

DOCUMENTING STUDENTS' SIN & DEBAUCHERY SINCE 1963.

THE NUGGET

Thursday, September 11, 2003
Volume 41, Issue 2

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

OOKFEST!



**Good
Party?
Photos
Inside!**

Ookfest Delivers



KRISTEN
DiRocco

Welcome week wound up last Saturday, September 6th, with a big bash better known as Ookfest. Hats off to NAITSA for organizing a top notch party! Also, I would like to express our thanks on behalf of the people that attended the show to everyone that put their time, effort, blood, sweat and tears into making this event possible. It certainly was the craziest Ookfest to date.

I would have to say that the best feature to the party was the two stages. By the middle of the show all of the wrinkles seemed to be worked out, and there was barely a five minute pause between most of the bands. How can you complain about that? Everyone seemed to be in really high spirits, even early in the afternoon, and the experience turned out to be positive for both the bands and students. I had the chance to talk with Lillix, and they were impressed with the atmosphere of the show, "We were really intimidated just before we got on stage. We were like, this is a college - they're going to hate us and boo us off stage! But the crowd was really great..."

American Hi-Fi, who were my personal favorite set of the

day, also got right into the atmosphere provided by all you crazy NAIT students. "The audience was perfect, we're really enjoying our time at NAIT..." is all they managed to say as they rushed past me to go and sign autographs.

Which brings me to another feature new to Ookfest - the autograph tent. I hope you all took the opportunity to bug the bands, and maybe even walk away with a signed T-shirt or two. I saw one guy who had the ladies of Lillix sign his back. Hopefully that wasn't the only person to use a creative medium for an autograph. So much potential... so little time.

I had a great time at Ookfest. I was pretty busy running around, trying to get some really good pictures of you guys, and the bands, but I had the time to grab a few beers (kudos to whoever thought to have more than one ticket booth for drinks!) and enjoy the scene. I came across a few people who didn't enjoy themselves, and I have to say that that's unfortunate, but when it comes to a high volume event you can't please everyone no matter how hard you try. For the most part everyone seemed to be in the party spirit, living up the weekend and more than willing to show everyone that when it comes to Edmonton, NAIT knows how to party! And remember, this is only the second week of school (third for some of you), there is much more coming your way. Be afraid, be very afraid.

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NAITSA Office, Rita Cain - 471-8960
Room E229, Lynda Townsend - 491-3025

Patricia Campus

Room P127, Palma Szabo - 453-5401

HP Centre

Room W309, Reception - 378-5353/5305

7th Street Plaza

Eileen Nicoll - 495-9980

Souch Campus

Room Z130, Trina Chorney - 430-5103

CED Centre

Room K116, Angele Paterson - 471-7045

Technologies Annex

Room L101, Eleanor Dunbar - 471-8666

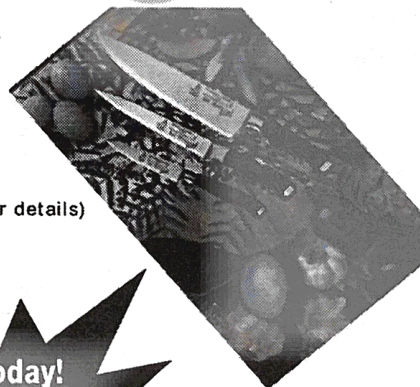
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Tips for Mature Students

MARGARET Marean
NAIT Student Counselling
Centre

Adult students often do very well when returning to school, however you do have a different set of challenges to face. Here are some pointers.

#1 Pace Yourself

- Dedicate regular blocks of time throughout the week to studying. Mark these times on a calendar and stick to them. If you have family or significant others try to involve them in the scheduling process. Designate regular blocks of time with family too.
- Discuss the changes that could occur as a result of you going to school. Help your children understand what you are doing.

When you get too busy you may neglect the most important person in your life - you!!

why you are doing it and how long the changes will last.

- Prepare family members well in advance when you have exams or major projects.
- Let significant others in your life know that you appreciate their support.
- Be realistic - set manageable goals and reasonable standards.

#2 Create a Study Area

- Ideally you should have a separate space which is dedicated only to studying. Psychologically, this space will signal you to study whenever you are in it. Practically, you can have everything you need set up and ready.
- Evaluate your study area to see what you can do to improve it.
- Evaluate whether studying at home is reasonable. For some there may be too many distractions.

#3 Maintain Balance and Harmony

- When you get too busy you may neglect the most important person in your life - you!! Be sure to schedule at least one or two times per week to do something that refreshes or renews you (exercising, meditating, walking, journaling, getting together with friends).
- On a daily basis become aware of low energy/ low morale times and evaluate what you need to change. Do you need to eat more often, eat more healthily, take a break, talk to a friend, laugh ...
- Set limits. Learn to say "No". Delegate responsibilities.
- Stay positive. While you may

feel you learn more slowly and have to work harder than younger students, you also have many skills the younger student lacks such as direction, organizational skills, a broader perspective, self-knowledge and maturity.

#4 Celebrate Your Successes

- Set small goals and reward yourself when you reach them.

#5 Establish Support Systems

- You may be the only mature adult student in your class and you

may feel like you just don't connect with the 18-year-old lifestyle. Identify at least one person outside the school environment who can be your cheering squad.

- Try to connect with other adult students who can share your stresses and your successes.

#6 Anticipate Crises and Prepare in Advance.

- Write down potential crises, especially if you are a parent, and develop a plan for each. What will you do if you're child is sick and can't go to daycare/school?

If you get sick? Discuss options with your spouse, relatives, neighbors and friends. Have emergency contact numbers prepared.

- Get the name and phone number of at least one classmate in each class to contact if you have to unavoidably miss a class, or if you get stuck on an assignment.

#7 Be Here Now

- If you are at school focus on understanding the lecture material; if you are spending time with your children focus on them. Work on keeping out thoughts of what else you "should" be doing.

