

THE NUGGET

Thursday, September 19, 2002
Volume 40, Issue 4

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

May I Shine Your Shoes?

FALON Fayant

Saturday, September 14, 2002, dawned bright and sunny as NAIT students dragged themselves out of bed. Dedicated to a good cause, they were scheduled to meet at the Shaw Theatre at eight o'clock to kick off this year's Shinerama. One of the first events of the morning was a short video,

which gave us all a reality check about what Cystic Fibrosis is and what it means.

Cystic Fibrosis, also known as CF, is a genetic disease that attacks mainly the lungs and the digestive system. The mucus lining of the internal organs becomes thick, dry, and sticky. It causes the body to weaken and makes it difficult

to breathe. There is no cure; in short, CF means death. Doctors and researchers isolated the CF gene in 1989, giving hope to sufferers and their families. With this new discovery came more improved treatments and today, Cystic Fibrosis sufferers have a life expectancy of 35 years, as opposed to 4.

As a thank you for 10 years of donations collected through Shinerama, James Tapankou, of the local chapter of The Canadian Cystic Fibrosis Foundation, as well as a victim of cystic fibrosis himself, presented NAITSA president, Diana McCall, with a framed certificate of appreciation.

Volunteers then picked up their free t-shirt and signed up at one of the locations around the city, including shopping malls and grocery stores, to shine some shoes and collect donations. There was also a car wash available

for volunteers to sign up for. They then headed to The Nest for a complimentary pancake breakfast and orange Tang.

With full tummies, the NAIT volunteers were provided with kits that included shoe shiners, suckers, jelly belly beans, and a bunch of balloons. (And hopefully everyone else was more awake than I was and knew not to use the handle of the shoe shiners in attempts to shine their shoes instead of mistaking the cover for the handle, and then wonder why it wasn't working. Good thing I woke up before my group actually left the NAIT parking lot. It was certainly not my brightest moment!) For

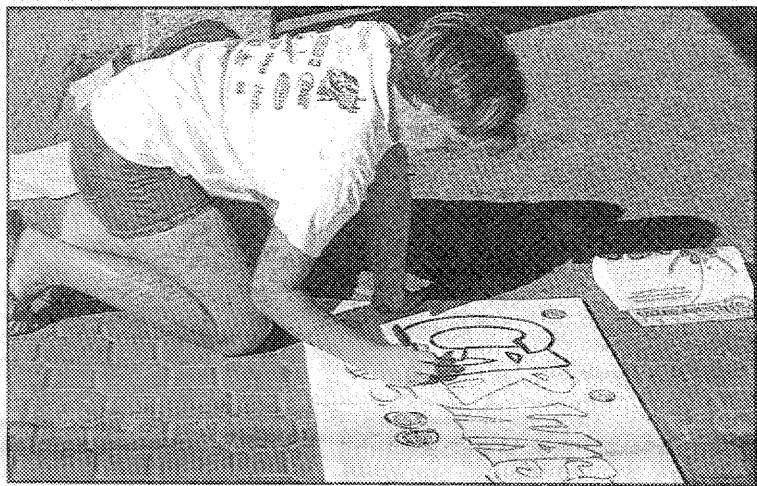
lunch, volunteers were provided with a bag of chips and a juice box. In groups of four or more, they headed out to their prospective locations.

The balloons were especially popular with the children. It gives you a great sense of satisfaction and happiness to see that gleam in their eyes after you hand the child a balloon and know that you've just made their day, and that their parent's donations may just make the life of a CF sufferer.

Roughly 60 schools and 20,000 people partake in Shinerama every year. Last year, \$550,000 was raised across Canada. In 2001, NAIT raised \$18,715.68; this year, we greatly exceeded that total, raising \$31,799.80, once again beating out the University of Alberta, who closed off their Shinerama day with \$27,600.

It was a fun event, getting out into the city and meeting new people, while raising money for a good cause. A warm thank you is extended to all the participants and supporters of this year's Shinerama.

On a final note, the winner of the Shinerama draw was Rebecca Stacey. The top fundraisers at \$336.88 were Kristine Tischler, Laura Underhill, Jason Bentley, and Mike Wright. The win a 19" television to share together. All contest winners can contact VP Academics Wade Babiuk at 471-8877.



Ookiest Pullout
Inside!

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We want to hear
from you! Send us
your thoughts &
opinions on Ookfest.

Should You Be Concerned About Heart and Stroke?

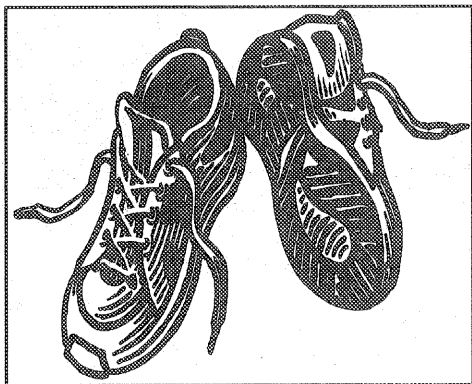
FALON Fayant

September 22, 2002 will see the birth of the 7th annual Cheerios Mother Daughter Walk for Heart and Stroke. Last year, over 20,000 people at 50 different sites across Canada laced up their running shoes and donated the gift of their time and money to the cause. In all, they raised over \$1,000,000 towards the cause. The Heart and Stroke Foundation of Alberta, NWT, and Nunavut devote their time and energy towards raising not only funds for improved treatments, but awareness as well, especially with women.

Heart disease and stroke are, in Canada, the number one killers of women, accounting for four out of every ten deaths. Alberta is known for providing some of the best research results available today and the Heart and Stroke Foundation supports over sixty different projects through the University of Alberta and the University of Calgary. However, as they have every year for the past six years, they are once again asking for your help.

Even if heart disease and stroke has not touched you or your loved ones, every footstep along the path of this walk helps those around you. It's very difficult to watch someone you love suffer and eventually die, thinking that there's nothing you can do to help

them. With the kindness from volunteers, and the money they raise going towards research and better treatments, the Heart and Stroke Foundation, and many others, are working towards providing suf-



ferers and their families with the ability to take action in the fight against heart and stroke. We are on our way; heart disease has been reduced by 50%.

Should you be concerned about heart disease and stroke? Things that you do today can greatly impact things that happen in the future. It's a fact that 27% of adult women are at an unhealthy weight and that 65% are not achieving a healthy level of physical activity. In fact, being unfit impacts your body the same way that smoking an entire package of cigarettes per day does. So what can you do? Take the stairs instead of the elevator; walk for 45 min-

utes after meals -- it's proven to boost metabolism and to burn as much as 300 calories! Being physically fit now will lead to a fit heart now and in the future.

You can also volunteer for The Cheerios Mother Daughter Walk by calling the Heart and Stroke Foundation of Alberta, NWT, and Nunavut at (780) 451-4545, or register online at www.hsf.ab.ca. This year, the walk is being held at Laurier Park, next to the Valley Zoo. Bring your mom and make a 'bonding' day of it -- she'll love you even more for it. Better yet, bring your whole family and all of your friends and help to make the Cheerios Mother Daughter Walk for Heart and Stroke a success.

Be Health Aware

FALON Fayant

September 23 to September 27 is Health Awareness Week at NAIT. On September 27 between 9am and 3:30pm there will be a blood donor clinic set up in the north lobby where you can go and donate to a good cause. NAITSA is also anticipating having body mass index testing as well as a push-up contest. Whoever can do the most amount of push-ups will win a free one-month membership to the World Health Club. So get involved and test your muscles.

People who keep active feel better, both physically and emotionally. Not only does physical activity increase your ability to do the things you enjoy for longer periods of time, it also increases your self-esteem levels and can help to relieve stress in your life. Healthy activity improves both appearance and body composition, as well as decreasing your risk of devel-

oping life threatening illnesses. When you engage in physical activity, the natural defense system of your body is rejuvenated, working harder and longer. So use these quick facts to get motivated and make fitness fun. Join a dance class or participate in your favorite sport. Doing something you enjoy will have positive effects and you'll feel better about devoting your time to fitness. For more information on these and other health related topics, check out <http://health.msn.com>.



Color Copying at a Price

KIMBERLY Ashley

Most of us have noticed those fancy new printers in the tower. These color laser printers are tops; but keep in mind, they come at a price.

Each semester, business students are credited with \$45.00 to their computer account. Each time you print, you are deducted for your print job. Black and white copies are \$0.15 each, and color copies are \$0.75 each. This works out to 300 pages of black and white, or 60 pages of color. Once you have used up all of your credit, you will receive a pop up window that will allow you to purchase more copies with your Visa or MasterCard. If you need to know how much you have left on your

account, hold the mouse over the icon of the pile of coins on the lower-right hand side of your screen. There will be a pop up menu stating how much is left on your account. You can also double click the icon and a window will open stating the same.

These printers can be found on the 2nd and 5th floors in the tower, as well as the Computer Commons in the basement of the tower. The Computer Commons is available for all business students to use and its hours are posted. If students have any problems or questions, they may speak to Ingrid in T501, or ask the on-duty lab monitor.

WE HAVE THE WRITE STUFF!

READS & NEEDS

PRESENTS

STAEDTLER

WEEK



LOTS OF RED-TAGGED ITEMS TOO!

September 23 to 27

Universal Bus Pass

FALON Fayant

NAITSA is currently undergoing negotiations with the Edmonton Transit System (ETS) to implement a universal bus pass. Right now NAIT is experiencing some parking issues, which could be solved with the universal bus pass, also known as the U-Pass. A U-Pass would offer students unlimited use of the transit services including the LRT, through the Edmonton, Strathcona, and St. Albert regions at a significantly lower cost than what students pay now. Currently, by showing a valid student I.D card, students can

purchase a regular bus pass for \$50 a month. According to Diana McCall, NAITSA President, the school will not accept negotiations if the price for a U-Pass from ETS overall is more than \$50 per semester.

The U-Pass would be mandatory for all students. Those students currently living out of the greater Edmonton area would have the opportunity to opt-out, since a bus pass would be impractical for them. These students would be required to provide documentation as proof of their out of town

residence.

Other universities and colleges, such as those in Hamilton, Ottawa, Saskatoon, Victoria, have adopted the universal bus pass. At this time, NAIT, along with the University of Alberta, and Grant MacEwan Community College, are exploring the option of the uni-

versal bus pass. It's hoped that traffic congestion will be minimized within the NAIT area as well as the decrease in other parking problems currently at hand. According to Diana McCall, they're "really trying to improve the whole system" by implementing the U-Pass. If you have any further

questions about the U-Pass, feel free to stop by the NAITSA office at E131D and speak to Diana McCall.

The Nugget invites you to drop off your comments and suggestions in the black drop-box outside the Nugget office, or via e-mail at naitnugget@hotmail.com.



OOK FEST

NAIT's Official Welcome Week Party

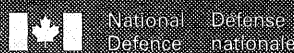
Thank You!

NAITSA would like to thank the following people and organizations for making this the most successful OOKFEST ever.

