vibe.

6. What artists will perform?

On the bill for the night, we have Darkson Tribe, CV's Finest, Poli Live, Tuff House, and Kahdija & Shy Guy. Ms. Trish of the Urban Hang Suite and Diamond Kutt will host the show. On the tables for the night we have DJ's Short Round and Echo, who will be spinning the latest and hottest in Hip Hop, R&B, and Reggae. Throughout the night there will be plenty of opportunity to dance and mingle. Of course it's a serious cause, but we want people attending to have fun too. With all the talk of supporting a cause, many people might think the night will be full of testimonials, statistics, and preaching, but we're simply making an exchange. You're giving us food donations and we're giving you the best "E"lympia has to offer in urban music entertainment in return. Not bad for only \$6.

Multiple Sclerosis: The Inside Story (MS:IS)

If you or someone you know would like to learn about multiple sclerosis, the Edmonton Chapter of the Multiple Sclerosis Society is offering a six-week series called MS:IS. The first session will start Tuesday evening January 7, 2003 from 7-9 pm. Some of the topics will include: What MS is, symptoms and symptom management,

research, information about employment, insurance and financial issues, coping strategies, and community resources.

All sessions will be held at the MS Victory Centre located at 11203-70 St. in Edmonton. The cost to attend is \$35/individual; \$55/couple or \$65/family of 3 or more. Call Joyce at 471-3034 to register.



EDMONTON PREGNANCY CRISIS

centre

- Free Pregnancy Test
- Information on Options
- Counselling Services
- Totally Confidential

CALL FOR MORE INFORMATION

482-5111

Suite 204-11227 Jasper Ave.

CAP IT OFF!

Business Graduation Winter 2002

"Is that a diploma under your robe or are you just happy to see me?"

WHERE

Iron Horse (81 Ave & 103 St)

WHEN

Wednesday, December 18, 2002
Doors Open @ 8 pm
Prizes & Toasts @ 10 pm

WHO

Everyone Welcome! (yes, even instructors)
Business Grads Especially!!

WHAT

One BIG-ASS Grad Party!
HAPPY HOUR ALL NIGHT!

Tickets only \$5. Watch for sales reps. Only available until December 11. Tix not available at the door.

All proceeds provide Xmas gifts to inner city families.

DON'T DRINK & DRIVE! KEYS PLEASE 496-9191

3812

Happy Holidays!

*from everyone
at the Nugget*



Kimberly Ashley



Mike McGuire



Stacey Laing



Jennifer Benoit



Falon Fayant

Kameil Williams • Jacquie Truemner • Darrel Gregory

Jeremy Coules • Linda Campbell



To the girl who always goes to her locker in front of our Econ class, 2nd block. So, do you like, ... stuff? – Stamped

Hello Americans, This is Klaus from the Common Denominators – that is the band you're listening to right now – Das aut, this is DWARF INVASION!

To: A sweet, sexy little lady in 1st year Chem. Tech. group C. I hope you have a wonderful Christmas, and a happy New Year!!! – Love, Someone who has their eye on you.

What a ripoff!!! I recently purchased an ink cartridge from the Tech Store. The next day when I tried to return it I was informed that it could not be returned. If this is the policy (although I do not see why you would not be able to return something that is not opened), it should be clearly stated at the time of purchase. I will NOT be returning. – Signed, Not Impressed!

Here's to cards at lunch, cram session, friends, and relaxing! True Dat. – Yummybrain

NR92 would like to thank all of those who came out to "NR92 and the NAIT Ooks Stick Up for Kids Shootout" and donated money to the Stollery Children's Hospital Foundation. THANKS A BUNCH!

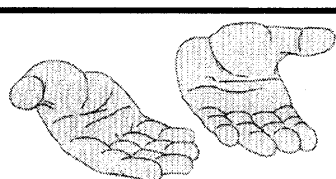
ANNOUNCEMENT: Lucky Winner = Ticket #482, Total Winnings = \$214.50. NAIT Aboriginal Student Club is currently holding 50/50 draws every 2nd Friday. Tickets are available to purchase for \$1.00/ticket anytime in the Student Friendship Center (Rm E137). Money raised goes towards NASC's year-end graduation. Thanks to everyone for their support.

Ladies of NAIT, I must say so far I'm impressed with the positive feedback I have gotten for the site, but a picture is worth a thousand words so submit those pics for the "Hotties of NAIT" section of my website!! So far only the ladies of Business have shown why we're the best school in Alberta!! <http://www.Dwayne.tv>

Classifieds

Need more enthusiasm? Focus? Direction? Hypnosis can help. More information at www.success-and-more.com. To register for classes and/or to book for private sessions call Anny Slegten in Sherwood Park 448-0817.

Reiki classes, all levels. More information at www.success-and-more.com. To register for classes call Anny Slegten in Sherwood Park 448-0817.



Palmistry Classes

January & February.
Classes held each
Monday.
7:00 pm - 9:00 pm.
Contact Sheryl @
486-2384.

Makes a great Christmas gift.

Great Western Canadian Ski Trip

New Year's

December 29 - January 2nd

SILVER STAR & BIG WHITE

VERNON, BC

\$375

+\$50 damage deposit

INCLUDES:

- 4 nights accommodation
- Coach transportation
- Lift tickets • T-shirt
- Complimentary beverages



For more info or to make a payment come to the NAITSA office (Rm E131) or phone CRAZY MIKE @ 471-7603.