#8 Connect with Other Mature Students

- A group of returning adult students meet at the Common Market (main cafeteria) for an informal coffee on Thursdays (7:30 a.m. or 4:30 p.m.). To find out more contact the Student Counselling Centre

#9 Seek Help

- Don't hesitate to ask for help. See a Counsellor in Room 0117 if you need support or if you just need to talk. Book in person or by calling 471-8921.

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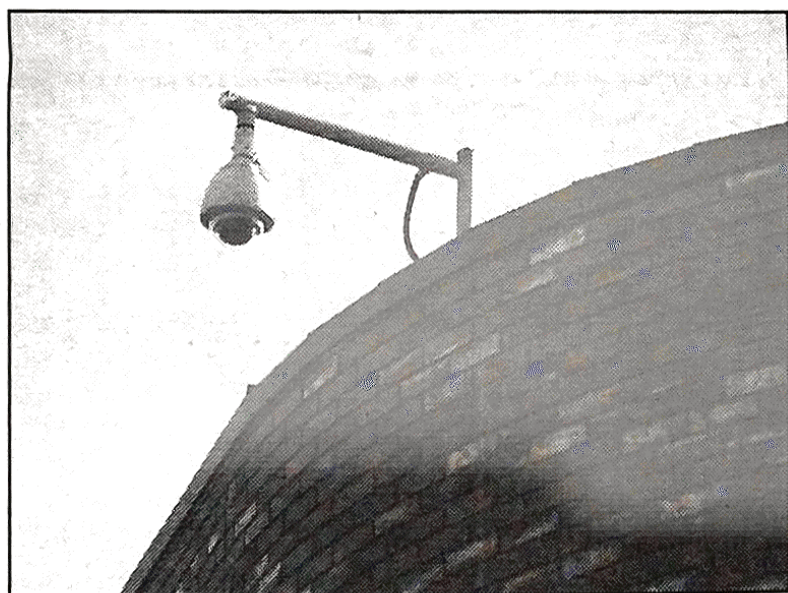
DANI Kent

I spy with my little eye, a \$40 ticket in my window! I have half a mind to send it to parking services. I would park legally and even pay for it IF I COULD! I'm sure many of you out there have the same problem, and the Kingsway parking lot has been calling to you. This summer, undercover as a mall employee, I interrogated mall security on their parking policies. Here are the facts: Kingsway Garden Mall has the best mall security in the city. The cameras they use rotate 360 degrees and have impressive zoom capabilities. These cameras are outside AND inside the mall; therefore they can follow you from your car, into the mall and out again. They also put more staff on duty during the peak morning hours, approxi-

mately 7-10 am. Now that you've heard the bad news, here are some tips you can use if you still dare to park there.

1. DO NOT park in front of Sears. This is a rookie mistake, not only are the security guards looking for you, I've seen tow trucks waiting there too.
2. Don't walk through Sears either, they have far more security cameras than any other area in the mall.
3. Don't park in the same spot every day.
4. Come a little early, go-in, eat, and then leave. That way you look like a customer, I doubt security will watch you eat for half an hour.
5. This is a little extreme, but get a job there. Then if you get a ticket, most employers will vouch for you.

Keep in mind that these are only tips, and you could still get busted. But hey, parking for a year costs around \$250 and one ticket is \$40.



Smile, you're on candid camera!

NAIT Student Fends Off Assailant

DANI Kent

A NAIT student was mugged and subsequently stabbed last Friday around 2:30 am. Student Mark had just parted ways with his friend near 107th avenue and 107th street, when the incident occurred.

The student was returning home from the foam party when the perpetrator confronted him, asking the student for his chain bracelet. The perpetrator then asked for the student's wallet, which resulted in an altercation between them. During the altercation, the perpetrator briefly backed away to take out a knife. He then

began attacking the student.

The student received three stab-wounds, (one on the face, two in the back) before a witness came and helped chase away the perpetrator. The Good Samaritan then brought the student to his nearby house to assess the wounds and then walked him to the hospital.

He was kept in the Royal Alexander Hospital until 2 p.m. the next day. When questioned about the incident, Mark said, "It was only a three block walk, so I thought it would be alright. But, obviously, it wasn't."

The suspect is described as a 5'10 to 6 ft male, in his early twenties, approximately 170 pounds.

Show 'em what you're made of!



DANI Kent

This is the week for NAIT students to do a lot of good, without a lot of effort required. Aside from Shinerama going on this week, there will also be a blood drive in the North Lobby on Tuesday the 16th. Some of the eligibility requirements for this all day event are:

- Identification with full name and signature, or full name and photograph required

- Between 17th and 71st birthday (regular donor), or between 17th and 61st birthday (first-time donor)

...there will be a blood drive in the North Lobby on Tuesday the 16th.

- Weigh at least 50 kg (110 lb.)
- Minimum interval between blood donations is 56 days

- In general good health and feeling well. You should have had something to eat and enough sleep. You must also meet hemoglobin (iron) requirements (test done at clinic)

You will also be asked several questions such as; have you been to the dentist? Do you have a cold, flu, or sore throat? Or have you had any piercings or tattoos in the last 12 months? If you answer yes to any of these questions, you will not be able to donate blood that day. The entire list of questions can be found online at www.bloodservices.ca.

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Dear Dr.Stu,

I graduated last year and my high school girlfriend, who I thought was the love of my life, broke up with me. That hurt alot and ever since all my sexual relations with any girl have been morally wrong. Over the summer I've been sleeping with my bestfriends girlfriend, which he still doesn't know about, and which I am still doing. I also met this 23-year old married chick with

Should I stay with the good sex or try to start looking for a relationship that could actually go somewhere?

kids who I've also been sleeping with and still am. I don't want a relationship with them but the sex is good. Should I stay with the good sex or try to start looking for a relationship that could actually go somewhere? Do you think I should tell my bestfriend or should I let his girlfriend tell him?