SUDS Security
Cashiers
Bartenders
NAIT Athletics
NAIT Grounds Crew
NAIT Commissionaires
The Nest
Edmonton City Police
Rebecca Thompson
Brad Letwin
Rob Ellis
Cory Popiuk
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3839

Pete Parker

"Live with fire. Die with Honour."—Pete Parker

I was walking down the long hall of NAIT musing quietly to myself and somewhere around the F section of our hallowed halls, I was struck by a thought so hard it knocked me down with the force of a fly hitting a windshield. I had an epiphany.

It's obvious that some students have better shapes and curves. One only has to look at my hard chiseled body with muscles rippling and compare me to the typical couch potato and you are obviously drawn to my quiet strength. This was not the strike of truth.

Girls bums look much better than boys bums, which is not the bolt of inspiration I had either. Brace yourselves, because here it is and it will blow you away faster than a blouse in a porno flick.

Girls get some kind of thrill when they see guys butts and I have no idea what the heck that thrill is.

My quest to answer this burning question has given me a range of experiences from many a slap in the face to a warm night of interesting philosophical intercourse. (Intercourse being the interchange of ideas over cool beer and potato chips. What were you thinking of?)

To be perfectly logical, bums should not be of any sexual interest whatsoever. The Vulcan would state that they are merely sitting and pooping mechanisms that hold no value in a sexual relationship regardless of sex or sexual reference. Same sex couples might disagree with Spock with their own valid reasons. I am of no use in that discussion so I'll just stick to the topic at hand.

Girls bums have fascinated me since I was a boy. I can remember looking up many a woman's skirt and studying the female form with great curiosity and interest. I decided I liked the shape of women's bums somewhere around my teens and have been hooked ever since.

Women on the other hand hold a fascination for the male body that is very discrete. Girls are checking me out everyday, and I am completely oblivious. I check out a girl and instantaneously the entire school knows about it.

If a guy compliments a girl on her skirt, he was simply looking at her bum and couldn't think of anything else to say. The words "Nice Ass" don't start good conversations, well, most of the time anyway.

Then I started thinking about breasts. There was no epiphany here, just simple ogling and musing.

I digress.

In order to open my mind, explore new ideas and think of the world as a bigger place, I figured maybe I should do a comparison. I decided to check out guys bums and compared it with a girls bum, for posterity's sake. The difference to me was pretty straight forward. On one hand there was a sitting / pooping mechanism and on the other was a shapely curve from a goddess that inspired me to write many lines of poetry.

Anyway, after my epiphany, I picked myself up off the floor and dusted myself off. Then this guy comes up to me. He's dressed in that geek bicycle wear with the long socks, little shoes, spandex shorts, freaky little tank top and helmet shaped like half of a potato. He runs up to me flailing his arms about his head and screaming at me. "I AM COOL! I AM COOL!"

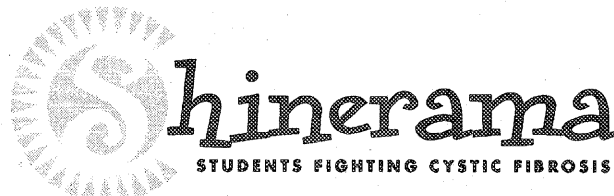
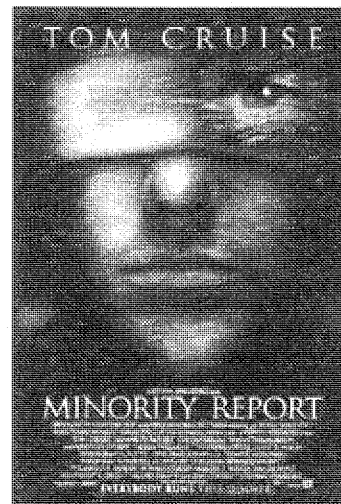
I replied, "Hey man—nice ass."

The Nest Movie Mondays

THIS WEEK'S FEATURE



Starts at
4:30 pm
FREE



Shinerama Pub Crawl

Saturday, September 21st

**Meet at the Nest at 4:30 p.m.
Bus leaves the Nest at 6:30**

Tickets \$10

Available at the NAITSA Office (E-131)

All proceeds go to Cystic Fibrosis

Pub Crawl goes to



Limited Seating

Shut up and Drive!

KIMBERLY Ashley

Each day, more and more Canadians are purchasing cellular phones. They are convenience devices designed to keep you just a "phone call away" from everyone. They are perfect for those people who need to stay in touch, and are never at home, but are they really necessary for the road?

Statistics show that by using a cell phone and driving, you carry the same risk for being involved in an accident as if you were impaired. We have been taught that drinking and driving is bad, so why do we as a society con-

done cellular phone use and driving?

Many countries around the world have banned cellular phone usage while behind the wheel. And hopefully one day, so will we. Some people feel that banning cell phone use is impossible to enforce, but it is just like a seatbelt. It is hard to enforce, but it can be easily noticed. When driving, a driver's attention should be 100% on the road. There are too many distractions around that can take a driver's attention away for only a second, and cause a major accident. These distractions can

include radios, billboards, eating, and passengers in your own vehicle and more.

Around NAIT there are many people commuting to and from school and work who are talking on their cell phones. When you see these people, does it not scare you to think that they could be distracted for only a brief moment, and cause you to be involved in an accident? If you are one of these people who try to multi-task, what are you thinking? Driving is the priority; talking on your phone should come in dead last. With so many forms of communication

available, do you really need it in your car too? It is too dangerous to be more preoccupied with your conversation than your task at hand, i.e. driving. Studies have shown your reaction time is delayed, and your focus is not on the road - to me this sounds like you are an accident waiting to happen. Drivers using cell phones are creating a hazard for themselves and those around them.

Cell phones can be an advantage for when you are on the road. If you have car trouble or if you need emergency assistance, cell phones can be used to call for help. Other than that, cell phones should not have a place in traffic, and for all of those who use them, I am nicely asking you to SHUT UP AND DRIVE!

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NAITSA
Students' Association



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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 writ-
ers 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.

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entry form between
Sept 20 to Oct 11

How Effective Are Your Study Skills?

You can't change your IQ or the course content that you have to learn. However you do have control over your study habits. Consistent, effective study habits can improve your marks as well as your long-term retention and understanding of the course material. Check off the study techniques you use regularly and rate how effective your study skills are.

Where to Study:

- ☐ I have a regular study area (or areas: one at home and one at school)
- ☐ I have a study area that I use for study ONLY
- ☐ My study area is free of distractions such as noise, pictures of my girlfriend/boyfriend and interruptions from family, friends, phone calls
- ☐ I have good lighting and ventilation in my study area
- ☐ My study area is big enough to spread out my papers, books, etc.

When to Study:

- ☐ I know when my peak time of day is and I use that time to do my most important study/homework tasks
- ☐ I study at the same time each day
- ☐ I know how long to study before I lose concentration and become less effective (usually between 30 to 60 minutes)
- ☐ For difficult material I use SECS (short effective concentration sessions of 10 to 20 minutes)
- ☐ I take regular breaks when I am studying and vary the subjects I study
- ☐ I always stop studying when I am exhausted
- ☐ I review important new material within 24 hours of the class
- ☐ I do a weekly review of all new material
- ☐ I use a daytimer to note down all exams and homework assignments
- ☐ I control procrastination (e.g. I do not put assignments and studying off until the last minute, I start my study sessions on time, I get right back to homework or studying after a break, I do my most important activities first)
- ☐ I start working on assignments as soon as they are given out

- ☐ I space out my studying for an exam over 4 to 7 days

What to Study:

- ☐ I make a list each day of what I want to accomplish. I prioritize my tasks and always work on my most important or my most difficult projects first
- ☐ I allot more time to difficult subjects
- ☐ I sit down to study or do homework with a specific study goal in mind
- ☐ I use my course outline as a guide for what to focus on
- ☐ I watch what the instructor emphasizes in class, on overheads and with assignments
- ☐ I check with instructors to see what will be covered on exams
- ☐ I break material into small, manageable chunks when learning or studying

Note Taking:

- ☐ I sit near the front of the class
- ☐ The notes I take in class are clear and complete
- ☐ I label, date and number all my notes
- ☐ I have developed a shorthand system for common words
- ☐ I leave a wide margin on each page in order to jot down extra points
- ☐ I take notes in point form
- ☐ I look my notes over and edit/revise them after each class making sure I clarify anything I am unclear on with a classmate or the instructor
- ☐ I use diagrams or pictures to help clarify points
- ☐ I use a separate binder or notebook for each subject

Reading:

- ☐ I skim the chapter heading, all bold headings, the introduction and the summary before I read the chapter or note package in detail
- ☐ I turn each chapter or note package heading into a question before reading the content
- ☐ I read actively to find answers to questions and to identify main points
- ☐ I recite the main points after reading a section (40% to 50% of what we read is forgotten in about 15 minutes; immediate recitation helps with retention). Better yet, I jot down major points and sub-points in my own words

- ☐ I make notes in the margins of my textbooks/note packets
- ☐ I try to visualize what I have just read
- ☐ I use a highlighter but highlight no more than 10% of my readings
- ☐ I have a dictionary nearby to check words I am uncertain of

Other:

- ☐ I attend all of my classes unless I am critically ill or have a personal crisis in my life
- ☐ My goals are realistic for me
- ☐ I am involved in a study group
- ☐ I have the name of at least one classmate in each class who I can contact to clarify material
- ☐ I am involved in a regular exercise and/or relaxation program
- ☐ I eat nutritional food and regular meals and snacks

- ☐ I get enough sleep each night
- ☐ I take time each day for myself
- ☐ I reward myself for good study habits

Add up your score and see how you are doing.

46 - 51: Excellent study habits. Keep up the good work!

40 - 45: Good work. Look over the habits that you didn't check and see if you can add any.

30-39: Evaluate where you can improve your study habits and try to add one new habit each week. You may want to book an appointment with a counsellor to get more suggestions on improving your study habits.

<30: Run, don't walk to the NAIT Counselling Centre, Room 0117 to book an appointment with a NAIT Counsellor who can help you enhance your study skills.

**NAIT
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- Reduce stress
- Make the most of YOU
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Making the Most of Your Study Time

Jacquie Truemner

Having trouble studying? Can't concentrate? Feeling queasy about upcoming exams? NAIT Counselling Services may be able to help you.

The counselling centre held three sessions last week to help students improve on their study habits, concentration, time management, memorization, and exam writing skills. There were some basic guidelines that came out in all three sessions; the common themes were to lead a well-balanced life, eat properly, get lots of sleep, and drink plenty of water. Below is a summary of the tips and skills given at the sessions.