Classifieds

Are you interested in part-time work at NAIT starting in January? Want to earn money while you do your homework? If so, then apply for a part-time job as Lab Supervisor in the NAITSA Computer Commons, located in the new NAIT HP Centre. Your main duties will be to monitor the lab and maintain the printers (refill paper and clear jams). You'll also give students requested Library materials; place trouble calls for technical support; and answer general questions about the NAITSA Computer Commons. And, you'll also be able to do your homework on the job! Basic computer skills and previous customer service experience are required.

We are looking for reliable students who are interested in working from 5 to 12 hours per week. A variety of shifts are available between 7 am and 11 pm, 7 days a week. The positions are available on January 6, 2003 and run until the end of the semester. The wage rate is \$6.50 per hour.

Please submit your resume by December 5, 2002.
FAX: 471-8550
E-MAIL: marleneh@nait.ab.ca
DROP OFF: At any Library Book Return at NAIT

Student Work Flex Positions.

\$21.05 guaranteed-appointment. Great resume experience. Advancement available. Conditions apply. Work in Customer Service/Sales. 436-9444. www.workforstudents.com

ATTENTION STUDENTS! Earn \$21.05 per hour/app.t. Training provided. Flexible PT/FT. No exp. necessary. Scholarships offered. Fun work environment. Call now 436-9444. www.workforstudents.com/ab

I would like to thank many people for p and assistance throughout my degree. I would first like to thank my supervisor, Dr. Michael Walter, and the Chair of Ophthalmology, Dr. Ian MacDonald, for their constant encouragement and support. The "warm and friendly" lab environment that exists in the Ocular Genetics Lab is very much influenced by their example. Thanks also go to my committee members for their critical comments and advice. I would like to thank members of the Ocular Genetics lab, past and present, for their camaraderie and ace on things both work-related and not so work-related. I would also like to thmbrs of the Department of Medical Genetics for their friendship and assistance. I'd lastly like to thank my family, immediate and extended, for their love and encouragement. My journey was more easily travelled because of them.

Kirsten Krismer



Come Experience Our

**CACTUS
CASH
THURSDAYS**
\$2.55 Highballs

**PLUS OUR \$1000 CASH GIVE-A-WAY
EVERY THURSDAY NIGHT**

**TUESDAY
Legendary Draft Night!!**

99¢ Molson Draft \$2.55 Highballs

CALENDAR BOYS?



JENNIFER
Benoit

By now, you probably know about the new Campus Girls of Edmonton calendar coming soon. You may have read about it in The Edmonton Journal's ed magazine or heard about it through word of mouth.

Did you know that a student here at NAIT is one of the masterminds behind this project? His name is Patrick Beronilla, and he's in Business (Marketing).

The Campus Girls of Edmonton 2003 Swimsuit Calendar will feature female students who are attending school at either NAIT, University of Alberta, or Grant MacEwan. As the calendar's name suggests, all the girls are wearing bikinis in the calendar. The calendar is in no way affiliated with any post-secondary school system in Edmonton and area.

Beronilla's friends, Anuj Ranjan (software developer) and Dwight Teotico (Chemical Engineering [CPC] student at University of Alberta) are also behind the calendar project. The three thought the fundraising idea would be a good one when campuses in the States did this project and it worked well for them. "It's some-

thing new for Edmonton," said Teotico.

So how is it that the guys claim that the calendar focuses on the girls' brains rather than just their looks? "These are not stupid girls and their education speaks for this," said Teotico. Ranjan added that they look at the girls' inside beauty and show their outside beauty in the calendar. The three have many friends that happen to be girls that are smart and pretty.

"These are young, intelligent girls going somewhere in life."

Beronilla sees this as a business venture — a step toward getting his own business. With all the legal matters, expenses, marketing, and every other detail involved in the project, Beronilla is certainly getting all the experience he will need.

It was not hard to find models to pose for the calendar. Through advertising and word of mouth, numerous girls approached them. Many of the girls had to be turned down, however, for the mere fact that they weren't in school. The rule is, if the girls aren't in school, they can't be on the calendar. Beronilla, Teotico, and Ranjan had an idea what the girls would be like before they advertised for girls to pose for the calendar. The final girls were chosen by them, but the cover girl is voted for by the public at their website, campuscalendar.net.

Because the calendar girls are going to school and are not just any other ordinary girls, this generated interest in the calendar. Beronilla, Teotico, and Ranjan didn't find that the male population doesn't think beautiful girls can be smart, but in fact the opposite. In the school setting, guys believe girls are smart, but not pretty. The calendar is directed at those males who think this way.

The project is a big financial risk. When asked if they're afraid the project might blow up in their faces, they said not. The response has been good. There were lots of votes on the website for the calendar's cover girl. It's like any business venture — it has pros and cons. The guys did give the project their best shot. Bero-



These two ladies are just some of the students featured in the calendar.

nilla, Teotico, and Ranjan are even looking ahead to a 2004 calendar, but won't start it until the 2003 calendar is finished.

The chosen cover girl will win \$1000, and the models may receive a portion of the calendar sales to go toward their chosen charities. Another portion of the sales will go toward graduation fundraising.

If you're interested in getting the The Campus Girls of Edmonton 2003 Swimsuit Calendar, it

costs \$12.95. Check the website for more details. Beronilla, Teotico, and Ranjan are hoping that Reads and Needs, NAIT's campus bookstore, will sell the calendars. If various local Edmonton stores like the finished result of the calendars, they will sell them as well.

There will be a calendar release party at the Ruby Sky Lounge on Bourbon Street West, West Edmonton Mall on December 19th. The cover charge is \$5, but you can get in free with the purchase of a calendar.



Dwight Teotico, Anju Ranjan and Patrick Beronilla are the men responsible for the 2003 Campus Calendar.