Tigger

Dear Tigger,

Tigger, dude, dude... dude. I'm making this a "he said, she said" dealy, because when my lovely 'group therapist' wife read this she snnnnaaapped! So, my opinion is really an easy quick one: Shame on you, you broke code, dude. You can't screw your buddy's girlfriend without reprocussion, you gotta tell him and expect never see him again. And as far as the "mother and wife" you're doing: Shame on you AND her! DON'T tell her husband, and never speak to her again. Her kids do not deserve to have their lives turned upside down 'cuz you and their 'slut' mother needed to get your rocks off. - Dr. Stu

Dear Tigger,

Have you heard of Karma? I see two very distinct problems here: One, you have a broken heart and two you are morally out of control - deep breath, k. Let's see if I can shed some light on the real world for you, moron. Every change, big or small, has some impact.

No matter how safe, secure, predictable and stable your life is, you will still have to cope with

change at points along the way. Change is a normal and essential part of life, yet, ironically, when we're in the middle of it, it feels anything but normal.

Changes can be enormous - a marriage, new home, baby, new job, break-up, bereavement. Everyone knows that these levels of change can be very stressful and difficult to cope with. It doesn't make any difference whether you've chosen the change or not, it will still have an impact on you, change can't be rushed. It's about the transition from one set of circumstances to another.

Your relationship's been over for a while now, wait until you're ready before "jumping" onto I mean into another and honey you are so not ready. And that doesn't just mean resisting your friends' efforts to pair you off. It also means not rushing into a relationship too soon. Until you've really recovered from your broken relationship, you won't be in any state to choose the right woman - or make any new partnership work. As a rule of thumb, allow a month for every year your old partnership lasted before seriously dating again. Make sure that you're well through the grief and anger over your break-up and that you realize what went wrong with your last relationship and are clear about what you will do differently next time.

"The ruin of another's life can wreck one's own". There are other penalties: whether one is caught or not, committing harmful acts against others, particularly when hidden, can cause one to suffer severe changes in his attitudes toward others and himself, all of them unhappy ones. I think the basic idea is "It's time to get real and get real quick". Tell your buddy, drop the skanky women, suffer the consequences and move on. Then, start believing that you have something to offer. Good luck. - Dr. Stu

Do I look like Big Ben to You?



FURIOUS George

Did ya'll see my article in See Mag? Whoohoo! Movin' on up! They actually paid for that gig. I'm a freelance journalist now, hehe!

Anyways, I got a gripe today and it's not a long one, but it's an important one none the less. I was sitting in class listening to the generic murmur of my instructor when I looked up to see the time and it was 6:30. "Hmmm, the day's long today", I thought. Then the next class I went to it was 4:45, and the next was 2:10. In fact there wasn't a fucking classroom that had the same fucking

time!

I don't know, like, I'm no expert on clocks and time, but c'mon, you can buy a \$3 watch at the dollar store that can keep the time. How is it possible that an institution such as ours can't figure out how to fix the damn clocks? Please, please, whoever knows the dude who knows the dude who fixes the clocks, get the clocks fixed in this school! I'm sure we've got the resources!

This is what we need to do: We, as students, need to write on a bunch of big pieces of paper the words "FIX ME" and place them so it covers all the clocks that are incorrect. At least we'll know that that specific clock is incorrect, and perhaps someone will actually fix the damn things. Hello? This is a TECH school, no? Aahh, then again, maybe it's just me.

Student Job Opportunity

Naitsa is looking to hire a
HEAD OF SECURITY for the
S.U.D.S. Squad.(Students
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For more information, contact
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terencef@nait.ab.ca (780) 471-7608

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12:00 p.m. on the first
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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.

Use Your Head Folks!

Online Submission
Author Unknown

I am very concerned with the behavior of NAIT students while crossing the street between the main office and the HP Center. On Thursday Sept. 4 students were crossing in such capacity and regularity the traffic was backed up to and beyond Princess Elizabeth Ave.

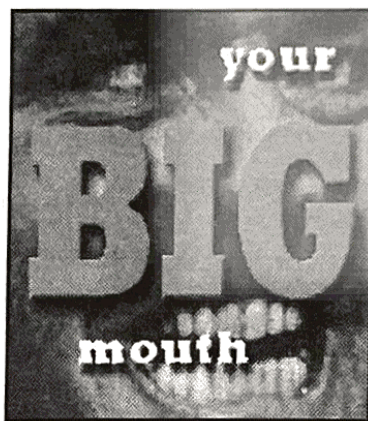
To many people that drive along this route this is not uncommon, however the presence of an ambulance trapped in the intersection is not. While the ambulance sat there lights flashing, horn honking and siren whiling students continued to cross blocking all flow of traffic.

Many may argue that it was too far away and they could not hear it, however traffic tried to pull over to allow the ambulance though,

one adventurous soul even drove up over the curb to try and clear the congestion. Only when NAIT security, and other concerned students at the bus stop started yelling at people and blocking their way did traffic get enough room to move and let the ambulance though!

While this is bad it gets worse! After stopping at NAIT the people continued to cross the street impeding the progress of the paramedics to respond to an accident at the HP center where a student had been hurt. What if that student had died? What if it had been you?!

Do you have a concern? Do online to www.thenugget.ca and follow the links! We'll print your gripe! Get heard in the Nugget!



Do you think there is enough parking at NAIT for the students?

I personally don't care, since I take the bus every morning. What DOES piss me off though is when the busses leave 1 minute before their schedule. – Vanessa Online Submission

NO!!!!!!!!!!!! NAIT should built a parking building behind Building T!!! – O.S.

Comments: I wouldn't know...I walk. You asked. :O) – Billi O.S.

It seems to be better this year than it was last year – Jill O.S.

Yes, it needs to be addressed. – Deb O.S.

We want to hear your big mouth! Go to www.thenugget.ca or look for us in the hallway.