Study Skills

- Review notes within 24 hours
- Review notes again within the week
- Put things into your own words
- Do as many practice problems as possible
- Know how and when to use formulas
- Know your learning style (visual, auditory, tactile) and study accordingly: if you are a visual learner, read the text and your notes, and highlight the important parts; if you are auditory, repeat things out loud; if you are tactile, re-write key concepts, and try to teach someone else what you are learning
- Use mnemonic devices and acronyms, or create a story to remember lists

Concentration

- Learn the causes of poor concentration and decide which apply to you; take into account both external distractions, such as snacks, socializing, or noise, and internal distractions, which include hunger, drowsiness, disinterest and personal worries
- Understand what you can do to control these factors
- Make control habitual; aim to study 45-50 minutes out of every hour - any more, and your brain will probably get sluggish, any less, and you may just be procrastinating
- Give yourself a study goal: determine how much you want to learn in one session
- Drink lots of water and be sure to eat and sleep properly

Time Management

- Keep track of how you actually spend your time for one week; be honest!
- Write down your goals, keeping them concrete and specific, and include a deadline for each
- Ask yourself each day if your time was balanced between

school/work, personal time, and time with others, if you feel good at the end of the day, if you are getting enough quality sleep, and if you are eating properly

- Review and evaluate your weekly planning schedule; check to see if you met your goals, and look to see where you could improve your use of time
- Make a trial time log for next

week, scheduling in "fixed" items (sleeping, class time) first

- Review your time management plan and skills regularly, and revise as necessary

Exam Writing

- Study in an atmosphere as close to the exam atmosphere as possible
- Arrive about 5 minutes early
- Read directions carefully

- Budget your time
- It is better to give well-thought-out answers for most of the exam, rather than quick, undeveloped answers for all of the exam

If you need outside help, there are several tutorial services available to you. There are free tutorials available for basic information (fundamental math, science, etc.) in the Tutorial Centre, at A133.

For more advanced help, seek the services of a 2nd year student in the Peer Tutor Centre, in O117. There is a small fee for the Peer Tutor Centre.

For more information, or to get a copy of the handouts from the sessions, stop by the Counselling Centre at O117, or visit them online at www.nait.ab.ca/counselling.

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

We are taking \$100 Non-refundable deposits Monday, September 22.

BALANCE REMAINING DUE NOVEMBER 1ST

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

Ook Badminton Offers "Interesting" Challenges: Richey

MIKE McGuire

With the final tryouts for this year's Ook Badminton squad wrapped up, the game plan this year is becoming obvious. As the first Interlock of the ACAC Badminton season approaches, an optimistic Coach Jordan Richey is facing new challenges with both teams.

With three returning Men's players, and no returning Ook Women, Richey acknowledges that there is some work to be done. "It's definitely a rebuilding year for the women, because we only have one returning player that's played any college level."

That player is Pam Bolton, who while in her first year as an Ook, does hold a few championships and national titles through her time at Grant MacEwan. With Bolton's experience, Richey is counting on her to be somewhat of a leader to the new team of fresh faces. "It's a matter of getting good team chemistry with the

girls' team and getting Pam to help out with the other players."

Team building, while essential with any team, isn't the only challenge facing this year's squads. Remote as it may seem, the factor of recent airline tur-

"It's definitely a rebuilding year for the women, because we only have one returning player that's played any college level."

moil provides a barrier for the group. Each year, the Honolulu Open Exhibition Tournament is held in Hawaii, but as flight prices

continue to rise, the chances of making the trip this year is declining. "When Canada 3000 folded, the cost of airfare for us almost tripled. Unless there is a seat sale, we aren't going to be able to make it."

Despite what some consider mounting odds, Richey is more than confident enough in his team's ability to excel this season. "We were second to Mount Royal last year and our goal is to be better. We were close, but our goal is to try and beat them this year. It's really a tough call until you see their line up come through the first day."

The first Badminton Interlock is at Mount Royal College from October 26-27. For more information on the interlock, you can call Jordan Richey at 471-8810, or find all the details on the season at the official ACAC website, www.acac.ab.ca.

High School Volleyball and Ookfest A Great Combination!

CRAIG Wourms

This past weekend, while our soccer field was filled with the sounds of Ookfest, our gymnasium was full of high school athletes for the 10th annual "See What Ya Got" tournament. Hosting 18 senior-high boys volleyball teams over the two-day tournament brought a number of potential students through NAIT's doors.

I am sure the athletes thought Ookfest was a great reason to come to NAIT; the parents that came to watch might have another opinion. I would like to thank all the members of both men's and women's NAIT intercollegiate volleyball teams for all the work this weekend. The players, coaches and parents that attended the tournament were very pleased with the entire event.

Sturgeon Composite High School defeated St. Francis Xavier

in the final. It was a strong showing of SCH's school pride and resilience. This past week they lost two students in a car accident, and played part of the tour-

The players, coaches and parents that attended the tournament were very pleased with the entire event.

nament with some players from their Junior Boys team. Congratulations to the team and good luck to all the teams this season.

Saints and Sinners Welcome.

Introducing Heaven & Hell Fridays at the Armoury.

Edmonton's leading dance club is transformed into the nicest and naughtiest afterlife atmospheres every Friday night. Angels chilling upstairs, devil debauchery downstairs. Specially created drinks, the best music mix in all eternity and soul-satisfying dancing round off this exceptional, unforgettable experience.

Armoury
DANCE LOUNGE

Praise Heaven. Raise Hell.

Heaven+Hell FRIDAYS

OOKFEST PULLOUT

ANOTHER OOKFEST has come and gone. If you thought \$25 was too much money and decided not to go, you lost out! Where else are you going to find four hours of superlative music from seven rock bands for \$25? Of which, I might add, the proceeds support Shinerama, fighting Cystic Fibrosis. The thousands of people who did go were very smart. The weather was perfect, the crowd smelled of pot and beer, and the show was incredible.

Deep Fine Grind

Deep Fine Grind was the first band to play at Ookfest 2002. Unfortunately, as it was only 5:30 p.m. when they started playing, there was a lack of crowd. Despite this setback, Deep Fine Grind played an admirable round of modern rock songs.

The Edmonton band includes Mike Nascimento (vocals and guitar), Brad Herbert (guitar), Craig Thesen (bass), and Andrew Narten (drums). The independent recording group is two years old.

Deep Fine Grind played songs from their album, "Stories Told." Their set was all about rock and head-nodding. The hard rock songs are perfect for moshing, though the small audience wasn't drunk enough yet. Deep Fine Grind was also kind enough to play the Headstones' song Cemetery since Headstones weren't playing

this year at Ookfest. During their set, the band treated the crowd to some straight instrumental music with superb playing by Brad, complete with great guitar riffs.

The band encouraged people to talk to them after their set. As Mike said, "We're not evil people. We're nice." Their web site address is www.deepfinegrind.com.

Lost Action Heroes

Lost Action Heroes never fails to play a fantastic set. And they never fail to give a fun time. Lost Action Heroes sounded a lot better than they did at The Nest two weeks ago (pre-Ookfest) thanks to much improved sound acoustics. The trombone, saxophone, and the trumpet were more audible. The crowd thoroughly enjoyed Lost Action Heroes' mix of reggae, ska, and punk.

Retrograde

Retrograde hit the stage at about 7:10 p.m. The four members of the Vancouver band are Toby Hulse (vocals and guitar), Mark Lazeski (vocals and bass), Ben Hulse (drums), and Brendan Stoneman (guitar).

Five-year-old Retrograde plays what is called "melodic rock." The music has a deep-down

rhythm emphasized by the bass playing and the drums. Add that with wild guitar riffs, and you've got melodic rock. To explain further, Toby said that his band has been said to have the melody of Radiohead with the groove of Rage Against The Machine.

Mark's husky rasp of a voice with its punk edge gives great contrast with Toby's clear and reverberant vocals. The band acquired a second vocalist when Mark joined the band as a bass player. When new songs were written, Mark's vocals were added.

Retrograde has been called "the best unsigned band in the country." Although there are many major labels interested in the band (Road Runner and TVT Records, to name just two), the boys like to do it their way - very independently. They manage themselves, do their own bookings, design their own graphics, maintain their own web site, and everything else involved with the band. They have excellent contacts and connections. But as they become increasingly popular, Retrograde feels the work load is becoming too much. In the initial future, the band hopes to sign with a major U.S. label.

The fact that the band is from Vancouver also helps with their growing success. Why all the hype about Vancouver? "There's a lot of attention on Vancouver right now because of bands like



Nickelback, Default, and Theory Of A Dead Man (emerging from Vancouver). A lot of the labels are paying attention to Vancouver," said Toby.

Retrograde has played at Stage 13, Rock'N the Valley, and Snow Jam (in Vancouver).

If you would like to see Retrograde play again, you can soon. The band plays at The Sidetrack Café here in Edmonton this Friday and Saturday. Visit their web site at www.retrogradeonline.com.

Touchtone Gurus

Still the nicest group of boys around! The crowd responded well to the Touchtone Gurus. The music sounded less of a folk rock than at The Nest last Thursday. As for Kyle? Well, he looked a little more alive this time!

Rake

The crowd finally poured in by the time Rake came around to play. Rake's set was a much anticipated one at Ookfest. The mosh pit finally began and the crowd response was lively.

The vocalist, Dainah Donovan, stood out among the rest of the Camrose band. Dainah showed confidence in his performance, and his voice resonated down to the crowd. Jode Terry (guitar), Chris Verbisky (bass), and Robin Eklund (drums) were less flamboyant than Dainah, but the music they played was polished and refined so that it was first-rate modern rock.

With influences like U2, Metallica, Blue Rodeo, and Rage Against The Machine, their music was a great mix of sounds - no two songs sounded alike. There was a bit of a rap edge (rantings like those of the Red Hot Chili Peppers), some slower, more melodic numbers, and, of course, modern

rock. The band deserved more applause from the crowd for the graceful performance they put on.

The band is only a year-and-a-half old. Jode, Chris, and Robin were the original three when Dainah auditioned to sing for the band.

Rake has played at NAIT before - at Ookfest last year. They will be playing at the 100.3 The Bear's Halloween Howler, November 1st.

Other accomplishments of the band include playing at Skyreach, and getting a demo deal with 604 records (Chad Kroeger, Jonathan Simkin).

"By this time next year, we'll be on the radio - we'll be big," assured Jode. Meanwhile, you can visit their web site at www.rakerocks.com.

John Ford

Undoubtedly the loudest band to play at Ookfest 2002, John Ford ripped the scene with its heavily metallic sounds and hardcore punk. This Vancouver band took you back to the eighties, where true metal bands were very popular.

The guitar playing was intense. The vocals were screaming. And the set was pure energy. Oh, and the boys sure know how to dress. With the black eyeliner, skintight leather pants, and the big hair, John Ford was eye candy (...yeah).

John Ford showed capability is transitioning flawlessly from heavy metal à la Testament to classic eighties punk. The enthusiasm was infectious and made the set one of the most entertaining of the night. Screaming things like "Are you ready to testify?" the lead vocalist got the crowd wild.

But enough was enough. The crowd was now ready for Default.