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Wednesday, Sept 17

11:15 - 12:15 OR
12:15 - 1:15 OR
4:30 - 5:30

Time Management/ Managing Procrastination

Wednesday, Sept 24

11:15 - 12:15 OR
12:15 - 1:15 OR
4:30 - 5:30

Exam Preparation & Writing

Wednesday, Oct 1

11:15 - 12:15 OR
12:15 - 1:15 OR
4:30 - 5:30

Managing Exam Stress

Wednesday, Oct 8

11:15 - 12:15 OR
12:15 - 1:15 OR
4:30 - 5:30

Maximizing Your Potential

Wednesday, Nov 5

11:15 - 12:15 OR
12:15 - 1:15 OR
4:30 - 5:30

Stress Management

Wednesday, Nov 19

11:15 - 12:15 OR
12:15 - 1:15 OR
4:30 - 5:30

Life after Welcome Week



FRANCISCO
Sarango

VP Operations
(780) 471-7609

Hello to all the students across NAIT. It's been a crazy first week, but I'm sure you'll all agree it was worth it. What other school do you know of that would welcome you with 2 beer gardens, a Default

concert, a foam party, and a 14 band concert with the Tea Party as the headliners? None. We are the biggest ever. What an awesome way to start the year. But that's not all that's happening this month.

This week is Shinerama Week. Shinerama is our annual campaign for the Canadian Cystic Fibrosis Foundation (CCFF). Last year we managed to raise over \$45,000 for CCFF, and this year we're shooting for a goal of \$60,000. It may seem like a large jump, but we had an incredible

amount of student involvement last year, and it looks like this year is going to be even better. We've

Tonight, we've got a Shine party at Rum Jungle. \$2 for 2 drinks at the door, and all of that goes to Shinerama.

got a great week going, and it's not over yet.

Tonight, we've got a Shine party at Rum Jungle. \$2 for 2 drinks at the door, and all of that goes to Shinerama. As well, just by going you get a chance to win tickets to a Molson House Party,

featuring Swollen Members and Sum 41.

Tomorrow, on the NAIT Soccer Field, we've got the first annual Shinerama Show'n'Shine. If you're looking to show off your car or truck, drop by E131 to pick up an application form, and to find out about all the great prizes we're offering. Even if you don't enter, drop by anyways because there is going to be some amazing rides and a ton of free give-aways there.

And finally, on Saturday, 13 Sept., we've got our Shine Day. This is the biggest day of the week for Shinerama. This is where all the volunteers who signed up at Registration and the NAITSA office all come together for a day to raise as much money as they can. The day kicks off at 8:00am

with a free Pancake breakfast at the Nest. We've got some guest speakers from CCFF coming in to provide words of wisdom. Then, around 10:30, we'll get everyone sorted into his or her teams and sent off to different locations around the city. Once there, they'll either shine shoes or wash cars for the day. At the end of the day, around 4:00, we get everyone to meet up at NAIT again to tally all the money raised. Then everyone goes home for the afternoon to get cleaned up, because everyone who helped out is going on a FREE PUB CRAWL to the biggest bars and clubs in town.

Well, that's all I can really say about Shinerama. If you're interested in volunteering, or have any questions, drop by E-131, the NAITSA office.

Student Health and Dental Benefits

This is the Student Service Coordinator for you student health and dental plan(s) offered through your NAIT Students' Association.

A very popular questions students ask is: **"Why is the plan mandatory?"** The best answer I can provide is that we are trying to offer a cost effective service to those students that are unable to afford supplementary health and dental services.

For some students it may not be important to afford essential prescription or obtain basic dental services, such as annual examinations. For many this is not the case though. Many students are unable to pay private insurance premiums. The average private insurance premium ranges from \$60.00 to \$100.00 per month. The cost for the student benefits plan is \$206.00 for the whole year. This includes both health, dental, and the summer months in which most students are not actually in school.

Opting Out

Although the benefits plan is mandatory, every eligible student is offered the opportunity to waive the health and dental benefits. For full time day students starting in Fall, your deadline will always be the last Friday in September. For students starting full time in Winter, your deadline will be the last Friday in January.

In order to waive the benefits, the student will have to complete a waiver form and provide proof of coverage before the deadline. Proof of coverage includes 1) a benefits card or 2) claim forms or 3) a letter from the organization providing your benefits.

The deadline for students commencing in Fall 2003 will be September 26, 2003.

The deadline for students commencing in Winter 2004 will be January 30, 2003.

Obtaining Coverage

For students who wish to utilize the benefits plan, you must complete a Personal Information Form in order to activate your coverage. Due to the Freedom of Information and Protection of Privacy Act (FOIP), the institute does not provide us with your student identification number or date of birth. This information is pertinent in activating your coverage with the insurance carrier.

We recommend that you do wait until you need access to the coverage before completing a Personal Information Form. This may delay the processing of your claim(s)

Family Add On

Some students may choose to add on a spouse and/or dependents. This is an optional fee. The deadline is always the same as the opt out deadline. Please visit our office for more information.

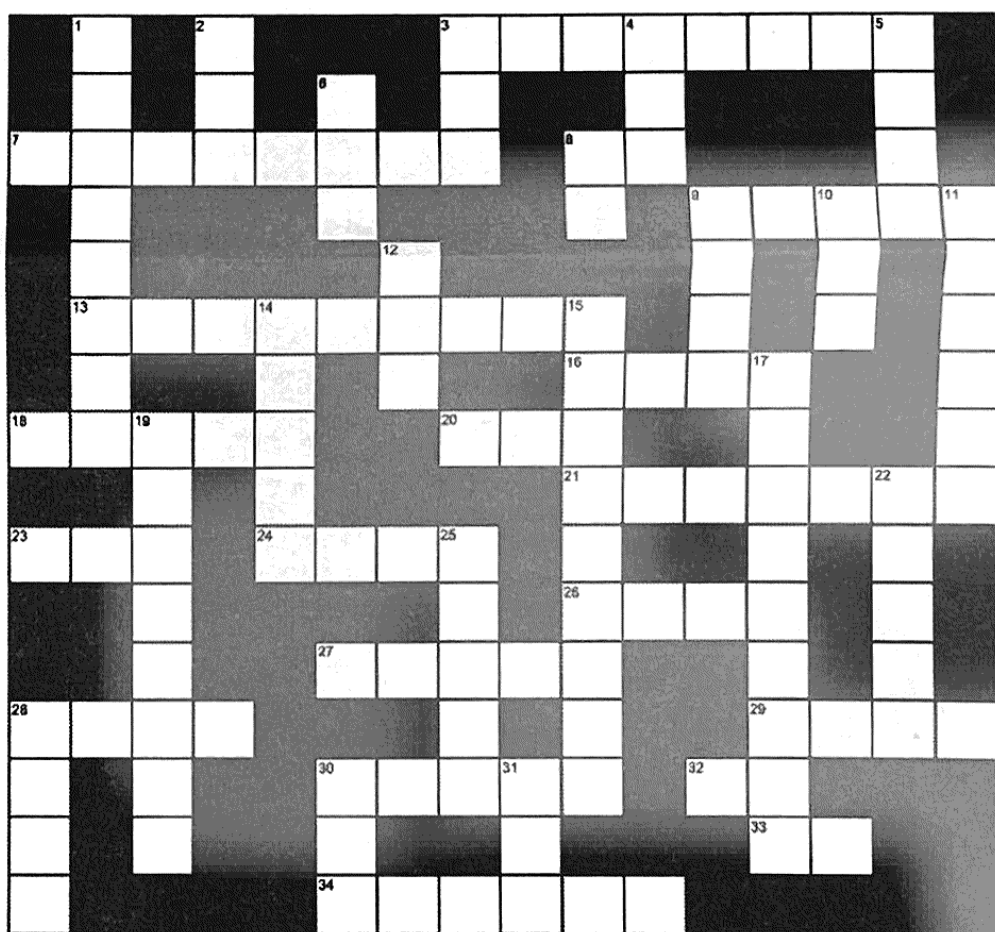
Office Location and Hours

Our office is currently located in Room E133. We will be happily moving into our new office in the next couple of weeks. Our new office location will be in Room E125. Our office hours are from Monday to Friday, 9:00 AM to 4:30 PM.

The purpose of our office is to provide with you with any assistance in regards to the health and dental plans. Please contact us with any inquiries or questions you may have.

Time Killing Made Easy

Answers somewhere
in this issue.



created by Harman Van Andel

Across

3. Roamer
7. UofA Children's Hospital
8. Not You
9. Not Ever
13. Colourful Flying Insect
16. TO From Here
18. Explosion
20. Agreeable Response
21. Shake
23. Cannibus (S/.)
24. Worst Runner
26. 80s Metal Band
27. At Attention
28. Buddy in Australia
29. Birthday Suit
30. Bother
32. Actor Pacino
33. Canadian Roots Giveaway (In Speech)
34. Place To Chow

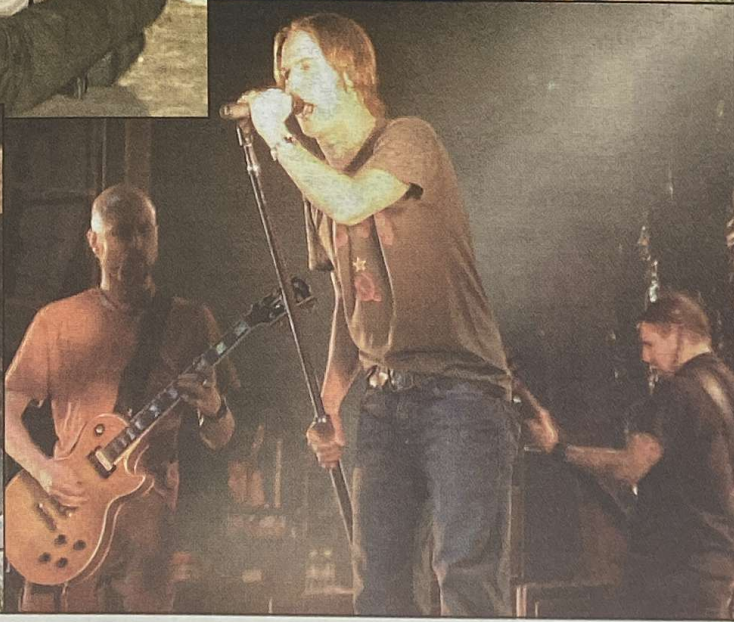
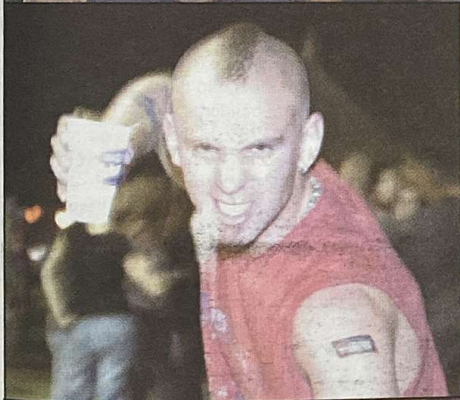
Down

1. Turkish City
2. Sick
3. How Come?
4. Bambi's Mom
5. Interest _____
6. Agreeable Reply (S/.)
8. Mother in the South (S/.)
9. Capone's Nemesis
10. Animal's Doc
11. Creek
12. Mined Metal
14. Added Up
15. Before Today
17. Student's Schedule
19. Insect Eating Mammal
22. No Winner
25. Teach a New Employee
28. Wood Refinery
30. Banana Loving Primate
31. Not New (To Shakespeare)

WELCOME WEEK 2003

Thursday
SEPTEMBER 11
2003





Eskimos Deliver Pounding in Record-Setting Game



JUSTIN Huculak

Last Friday in front of a record attendance of 62,444 people, the Edmonton Eskimos not only beat the Calgary Stampeders, but downright embarrassed them in a 38-0 spanking.

The party didn't start at the game though. At 3:00 p.m., The Nest located right here at NAIT threw a pre-game tailgate party, where the festivities and drinking began for many before catching one of the five busses that were available for the students to have a safe ride to get to the game.

Despite the Commonwealth Stadium having its share of Stampeders fans present, Calgary came out the gate slow and were outplayed by a much more determined Eskimo team then the one we saw lose to Calgary on Labour Day. Troy Mills had the first touchdown of the game off a screen pass, five minutes into the first quarter, which immediately sent the stadium into a frenzy, which would end up lasting the entire game.