OOKFEST

Thursday
SEPTEMBER 19
2002

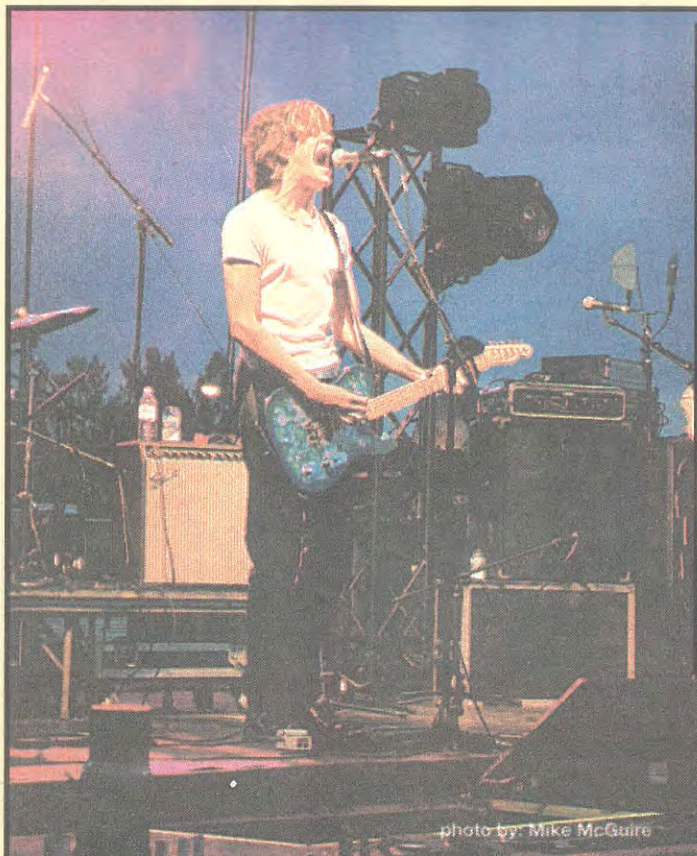


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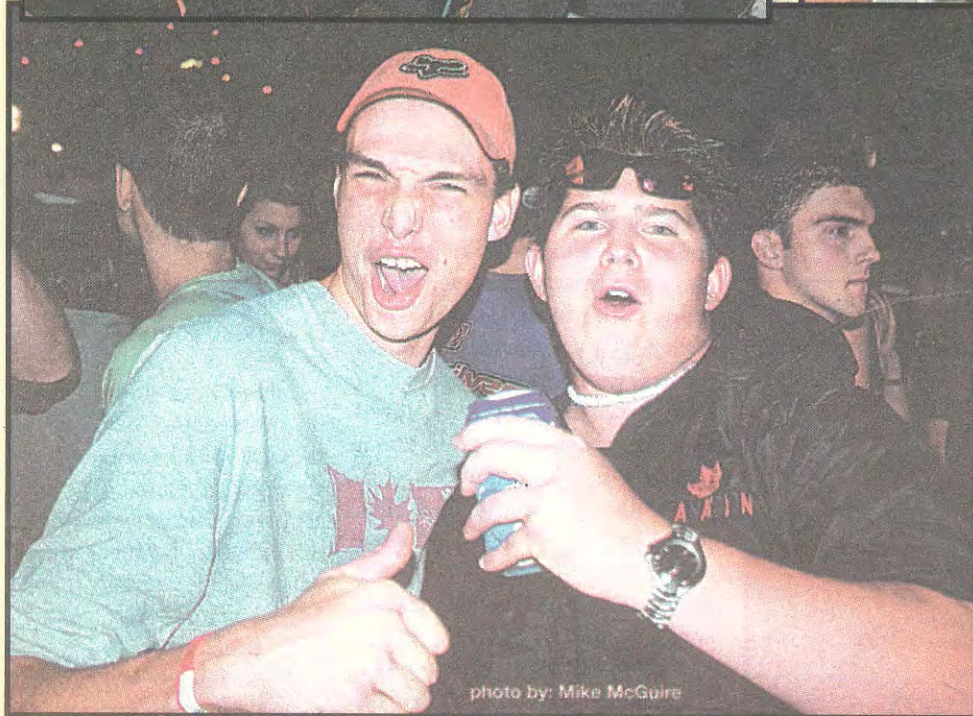


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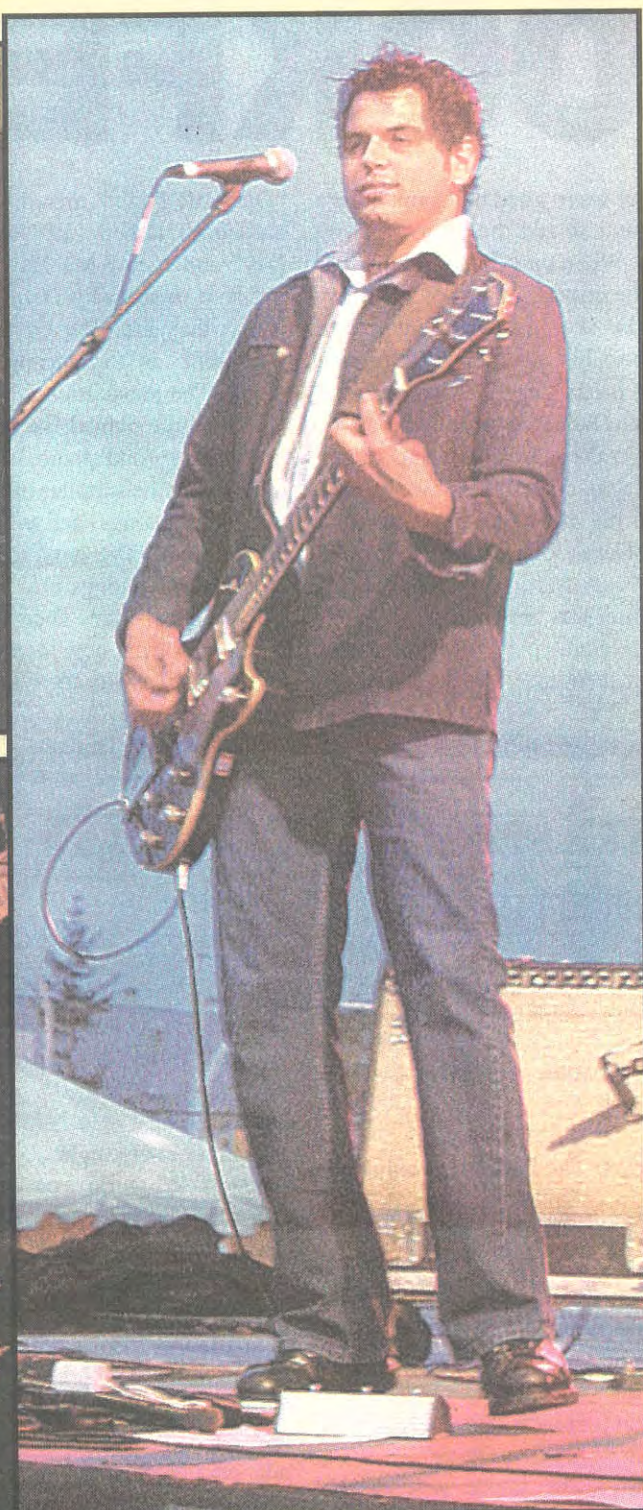


photo by: Mike McGuire



OOKFEST PULLOUT

There was a good half-hour before Default seized the stage at 11:00 p.m. When they did, amid the roar of the crowd, they proved to any of the skeptics out there that it is possible to sound better live than on an album. It was great to watch Dallas Smith get high off his music, Dave Benedict whip around like a rag doll, Jeremy Hora showcase his profound guitar-playing, and Danny Craig pound the drums like a powerhouse. The group's passion was beautiful.

Default played all the songs from their first album, *The Fallout*. With more sonorous songs such as "Wasting My Time" and

"One Late Night" mixed with the hardcore numbers like "Seize the Day" and "Slow Me Down", it's not hard to see why Default is as big as they are. The lyrics make you think as the meanings are vague. The music rocks.

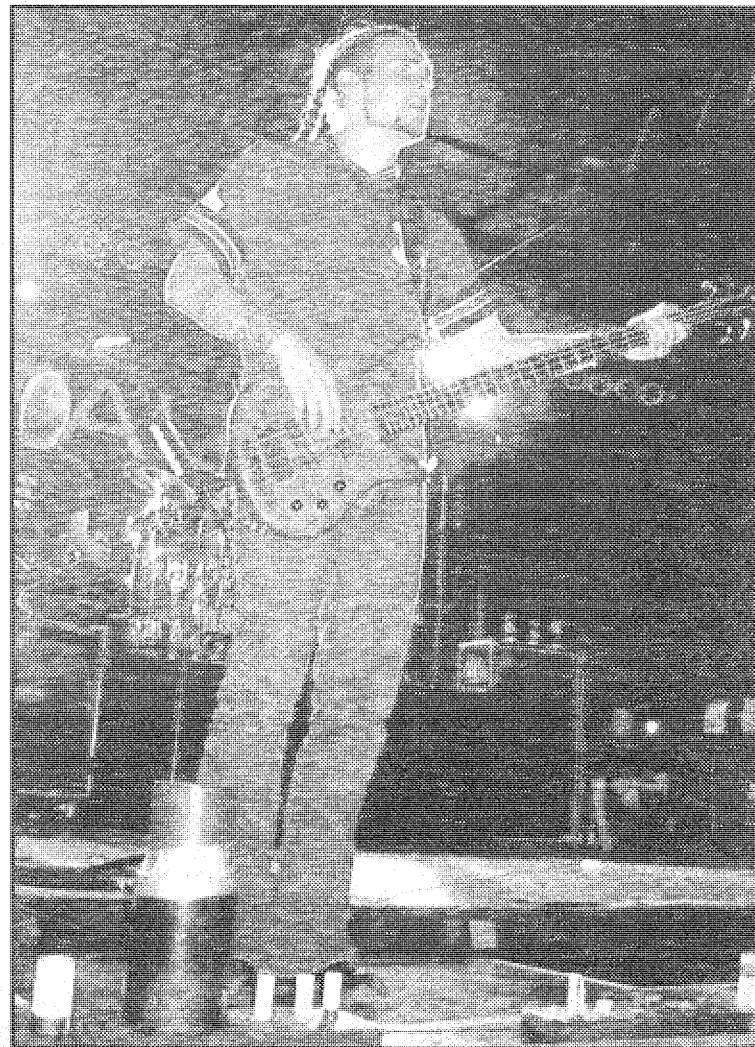
Default played new songs from their second album. Expected to be out in the summer of 2003, it will include songs such as "Alone" and "Blind." The new songs are much like the songs on *The Fallout*, if not better. There's clear potential for the new album to be another success for the band.

If there's anything other bands can learn from Default, it's their

stage presence. The tireless and exhilarating set seemed to mosh right with the crowd. It was great to see members from the other bands watch Default play – it's something for them to aspire to become.

There was only one thing wrong with the Default set. It was too short. The hour-long set flew by and before we knew it, all was done.

The last song of the night, "Deny" was also the most popular. Blend the best song of the night with \$5500 of pyrotechnics and you've got the best ending to an exciting night!



Interview with Default

JENNIFER Benoit

Danny Craig, drummer for Default, graciously took time before his show at Ookfest to answer some questions for The Nugget.

Nugget: *The Fallout* is your debut album. Have you started your second album yet?

Danny: We started all the song writing for the new album. The album will be out in the beginning of next summer, or even late spring.

Nugget: How is this album different from the first album?

Danny: The music will be the same as *The Fallout*. The album is more mature than the last album.

Nugget: You've been playing concerts practically every night lately. Does it ever get too crazy and you

feel like you just want to quit?

Danny: (Strongly emphasized) Never. The best part is to play concerts every night.

Nugget: What do you like about touring?

Danny: Like I said before, playing shows every night.

Nugget: What do you not like about touring?

Danny: It's hard work.

Nugget: You work hard to be a great show. Are there any bands or artists that inspire what you do in your shows?

Danny: Anyone we think is good and we can learn from. AC/DC puts on a great show.

Nugget: Looking ahead, what does the future hold for Default? For how long do you plan on touring?

Danny: Forever. As far as we can

for as long as they (the fans) will have us.

Nugget: Who are among your favorite past openers for your band?

Danny: Number one, Injected. Number two, Trick Turner. No, make that number three. Number two is Morning Maker.

Nugget: Do you always get asked what the lyrics in your songs mean?

Danny: Sometimes.

Nugget: Are you surprised at which songs become more popular than others?

Danny: No. We were pretty confident "Deny" would do well. "Live A Lie" was pretty much expected to become popular as well.

Nugget: Did you actually work with (Laila) Ali in the video "Deny"?

Danny: No. We never got to meet her. Ali's part was shot first and then we shot our part later.

Nugget: Are you disappointed you never got to meet her?

Danny: Yes, I'm disappointed. I mean, she is the daughter of Muhammad Ali, the great boxer.

Nugget: Would you like to say something about Default's official charity, Bright Star Foundation? Why did you pick this charity?

Danny: Actually, it's not a charity. Bright Star Foundation is a bunch of people who run the charities, choose the charities they promote. We chose Animal Shelter (Default's chosen charitable cause is animal shelters and animal adoption.)

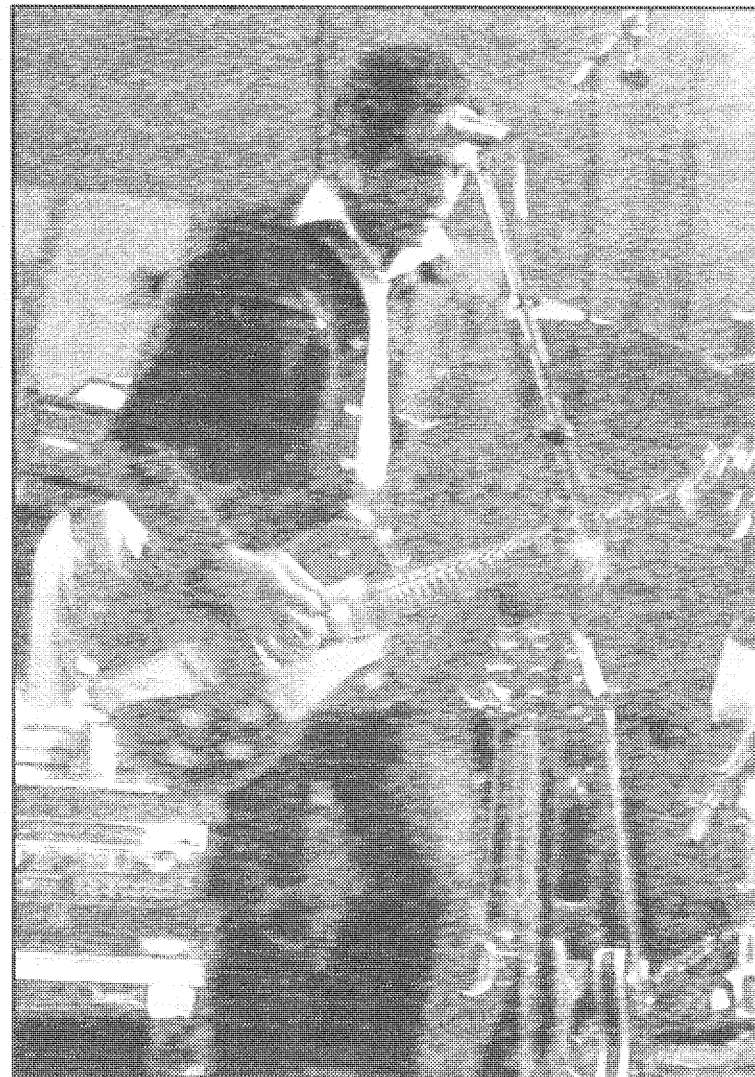
Nugget: What kind of music did you listen to while growing up? Who were your influences for music?

Danny: Everything. My favorite band is Primus.

Nugget: Do you like hockey?

Danny: Yes.

Nugget: Do you have a favorite NHL hockey team?



Danny: The Canucks.

Nugget: I noticed on your web site that you take turns writing in the site's journal. Whose idea was it to have a journal that your fans could read?

Danny: Actually, I write it all. I like writing in the journal. It was the manager's idea to have

the journal.

Nugget: What is it about NAIT and Edmonton that makes you come back to play here again?

Danny: Lots of fun. We were here last year with the Headstones. We play for anyone who will book us and would like to have us play for them.



From rINGSIDE

The Wedding That Wasn't

MIKE McGuire

It was the biggest news story to break about Sports-Entertainment since the Rock was declared by movie critics as the next Arnold Schwarzenegger. As most fans now know, last Thursday's WWE Smackdown featured what was to be the "first Same-Sex Marriage in WWE history."

The storyline: the effeminate tag-team "Billy and Chuck" wanted to elevate their relationship from merely tag partners to "Partners for Life". The "wedding," which was promoted heavily leading up to the event, saw coverage from media outlets as well known as the New York Times, the Washington Post and even an interview of the duo on NBC's "Today" show with Matt Lauer.

The Commitment Ceremony would soon be revealed as nothing more than a publicity stunt (in storyline as well as real life), an angle

that (in story) was formulated by the team's stylist/manager, Rico.

For those that missed the marriage, it was indeed a brilliant swerve. Seeming more and more hesitant as the ceremony progressed, Chuck and Billy were becoming increasingly uncomfortable with the idea of actually being married. Just as the Justice of the Peace was about to pronounce the new couple, Billy revealed that, "This was all supposed to be a publicity stunt! We're not gay! We don't have anything against gay people. As a matter of fact, if I was gay, I probably wouldn't marry Chuck!" After a speech about how long he has seen commitments over several years, weeks, or 3 minutes, the J.O.P. turned out to be RAW General Manager Eric Bischoff in some exceptional makeup. Following their cue of "3 minutes," newcomers Jamal and

Rosie staged an attack on Chuck and Billy, as well as Smackdown G.M. Stephanie McMahon.

GLAAD (Gay and Lesbian Alliance Against Defamation) were initially all for the ceremony, praising it as WWE's greatest effort to provide progressive programming. The group even went as far as to present the tag-team with a gravy boat as a wedding gift. Following the revelation that the union was nothing more than a publicity stunt, GLAAD's Scott Seomin commented that "WWE lied to us two months ago when they promised that Billy and Chuck would come out and wed on the air. ...In fact, I was told the day after the show was taped in Minneapolis that the wedding took place and all was well."

During the "Today" show interview, both wrestlers openly

declared their heterosexuality, reminding fans that characteristics displayed on television are not always true to reality. Billy has had five different gimmicks since entering WWE ten years ago. From Gunslinging Cowboy and "Rockabilly" to "Bad Ass" and "The One", "Billy" is just the latest in a long line of personas. With all of the insinuated homosexuality references thrown out the window, it will definitely be interesting to see where Billy Gunn goes from here.

On a closing note, congratulations to Jason Henu-set, last week's winner of the trivia question. The answer: Muhammed Ali was the first world class boxing champion to serve as a WrestleMania special referee, at WrestleMania 1.

NAITSA
SUDS SQUAD

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POSITION**

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The Head of Security for the NAITSA SUDS Squad is a challenging position that requires someone who has great leadership and time management skills. This is also a physically demanding position. With dealing with students and the public, we are looking for an individual who is outgoing, personal, and well organized.

If you think you have these qualities, please come to the NAITSA Office (Rm E-131) and fill out an application. Deadline for applications: Friday, September 27th.

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3814

Soccer Women Set to Dominate

SUE Melnyk

The Women's Soccer team is off to a great start, with two wins this past weekend at the start of the regular season.

With seven veterans and fourteen rookies, NAIT has the talent and ability to be a dominant force in the ACAC North division. The first two games of the regular season were against 2 newcomers to the league, King's College and Keyano College. The first game against King's was a tough-played game with high intensity. NAIT opened the scoring in the first minute with a goal by forward Lindsay MacDonald. The scoring and domination did not stop. Two more goals were scored by Lindsay MacDonald, as well as three goals by Jessica Mommersteeg. One goal each was scored by Heather Pogue, Sarah Pearson and Jenn Dahl.

NAIT 9 King's 2

The NAIT player of the game was Midfielder Miranda Chong.

The second game of the weekend was against Keyano College. A much more physical game was played and NAIT struggled to put the ball in the net. It was 1-0 Ooks at the half, with the goal being scored by Jenn Dahl. NAIT poured it on in the second half with goals from Halie Gough, Jessica Mommersteeg and Heather Pogue.

NAIT 4 Keyano 0

The shut out was shared by goalies Michelle Comartin and Christine Thiele. The NAIT player

of the game was forward Jenn Dahl.

With two wins under their belts, and valuable experience gained by all the rookies, the

season is definitely looking bright. Women's Soccer Ooks' next action is against arch-rivals GMCC on Saturday (Sept. 21st) at 2:00pm at the Victoria Soccer field.



photo by: Colin Northcutt

Ook Soccer Men Off To Winning Start

GRAHAM Wood

Last weekend the Men's team opened their account in the ACAC regular season with games against King's College and Fort MacMurray's Keyano College.

On Friday evening the Ooks met ACAC rookies King's College at Goldstick Park. From the kick off, NAIT went straight at Kings and almost scored within the first 30 seconds, when Brett Chartrand volleyed a shot just wide of the goal. Not long after that the Ooks took the lead. On the 13th minute, striker John Currie robbed a confused King's central defender of the ball, ran into the penalty area to place home the game opener. Three minutes later, the same player blasted goal number two, after Troy Galvin headed on a long pass through the middle. On the 25th minute, Wil Gonzalez stepped up to convert a penalty, after Jimmy Nfor was upended in the penalty area. Brett Chartrand was next to get his name on the score sheet when the mid-

fielder finished off a move that involved Wil Gonzalez. Just one minute later Nfor scored a well-earned goal after some good passing interchange with fellow striker John Currie.

In the second half NAIT backed off a little and just a lone goal was scored when Jimmy Nfor notched his second from a Wil Gonzalez free kick.

Full Time NAIT 6 - King's 0
Game MVP - Midfielder Wil Gonzalez

On the following day the Ooks faced a confident Keyano college at Goldstick Park in front of a large home-team, student athlete gathering. After losing to Keyano the previous week in an exhibition tournament, NAIT players were not leaving anything to chance. Having prepared well for this encounter, NAIT took the game straight to Keyano and created a number of scoring opportunities.

However, none were converted, and at half time the game remained 0 - 0, leaving coaching staff wondering if the missed chances would come back to haunt.