Mike Pringle had another stellar game running wild for 148 yards along with two touchdowns

on 22 carries and is now the league's leading rusher with 1032 yards. On the defensive side of the ball LB Singor Mobley set the tone early recording two interceptions in the first quarter and continued to harass Calgary QB Marcus Crandell the entire game.

Terry Vaughn who happens to be a former Stampeders and now a current Eskimo receiver also set a league record of nine straight seasons of a 1000 yards receiving. Vaughn eclipsed the milestone with 5 catches for 91 yards and had a very impressive 40 yard reception that set up a Scott Robinson touchdown.

Starting Eskimo QB Ricky Ray also had an impressive night besides his two interceptions, Ray completed 22 of 27 passes for 266 yards and two TD's. In the fourth quarter Coach Higgins gave some playing time to backup QB's Bart Hendricks and Jason Maas, who both turned in good performances during their brief stint on the field.

Around the league my Riders also trounced the B.C Lions 28-2 remaining one game back of the Eskimos and two back of the first place Bombers who defeated the financially troubled Toronto Argonauts. Hamilton also continued their losing streak, which is now at 12 games, at the hands of the Ottawa Renegades.

Ladies College Fastball League Underway

LARRY Cantelo

The Alberta Inter-Collegiate Womens Fastball League began play this weekend with the NAIT team playing 5 games in Calgary. The club came away with wins in all 5 games. Game scores were NAIT 12 Mount Royal 2; NAIT 9 UCal 3; NAIT 13 ULeth 1; NAIT 10 SAIT 2 and NAIT 8 RDC 4. Ashley Reed picked up 3 wins and Heather Summerton 2 as both pitchers combined to toss 5 complete games. Loni da Costa and Jill Groves each had 2 home runs during the weekend.

The NAIT club had been prac-

ticing for two weeks in preparation for the league opener. Included on the team are players from NAIT as well as other post-secondary colleges and universities who do not have teams in the league. Most players on the squad played Midget "A", Junior "A" or senior fastball with club teams in Alberta this summer.

The seven team league is made up of U of C, Mount Royal College, SAIT, Medicine Hat College, U of Lethbridge, Red Deer College and our NAIT team. Each team will play a 16 game regular

season.

The first home action for NAIT will be Sat. Sept. 6th at John Fry Park #4 with games at 10:00am vs. Red Deer, 12:00 noon vs. U of C and 2:30 vs. SAIT. The league winds up the weekend of Oct. 4/5 with the championship tournament in Lethbridge. League officials are hopeful that ladies fastball will ultimately become an ACAC sport with full Inter-Collegiate status.

Larry Cantelo is a NAIT instructor and is one of the coaches of the team. (Ph: 471-8440)

From rINgSIDE

WWE, TNA, and the Return of Edmonton's Wrestling Radio Show!

MIKE McGuire

Another school year marks the return of everybody's favorite wrestling column... okay... the only wrestling column to grace the pages of the Nugget. It's been a long summer, so let's get updated:

WWE is still going with the brand split. For those of you who are looking for the reunification, keep looking. This is the way to go. It's been an interesting summer for the dub. Hogan's gone again, Piper resurfaced and disappeared, Kane got ugly (or uglier... depending on how you look at it), and Goldberg is once again chasing a guy with the initials "H-H-H" for the big gold.

NWA: TNA celebrated their first anniversary over the summer. The PPV exclusive company has served as a new ground for several independent wrestlers from around the world, and is giving some of the hardcore wrestling fans another source for televised wrestling.

Locally, both the Prairie Wrestling Alliance and Monster Pro Wrestling continued to put out some great local wrestling, with the most recent being the Edmonton debut of Harry "Bulldog" Smith at the last PWA show. For those who don't know, Harry is the son of the late great "British Bulldog" Davey Boy Smith. Harry, now 17 years of age, stands well over 6 feet tall, and is no doubt on his way to the big time.

Edmonton's only live wrestling radio show is back on the air this Tuesday (September 16) on NAIT's own radio station, "nr92". If you're new here, nr92 is a little tricky to listen to, but well worth checking out. While listening online, you can check out the show's website at www.ringsideradio.tk, or listen to

us through cable FM at 92.3! Hosted by both myself and "Big Bad Boris", we cover the Edmonton and international wrestling scene like no others. Throw in an affiliation with WWE, and you got prizes and Pay-Per-View!

Coming up this Tuesday on the show, we will be featuring a shoot interview with Stampede Wrestling/PWA star "Dirty" Duke Durrango. Some of the things Durrango has to say will give you a look at the wrestling industry that you may not have considered. We go to air live at 5:30 PM! Back to the worldwide scale, the buildup for WWE's Unforgiven PPV is looking kind of interesting. Considering there will be a match between Shane McMahon and Kane, and a "battle of the announcers" of Coach and JR, one could say that "Unforgiven" may have a double meaning following this latest PPV venture.

There is a lot of wrestling to cover out there, and I'm always looking for feedback. Send your questions or comments to me at mikenait@shaw.ca, or ringsideradio@hotmail.com.

Mens Soccer Club Dominates Pre-Season Play



JUSTIN Huculak

This past weekend NAIT's men and women soccer teams traveled down highway #2 to Red Deer for their first exhibition play and with that the school athletics have officially gotten underway for the year.

There were over forty students trying out with the Oaks mens team this year and after a few inter-squad games, Graham Woods and his coaching staff had some difficult decisions to face when it came to the cuts. By the results of the weekend the coaching staff choose well, taking thirteen returning players as well as

nine rookies to Red Deer, who finished undefeated with a 3-0 and record.

In their first match-up the boys defeated Grand Prairie 8-1 and just two hours later managed to hold off a tough Red Deer team in a hard fought battle, which they eventually won 2-0. On Sunday the Oaks were at it again this time against one of the stronger teams in the ACAC, Mount Royal, but once again NAIT prevailed and won the game comfortably by a score of 4-1.