The second half saw Keyano have a little more of the play. The Ooks were having to battle hard, with Scott McLeod and Mike Monilaws defending well in the centre of the field. After seventy minutes of deadlock, Troy Galvin rose high to meet a well-taken corner kick from Brett Chartrand, and powerfully head home the opener. NAIT was looking a little more confident, however after ten minutes Keyano replied. Allowed to run the ball into the penalty area, the Keyano striker was tripped, a penalty was awarded, and was converted. The Ooks were now faced with a character test and, within five minutes, passed it. John Currie, bemusing the Keyano defenders, ran the ball into the box and was upended as a result. In a cool veteran manner, substitute

midfielder Dave Stayner stepped up to ram home the spot kick. This turned out to be the game winner and secured three points for the relieved Ooks.

Full Time NAIT 2 - Keyano 1
Game MVP - Central Defender Sott McLeod

Scoreboard

Soccer

MEN
NAIT 6 Kings 0
NAIT 2 Keyano 1

WOMEN

NAIT 9 Kings 2
NAIT 4 Keyano 0

Cross-Country Running

Meet hosted by Grant MacEwan
NAIT Men's team finish in 2nd place

Hockey

MEN
NAIT 4 MacEwan 4
NAIT 2 UofA Bears 3

Ooks Schedule: September 19-26

Want to cheer your favorite Ooks team? Here is a listing of upcoming events and games. The following are current as of September 16, 2002.

Men's Hockey:

NAIT Men's Blue/Gold Hockey Tournament
September 20-22, NAIT Arena

Golf:

September 23-24 -
Tournament @ Lakeland College

Volleyball:

September 20-21 - NAIT Senior Girls High School Tournament

Men's Soccer:

September 21 - NAIT @ GMCC
12:00 p.m. start
September 24 - CUCA @ NAIT
5:00 p.m. start HOME GAME

Women's Soccer:

September 21 - NAIT @ GMCC
2:00 p.m. start
September 24 - NAIT @ CUCA
5:00 p.m. start

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“E”lympia: 2002 & Beyond

Darkson Rising

SHARMZ

Every major city in Canada has an artist or artists that represent for them to the fullest. Van City has Rascalz and Swollen Members, T-Dot has Choclaire and Saukrates, Peg City has Mood Ruff, Calgary..... ummm well we won't go there! Now you ask who does "E"lympia have???? We have a fury of talented artists who all have great potential and enough skills to make some noise in the industry. As of late it seems local group Darkson Tribe, is the most known for reppin the styles of "E"lympia or as DST would say, "Killa E". Darkson Tribe believes heavily in bringing hip-hop back to the basics, using simple yet provocative beats, laced with a venomous flow of lyrics.

The Trio of Baby Jing, Koncept, and Black Male along have been hard at work preparing their first full length album for the past year and a half. Releasing an EP first back in March, DST hoped to get a little more exposure giving away the five tracked album at local stores for free. The EP entitled, "Prognosis 780" was just a little taste of what to expect come July 26th, 2002 when there full length album, Darkson Rising was to be released.

If you copped the EP you probably realized that DST is what Edmonton needs to further our urban music community. You can feel and tell from there music that

they put a lot of effort, practice and professionalism in there work. DST has there mind right on what they need to do to be heard. You



can see all of this in their music, in their live performances, in their web site, and in their attitude to up and coming artists in "E"lympia, its called 'Professionalism' and 'Determination'.

When I first got the new album I was so hyped to listen to it, there has been so much hype surrounding this album, and I wanted to see if the music would live up to it. The 15 track, in house produced, album features many of the DST fam. Everyone from, Big Nick, Angeline, Autop-Z, Khadija, Tanner Lane, Monikah, and the ever popular Systematix. Darkson Rising includes classics such as "The Ill Technique", "Shiny Bumpers", "Dem Nah Ready", and "Killa E", which were all featured on the five track EP Prognosis 780. But don't be fooled, DST

comes with crazy hotness, blazing 10 new tracks for the music listener to percolate to.

"That's how it goes", is the first single off Darkson Rising,

As always, Darkson always lace tracks that just make you want to jump and get hyped up.

and was debuted on DST's website and Arlo Mavericks own 'Urban HangSuite 88.5 FM'. In my mind there was no better track to release as the first single off the album. "That's How it Goes" is upbeat, it has a very catchy chorus, and a solid feel to it. The first single is the most important one an artist can release, if they chose the wrong single they might lose the interest of their fans, and it leads to nobody caring on what they put out next.

Darkson Rising does not only have Tribal Leadaz Baby Jing, Koncept and Black Male spittin tracks, the fam gets down too and showing how deep this crew really is. Darksons DJ, Autop-Z, spits venom on "Wake Up". As one of the stronger tracks on the album, "Wake Up" gives the listener a batlin' type of song, and that comes with tight production and a murderous flow on the track. Angeline, and Khadija also have solo R&B tracks on the album. Both sing very well, and show that DST's fam involved every aspect of hip-hop.

As always, Darkson always lace tracks that just make you want to jump and get hyped up. "Hit Em In The...", featuring Systematix personifies this statement. When an emcee starts out the track saying "Microphone check im about to go loco, grab my dolo and go cookoo for my cokos", the listener is def-

initely going to get pumped up and they are definitely going to bob their head. That's what distinguishes DST from other emcees in "E"lympia", their music is able to make the listener go buck wild. The combination of a great beat, smart production, and provocative lyrics, really make this track the strongest on the album in my mind. Of course other tracks that give you the hard, heavy hitting, hyped up type of feel are the classics, "Dem Nah Ready" featuring Systematix, and "Killa E (D&B Remix)" featuring Tanner Lane & Systematix.

Darkson Rising is now available at Foosh, Colour Blind, and Lay-Up. You can also buy the album online at www.darksontribe.com. On the site, you will also be able to check out DST news, pictures, along

with listening to the new single "That's How it Goes". Very soon the album will be also sold at HMV, Method, Soular, Farside, and Southside Sound. Pick up this album, its not your ordinary dull three strong tracked album. Expect uniqueness, strong yet not over produced production, crisp lyricism, and most importantly professionalism.

It scares me, because these guys and the DST fam are only going to get better. And another scary thing they are hard workers, they just released their first full length album and they are about to start working on the next album and their first music video. The work never stops for the DST, they just keep on striving to perfect, and further themselves along with our urban music community.

Ill Quotable

I was raised, the little young n****a doin bad shit
Talk much shit cause I never had shit
I could remember being whupped in class
And if I didn't pass mama whupped my ass
Was it my fault papa didn't plan it out
Broke out left me to be the man of the house
I couldn't take it, had to make a profit
Down the block, got a glock, and I clock grip
Makin G's was my mission
Movin enough of this shit to get my mama out the kitchen and why must I sock a fella, just to live large like Rockefeller
First you didn't give a fuck, but you're learnin now
If you don't respect the town then we'll burn you down

God damn it's a m*****in riot
Black people only hate police so don't try it
If you're not from the town then don't pass through
Cause some O.G. fools might blast you
It ain't right but it's long overdue
We can't have peace til the ni**az get a piece too
I want G's so you label me a criminal
And if I die, I wonder if heaven got a ghetto

-from "I wonder if heaven got a ghetto" Tupac Amaru Shakur 1971-1996

REQUEST

URBAN MUSIC POOL

Blazin 10

TC LC	Artist	Song Title	Label
1 1	Sean Paul	Give Me The Light	EMI/VP
2 4	Rascalz	Crazy World	BMG
3 2	P Diddy	I Need A Girl pt II (rmx)	Bad Boy
4 7	Styles	Good Times	Universal
5 5	NORE	Nothin	Universal
6 6	The Clipse	Grindin (remix)	BMG
7 3	Amerie	Why Don't We Fall In Love	Sony
8 8	Ludacris	Move Bitch	Def Jam
9 15	Scarface w/ Jay Z & Bieanie Siegel	Guess Who's Back	Universal
10 12	Slum Village	Tainted	EMI

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Thank you to all the NAIT students. There were exactly ZERO submissions for last week's trivia quiz, which means two lucky Nugget staff members will enjoy a night of popcorn and Jackie Chan. The correct answers are:

- What is Jackie Chan's father's occupation? Answer: Opera Singer
- Where was Jackie Chan born? Answer: Hong Kong
- In the TV show "Party of Five" what was Jennifer Love Hewitt's character's name? Answer: Sarah Reeves
- With what famous basketball star did Jennifer appear with in a

commercial? Answer: Michael Jordan.



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SHOW TIMES listed in Journal and Sun

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2 Medium Drinks \$7.95 + tax

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valid Friday or Saturday for midnight movie 2 admissions per coupon no reproductions no cash value-EXPIRES September 26, 2002

3832

3829

Brewing a Happy Hour

STACEY Laing

As I continue to look for the Ultimate Happy Hour, my quest brought me to Brewsters Brewing Company. It has two locations: one in Meadowlark, and the one I went to in Oliver Square. Both are open Sunday to Thursday 11:30 a.m. to 1 a.m. and Friday and Saturday 11:30 a.m. to 2 a.m. The Happy Hour runs daily from 4 p.m. to 8 p.m. Monday to Friday and is all day on Sundays. As well, it also has nightly drink and food specials.



The atmosphere is very open, yet crowded as the tables are very close together. There are numerous TVs so that one can go out without missing an important sports game. Brewsters has a large patio, small dining room, and a large lounge area. When you enter you can see the brewery located on the top floor, and although I didn't ask this time, in the past we have been able to get a tour of this facility. Now that you know a little about the set up lets get to the most important part -the food and drinks.

Brewsters is quite expensive, but their Happy Hour does reduce the price of drinks substantially. Regular price for a pint of beer is \$5.14 and during HH is \$3.69; Hi balls are \$3.27. Tuesday night is wing night where they have a large assortment of wings for \$0.22 each with a minimum order of 12. My favorite wings are the Thai and barbeque flavours. Other than their nightly specials, there is no price reduction on food, and when an order of Nachos cost \$13.99 it could make for an expensive night. The service was not very prompt or especially friendly. We went on Friday night and although there appeared to be several waitresses, and it didn't look too busy, it took twenty minutes before a waitress appeared to take our drink order.

As far as HH's go Brewsters is good for drinks, but the food is a little too expensive to be considered for one of the Ultimate Happy Hours. Take advantage of its nightly specials and you could have a reasonable amount to eat and drink on a student's budget.

CD Review

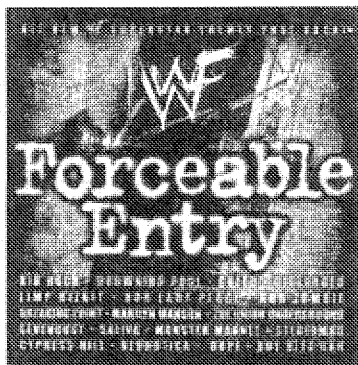
WWF Forceable Entry

Various Artists
Smack Down! Records

MIKE McGuire

Whether you are a WWE Media Mark or not, this collection makes for some interesting listening. Billed as "WWF Superstar Themes That Rock" (this was released just before the name change), Forceable Entry delivers.