After the weekend concluded coach Woods had some kind words to say about his teams performance, "Winning is always important but seeing the players gel on and off the field was extremely satisfying." He also said that this years edition of Oaks soccer has

a "very good mix of veterans and rookies" and that they "have depth at all positions." The coaching staff is very confident in this team but warned they need to be "cautious and guard against any over confidence that might creep in." While veteran and co-captain Branko Culo added that "there's a sense of chemistry with this group and it's going to be a fun season."

The Oaks soccer club who are lead by Scott Reynolds, Jimmy Nfor, Scott McLeod, and Jeremy Corpuz, kick the regular season off this weekend in Fort MacMurray.

The women however did not fair quite as well, losing all three games last weekend, but will have plenty of opportunities to make amends when their season kicks off this weekend as well.

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2 PASTA DINNERS with meat sauce \$13.50	2 JUMBO DONAIRS with Price & 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.					

The wheels on The Bus go round and round...



DWAYNE Johnson

Ah, the bus. Fun times on that rectangular shuttle we love to hate. If you're like me, most of you have been taking the bus since the minute you started Junior High school (don't know many people who bussed to Elementary, but meh!) Sure in the big scheme of things I'd rather be driving to and from school (greenhouse shmeen-house right?), but the bus does have its fair share of great times.

Now for "great times", I am of course using the term pretty lightly. If anything, riding the bus is like being stuck with a boring friend of the family who drives you batty; which, when you are able to escape, you relay the horrible experience back to your friends, so you can all have a good laugh. There you have it! The bus is merely an annoying friend of the family that you sometimes get stuck with!

Most of us have our fair share of bus traumatic stories. For some it might be running through the snow in minus twenty-five degree weather attempting to catch that bus that arrived JUST a bit too early...only to slip mere meters from the desired target and watch it roll it's big ass away. Now, not everyone stumbles while running after the bus. Sometime we do manage to get fairly close to the bus, still just missing it by several feet. But not without first noticing the blank stares from those already seated on the bus...as they watched your attempt with some sort of reality-show-addict amusement...all the while not trying to help! Grrrrr

Then there are the stories from

WITHIN the dreaded bus. Now this is when shit gets interesting... anyone who ever caught the LRT or even a late-night bus home from downtown knows what I'm talking about. Stories from the night usually have one central group of people...THE CRAZIES!! Now, I say "crazies" with all the sympathy I can possibly muster for a crazy person who rides the bus, but let's face it...they are el loco! The majority of those who have ridden a bus before have had AT LEAST one crazy person sit next to them, or in their general area. These people usually just do odd things that simply creep a person out and / or traumatize them from catching the bus again. Though in the end they just become another story for the books though!

There are also your miscellaneous bus riders, all of who can be separated into their groups. You have the "talkers", these are the people who will talk to ANYONE who makes eye contact with them, I find it's best to stick to one word answers (or perhaps simple nods now and then) when I've had a long day, so as not to provoke more conversation than needed. Another group would be the "phonies", these are the people who talk very loud on their phones, allowing anyone on the bus to listen to their intimate and disturbed conversations. I could probably go on and on about the different groups, but you get the idea.

So to sum up this already long article (congrats if you made it this far though!) Bus = fun, people on bus = weird, bus drivers = well...grumpy? Who knows... who cares, just ride the bus if you get bored someday and find out for yourself! In the meantime I have to go catch the #8 past St. Joes, which will probably lead to me sitting ahead of a bunch of

preteens talking about birth control again (and yes, I do mean AGAIN...ugh) Till next time folks!

Do you have any traumatizing bus experiences? Need a shoulder to cry on? Well then email features@thenugget.ca and I'll see what I can do

A Return to the Future



DWAYNE Johnson

The sweet smell of education is back in our nostrils once more; NAIT has once again kicked off another year of learning. For those new to our school of technology, this will be one of the most 'roller coaster of emotion' years you will have experienced in a while. It will start off all nice and smooth as you get comfortable with the atmosphere. Then slowly, and smoothly, more and more work and projects will be piled on you. You get to the peak of stress and burnoutville and think you won't be able to pass your desired courses. Then your confidence in your ability to actually pass your selected technology will plummet dramatically until just as you feel you might as well give up...but in the end you (hopefully) pull it off...and your confidence returns to normal once more.

Hrm...maybe that was too depressing of an example...but it's a crazy rush either way, and the stress does tend to suck, but I'll be damned if it isn't almost addictive! Those of us in our second year of our programs at NAIT have definitely experienced the agony that midterms and final exams can place on the human body. Staying up throughout the night in one of the NAIT lounges chugging down caffeinated beverages like they give us some sort of super power, and working feverishly on those projects that we had several weeks to finish but waited till the last week to look at them. Perhaps simply taking a nap during an exhausting week of projects as well. You know...all the joys we pay so gladly to experience!

However, no matter how tired or stressed out we become; there is also great FUN to be had here at NAIT. The intramural programs give us all an opportunity for the different programs to compete against one another, and release some stress with some ol' aggres-

sion. The beer gardens allow us to come together and just have fun as one united group. Then there are the "special" events such as Ookfest, Halloween party, the New Years Ski Trip (a DEFINATE BLAST and must-do experience!) and MANY other fun activities to be discovered while here at NAIT.

Of course should anyone experience undue problems with the NAIT adventure, we have the hard working people of NAITSA to fall back on. So I suggest to those new to NAIT—hell even those who aren't—to stop by the NAITSA offices and just become acquainted with our elected representatives, who are also a great support when we need them. Not to mention the excellent staff here at the Nugget—who are ready to promote your voice and opinions—so don't forget to submit any articles or opinions you have to us!

Best of luck everyone. Lets make another kick ass year in NAIT's history.

SPORTS

NAIT Swim Team!



JUSTIN Huculak

If any of you are swimmers out there and are interested in representing NAIT in the Alberta Colleges Athletic Conference (ACAC). A swim team information meeting will be taking place on Monday, September 15 at 5:00pm in classroom J-111, which is located on the main floor just

before the activities center. If you are unable to attend the meeting you can contact coach Riddle at 471-4605.