Featuring names like Drown-



ing Pool, Creed, Kid Rock, Cypress Hill, and Sevendust among a score of others, this serves almost as a remix album for WWE and television theme music, most of which appears on WWE Television and live events.

The Good: Although he hates the name of the album it's on, even Our Lady Peace lead singer Raine Maida admits that his band's "Whatever" adaptation of Edmont. wrestler Chris Benoit's entrance music is worth a listen. Drowning Pool's "The Game" (Triple H) and Sevendust's "Break the Walls Down" (Chris Jericho) are both excellent adaptations that you will only hear on this CD, as they have yet to make it to air.

The Bad: They're doing it again! In the past, WWE has had a tendency to bill albums as theme music only to have the listeners find out that while some of the songs are the same, they are arranged com-

pletely different from what's on television. The biggest disappointment was the "WWF Remix" of Marilyn Manson's "The Beautiful People," sounding more like cutting room tape re-spliced in a hurry.

Is it worth a buy? Yes. Could it be better? Definitely. Nevertheless, if you are looking for some good get-ya-riled-up-type music, this should be added to your library. This album has been re-released, so pick it up today at your favorite music store.

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Horoscopes

Written in the Stars

Virgo (Aug.23 - Sept. 21)

You're feeling bombarded with work this week. But don't worry, your creative thinking will produce some interesting time management ideas.

Libra (Sept.22 - Oct.22)

You're thinking of starting a new project or hobby, but advance with caution this week, for there is such a thing as too much of a good thing.

Scorpio (Oct.23 - Nov.21)

You've worked extra hard this month in both your school and personal lives. Take a breather to pat yourself on the back and reward yourself with a gift.

Sagittarius (Nov.22 - Dec.20)

You're feeling annoyed this week by a person who breaks all the rules. You'll feel the urge to snap. Hold back your feisty words -- don't stoop to their level.

Capricorn (Dec.21 - Jan.19)

This week you'll be feeling happy-go-lucky day and night. Just remember to use your quick thinking to decipher when it's time to be serious.

Aquarius (Jan.20 - Feb.17)

All work and no play makes you bored. Near the end of the week, set aside some time to check out a new club or restaurant.

Pisces (Feb.18 - March 20)

This week you're feeling adventurous! Try something new and exciting and surprise all your friends.

Aries (March 21 - April 19)

During mid-week, assignments and studying will give you a touch of cabin fever. So go exploring and find a neat little coffee house where you can pursue your studies, and that good looking someone in the corner.

Taurus (April 20 - May 19)

You'll feel the urge to neglect your studies this week and go dancing. Just remember what your priorities are.

Gemini (May 20 - June 20)

Things are looking up this week. Your hard work is going to pay off in a rather surprising way.

Cancer (June 21 - July 21)

Blue feelings this week will fall heavy on your heart. You'll want to seek the company of a good friend with whom you feel most comfortable.

Leo (July 22 - Aug.22)

You're feeling grouchy this week and ready to pounce like a lion on the unsuspecting. While your words may make you feel better, they'll cause permanent damage. Be careful of what you say, and most importantly, of how you say it.

POETRY

Path Unforeseen

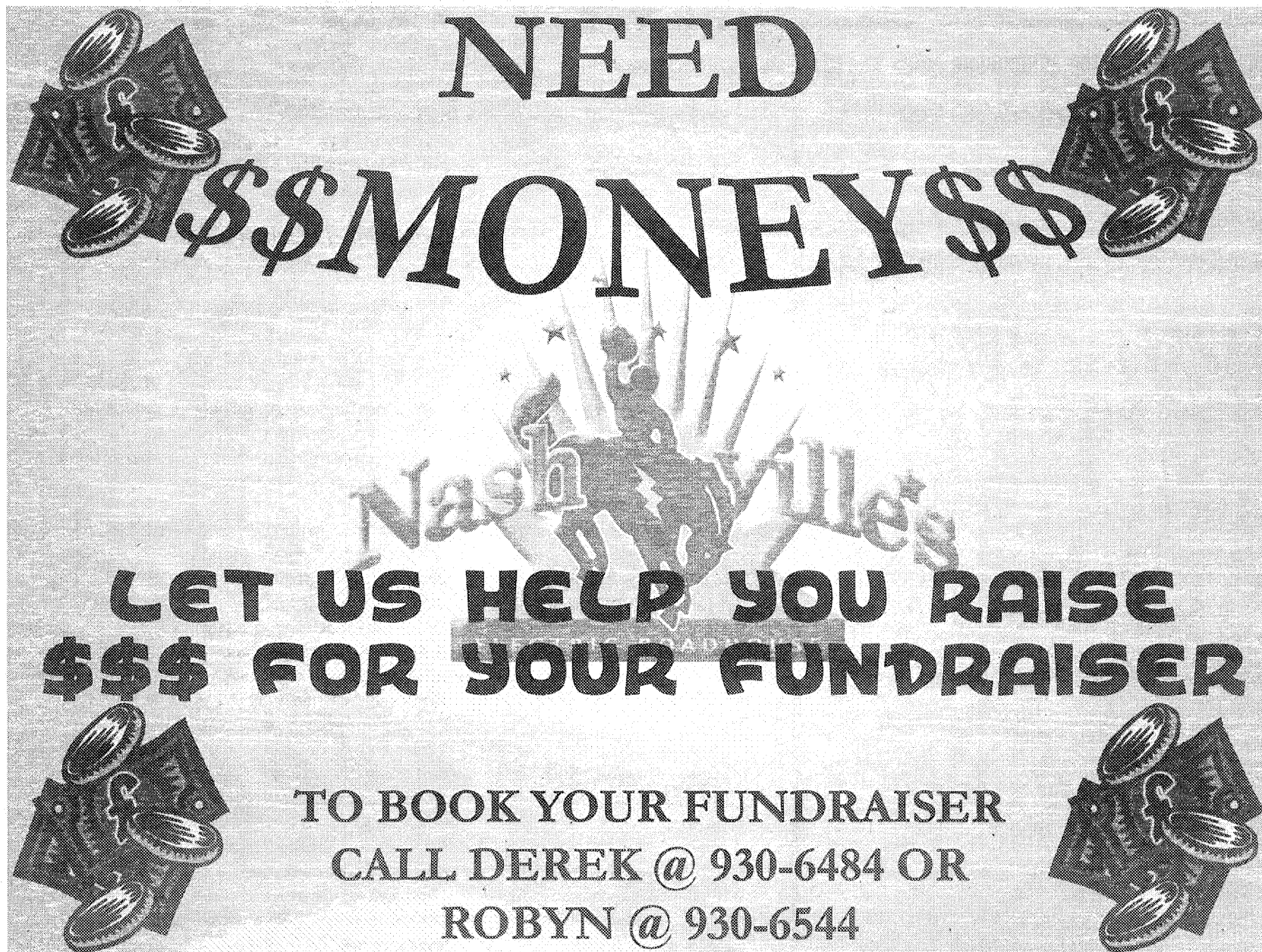
ROBERT Jentsch

Kneel before bleeding blood cross
Bow head reverently, fold faithful hands
Pray, arise, give thanks, baptize
Heart beats... silence sadly answers
Cheerful Christian faces, empty within
Cleanse spirit, confess sins, robed one listens
Fools unknowing, forever searching
God... supreme being? God your own...

Hourglass turns, soul yearns
Eternal light denied, ungratified
Back once again... wonder why?

Twilight awakens, moonlight screams... sun cowers
Black steel cauldrons boil, bon fires, candles blow
Flaming pentagrams pierce night air, burning bitter soil
Wind whispers, voices chant, voices incant, baby cries
Sweet anticipation approaches, wicked warm blood toasted
Darkness abates, fools dissipate, summon unanswered...
Lucifer... evil supreme? God you own...

Hourglass turns, soul yearns
Eternal darkness denied, ungratified
Back once again... wonder why?



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Indie Thursdays

JENNIFER Benoit

Last Thursday was the opening night of Indie Thursdays at The Nest. Every Thursday, upcoming musical acts will play at The Nest. Touchtone Gurus, a four member group from Saskatoon, Saskatchewan, did the honor of introducing Indie Thursdays.

Touchtone Gurus include Paul Dasiuk (lead vocals and guitar), Angelo Frassetto (guitar and vocals), Steve Bunka (bass and vocals), and Kyle Kildaw (drums). "We took the microphone away (from the drummer) because he was swearing too much," joked Paul, in case you were wondering

why the drummer doesn't sing along with the rest.

Where does the name Touchtone Gurus come from? Very late one night, four boys stayed up watching hotline psychic infomercials on television. These boys called the psychics "Touchtone Gurus", and figured it would be a great name for their band. Touchtone Gurus came together through being neighbors and knowing each other from high school. Kyle substituted for Touchtone Gurus' ill drummer when his own band broke up. Later, Kyle was asked to be the band's "full-time dude."

Touchtone Gurus has been together since 1997.

The boys have played at NAIT before, including at the Halloween Cabaret with The Headstones. They appreciate being able to play at NAIT, where we give less mainstream bands a chance to an opportunity to strut their stuff.

Touchtone Gurus has a long list of great accomplishments. They toured Canada about a half dozen times. They've played with notable bands such as U2, Nickelback, Big Sugar, 54-40, Wide Mouth Mason, and The Northern Pikes. In fact, the guitar player for The Northern Pikes, Bryan Potvin, produced Touchtone Gurus' independent album, "Blue in the Face". The album, their third, will be available in January of 2003.

Touchtone Gurus treated the crowd at The Nest to never heard before songs that will be on the new album. Songs such as Freeze, Crawl, Friend of Mine, Blue in the Face, Wish, and Fate Don't Fail

Me provide a diverse selection of sounds. Mostly folk rock, the songs have country music influences with an occasional touch of reggae. The music sounds like the older Tragically Hip ensemble, and often like Blue Rodeo.

The foursome has an enjoyable set. Their stage presence lacks in "showiness", but their words speak louder than their actions. All the songs, though short, are in-depth. They are filled with life experiences. "It's really good music to drive to if you're on the road a lot," says Jim Wheatley, who was part of the Nest crowd on Thursday night. "Their lyrics are a definite sign of maturity," he adds. The very friendly, personable band is more interested in their music rather than making an ass of themselves on the stage.

Unfortunately, not much of the crowd at The Nest that night were big fans of folk rock. "They're a great band, but perhaps for the crowd that is here

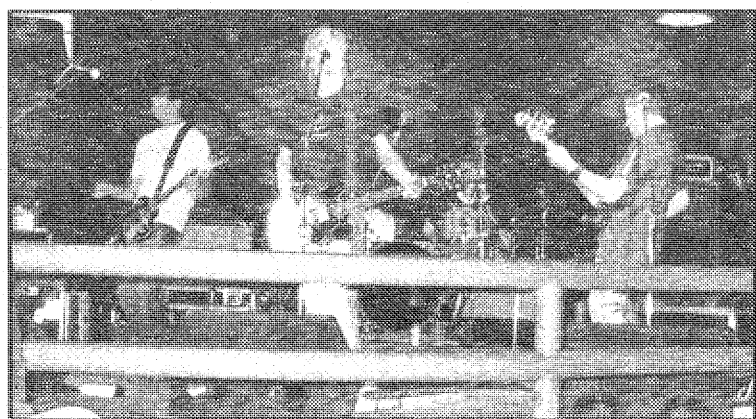
tonight, it's not their favorite kind of music. With the right equipment and studio, they can go a long, long way," said Wheatley. And perhaps with the right crowd.

With Paul's wide vocal range and Angelo's great versatility with his guitar, the band shows great musical ability. As for the drummer? "The drummer should smile more. No, the drummer should drink more," said Kyle, laughing.

Back-up vocals in Touchtone Gurus' songs were too absent. Also, Angelo should be allowed to lead the vocals in more songs. With Fate Don't Fail Me, Angelo's deep, captivating voice offers a more mellow, serenading presence to the music. A definite change from Paul's inflamed singing.

Above all, Touchtone Gurus is an individualistic band. Paul says personal influences such as his family have the most impact on how he plays his music today. The band members have separate musical influences, but as Paul said, "We started out sounding like other bands. But later, we started sounding like ourselves."

In the future, Touchtone Gurus plans to make more records, travel new countries, and meet new people. The boys encourage you to visit their web site at www.touchtonegurus.com.



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BITS AND PIECES

FALON Fayant

This week, I've discovered some tidbits of information that you may not have known before. Intrigued? Read ahead. You may just be surprised.

Interesting Facts

- In ancient Egypt, killing a cat was a crime punishable by death.
- Black cats are considered lucky in England.
- According to Genesis 1:20-22, the chicken came before the egg.
- A fully grown adult eagle can kill a young deer and fly away with it.
- It is physically impossible for pigs to look up into the sky.
- 315 entries in Webster's Dictionary will be misspelled.
- Dr. Seuss coined the word nerd in his 1950 book "If I Ran The Zoo."
- A coward was originally a boy who took care of cows.
- Ballroom dancing is a major at Brigham University.
- In England, the Speaker of the House is not allowed to speak.
- In Elizabethan England women wore egg whites over their faces to create a glazed look.
- It is impossible to lick your elbow.
- Most lipstick contains fish scales!

- It's illegal to drink beer out of a bucket while you're sitting on a curb in St. Louis!

Stupid Warning Labels and Signs

When reading some of the following warning labels and signs, one has to wonder whether the person who wrote them had very little faith in the intelligence of his/her fellow humans, or if he/she was simply an idiot warning everyone about something from past experiences.

- Beware! To touch these wires is instant death. Anyone found doing so will be prosecuted.
Sign at Railroad Station
- Do not attempt to stop chain with your hands or genitals.
Swedish chain saw
- Do not dangle the mouse by its cable or throw the mouse at co-workers.
SGI computer
- Do not drive car or operate machinery.
Children's cough medicine
- Do not eat toner.
Laser Printer Cartridge
- Do not recharge, put in backwards, or use.
Battery
- Do not use intimately.
Deodorant
- Do not use orally after using

rectally.

- Electronic Thermometer
- Do not use for drying pets.
Microwave Oven
- Keep out of children.
Korean Kitchen Knives
- Not to be used as protection from a tornado.
Blanket from Taiwan
- Not to be used for the other use.
Japanese food processor
- Remember: Objects in mirror are actually behind you.
Bike Helmet Mirror

One Liner Jokes of the Week

- If you choke a smurf, what color would it turn?
- Don't sweat petty things... or pet sweaty things.
- When everything's coming your way, you're in the wrong lane.
- If Barbie is so popular, why do you have to buy her friends?

Quote of the Week

Language is our way of communicating what we want and who we are. By using bad language, we diminish the divine spark within us that defines our humanity.
--Dr. Laura Schlessinger

NAITSA VP Activities By-Election

WADE Babiuk

Hey there NAIT students, this is your VP Academic Wade Babiuk here to tell you about the upcoming NAITSA by-election. Elections are usually held towards the end of second semester every March. The only exception is when a by-election is called. This past August our VP Activities Jason Anderson resigned from his VP Academic position for a different career opportunity. As your CRO (Chief Returning Officer), it is my job to get the word out about the by-election on the NAIT campus.

I'm sure many of you are asking yourself, "What exactly does a VP Activities do?" Well some of the positions main responsibilities include:

- Working with Entertainment and Marketing Director in coordinating and executing curricular events;
- Co-organize awareness weeks and activities;
- Chair up the Activities Committee;
- Approve all NAIT student club and Technology fundraisers held on and off campus;

These are just a few of the positions many responsibilities. If

you would like to view all of the responsibilities, please come by the NAITSA office to talk to me. If you are interested in running for the position there are a few requirements. First off the candidates must be NAIT students. Secondly you must maintain between a minimum of three (3) class hours per week, and a maximum of twelve (12) class hours per week. This means that if you are interested in running and elected, you would have to drop some courses in order to stay within the hour limit. All candidates must also provide a copy of current academic marks and must have a combined total average of at least 50 percent.

The position also requires that you maintain office hours between 8:00 am and 4:30 pm when not attending class. This does not include after hour work. The position also comes with a by-monthly salary and part scholarship.

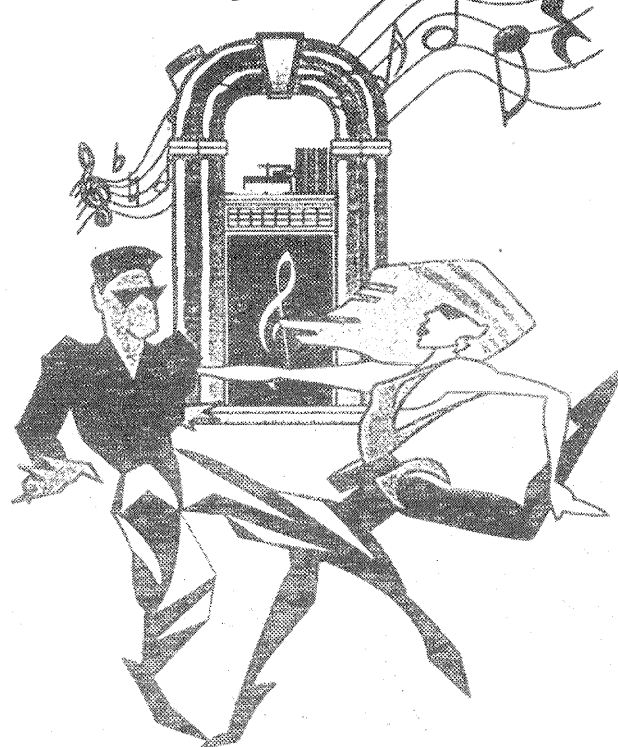
By now I bet your all thinking, "This sounds like something I want to do." Well if you would like to, then let me tell you about the vital by-election dates and times. Nominations for the VP Activities position open at 8:00 am on

Monday, September 23rd and close at 4:00 pm on Friday, October 4th. Campaigning will begin on Sunday, October 6th at noon and close on Thursday, October 10th at 4:00 pm. Election day will be on Friday, October 11th from 9:00 am till 4:00 pm.

Now that you know a little about the position, I'm sure some of you still have questions. If you do please contact me Wade Babiuk at 471 - 8877, or stop by the NAITSA office at E131. I am here to answer any and all questions, so feel free to stop by or call anytime between 8:00 am and 4:30 pm. If I am in class please leave a message and I will return it ASAP.

As a final note, I would like to say that being in the Student Association has been a great experience for me so far. The position does require extra work at times, and a lot of patience but the pay-offs are well worth it. The people and experiences that you will have are a once in a lifetime opportunity. So if this sounds interesting to you, get on down to the NAITSA office and pick up your official nomination forms.

Name That Tune



Wednesday,
September
25

Correction:

In last week's issue of the Nugget, the quote by Basil Qasqas was punctuated in error. All italicized words in the article were a part of Mr. Qasqas' statement, and not opinions of The Nugget, NAITSA or NAIT.



Why do NAIT bathrooms smell so bad? Has anyone heard of air freshener? I suggest pine or perhaps papaya would be nice. And what the hell is with the price increase for foosball in the Naitrium? --Angry Mike

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If you're in the business tower, keep an eye out for the "Titillating Adventures of Mr. Boob", appearing now on a desk near you! --HJ

To the Hotties in X213 @ 12:00 Wednesdays: You guys make our Wednesdays worth getting out of bed. Keep up the good work! --From the 2nd yr AHT's

To Mr. Lube Guy, You are Hot! And you can change my oil anytime *wink, wink

To most of the security guards at Ookfest: you basically suck because you encouraged girls to take off their shirts... and then made them lose their spots.

Classifieds

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Edmonton Art Gallery

Food for the eyes

STACEY Laing

When one says let's go out for a great night, one's first thought is probably not the Edmonton Art Gallery. I have been a volunteer at the EAG and have seen many shows, and let's say that I volunteer to meet the people. I'm sure that the art is very imaginative and specialized, but my eyes rarely see the genius that others see in these works of art. However, to my pleasant surprise this exhibition was filled with wonderful,

creative, and interesting pieces to those of us who do not have an eye for appreciation in regards to art.

Friday the 13th was the opening night of the 8-week exhibition. Opening night is the best night to go as the have live music playing, a bar, and an assortment of appetizers provided by Gourmet Goodies. I went to the EAG around 9 p.m. and was surprised to still find a good assortment of food left. I

tried a few different appetizers and then decided to conquer the gallery. The first floor is the exhibit "Out There is Somewhere: The Arctic Pictures". There is a mixture of video screens, an interactive computer presentation, photographs, and of course, many pieces of art on the wall. There was a stark contrast in the rooms as most of the photography was done in black and white, while the paintings used rich, vibrant colors.

Lawren Harris had three of his works represented and his use of color is amazing. I am not familiar with Harris; however, I thought my friend was going to scream with joy when she saw his works. The pictures are very simple at first sight, and become complex, inviting pieces of work after you invest a few minutes



of your time. I was exceptionally wowed about this work, and I didn't think that I would see anything better that night. I was wrong.

We went upstairs and saw what was expected. Lots of abstract work that one thinks they could probably do, although I'm sure that these artists have spent their lifetime training to express genius. I was just about to go downstairs again, when I saw the most amazing, fun, creative space ever. I find it very hard to describe, but artist Max Streicher's exhibit "silenus" was pure genius. The large room is filled with inflatable giants made of paper. The giants



are laid out on the floor and look like a row of babies sleeping; however, they are huge! The giants move raising their arms and legs and rocking a little back and forth. I won't try to give you my interpretation of what this exhibit means, but there was something almost magical and yet disturbing about it. It's a hands-on exhibit so you can gently touch these large, yet vulnerable giants. I have to say that this was the best opening that I have ever been too, and I am looking forward to attending again.

You can see this exhibit from now until November 15. The gallery is open Monday to Friday from 10:30 a.m. to 5 p.m. and until 8 p.m. on Thursdays. Saturday and Sunday the gallery is open from 11 a.m. to 5 p.m. The gallery is located at 2 Sir Winston Churchill Square and the entrance fee is \$3 for a student and is free for everyone from 4 p.m. to 8 p.m. on Thursdays. For more information you can call 422-6223.

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