Coach Riddle has all ready started open swims from 6:00-8:00am, every Monday, Wednesday, and Friday. The Ook swim team will commence tryouts beginning the following Monday, September 22 at 6:15am on the pool deck and will also run them on Wednesday the 24th and Friday the 26th.

There are also many scholarships that are available through the swim team to be won.



THANK YOU!

NAITSA would like to thank everybody who worked hard and spent endless hours making this event successful. This was the biggest OOKFEST to date and couldn't have been put together without your tireless efforts.

Thank you once again and we will see you again next September for

CANADA'S BIGGEST CAMPUS PARTY!

To ID? or not to ID?

...that Should NOT be the Question



DWAYNE
Johnson

Okay kids, settle around the ol' Nugget and let me tell you all a little story.

This story begins with a group of us just relaxing at a little bar around NAIT that everyone seems to enjoy hanging out at on Tuesdays. Anyway, my buddy spots a good looking and seductively dressed female and—after a couple one dollar drafts—decides to approach her and “Lay down the Mack” as he claims. The rest of us, with a desire to watch each other get embarrassed, sit back and decide to watch the show. So our friend has a nice—and what seemed to go well—chit-chat with the lady for about 5 minutes, and then returns back to our table with a disheartening look on his face.

“Didn’t go well?” I say with a sarcastic smirk.

“The chick is f’in 16 man,” our friend replies.

Bonus story: I relayed this story recently to an associate of mine, who then also told me of a similar story that occurred to a close friend of theirs. The gentleman of this story (now to be known as Mr. Naïve), saw a well endowed, physically fit young lady at the bar; without any hesitation sparked up a conversation which eventually led to a three month relationship. One day, as Mr. Naïve is minding his own business, he receives a call from a rather upset father, who seems to call him every slanderous name in the book! Turns out that Mr. Naïve had for the last three months, been dating a fourteen year old! Yes ladies and gentlemen...a mature, yet still in junior high school, fourteen year old.

Moral of these stories: Looks can be deceiving in the bar!

But I mean honestly, has it gotten THAT bad?! Girls, and yes even guys, looking twenty-three when they are more accurately around the ages of fifteen and sixteen?! Will we soon need to start requesting ID before conversing with those of the opposite sex? Damn shame. Could make for an interesting pickup line though!

“Hey your absolutely beautiful, now can I see if your driver’s license picture is as breathtaking as you?”
...hrm ...on second thought...
Nope.

Though, I must give credit, not every teenybopper with a fake ID gets by the bouncers in this city. On the last Saturday of the Fringe this year, a group of us decided to end our night at the Armoury (boy that was a fun wait in line). As we neared the front, one girl in a group of five, was told by the burly doorman that her identification was indeed fake. She proceeded to declare her innocence

until finally the young man told her to step into the light and look up. She did just that.

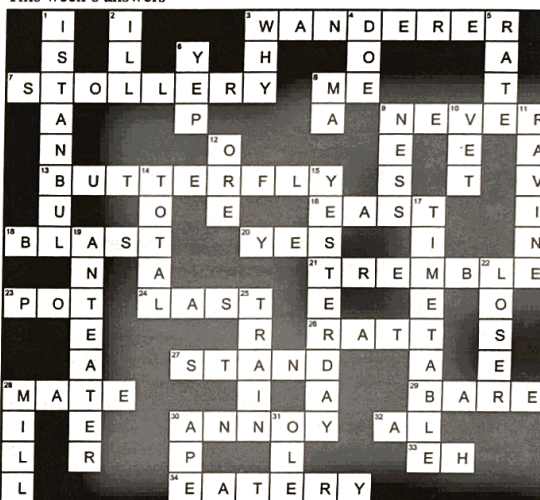
He then informed her that her eye color was green, and that the

girl in her identification had brown eyes. He then told her she might be able to reclaim her identification from the authorities at a later time.

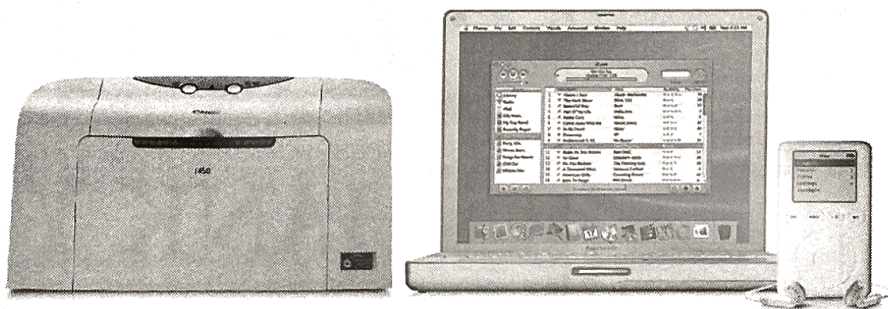
So there you have it ladies and gentlemen. There may still be hope for those of us not wishing to flirt with the jailbait of E-town.

Comments? Questions? A need to talk about your own experiences with jailbait? Send them to Features@TheNugget.ca

This week's answers



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Default, Not Wasting Time Anymore



JUSTIN
Huculak

I know I'm supposed to cover the sporting world around NAIT, but right now it's a little slow and when the opportunity presented itself to cover the Default show, it was one that I could not pass up on, being a huge fan of the band myself.

The Vancouver based quartet, who always pour nothing but rock emotion into their show, consists of lead singer Dallas Smith (who has one of the most distinctive voices in music today), Jeremy Hora on guitar, Dave (the energy of the band) Benedict on bass, topped off with the amazing Danny Craig on drums, who was cool enough to give me a drumstick after the show.

This was the second time that I have seen Default perform and they just keep getting better with experience and if for some dumb reason you haven't seen them yet, I strongly suggest you do next time they're around. Last Thursday night was one of the best live shows I've seen in awhile and the boys treated the fans with four or five new songs that all rock, along

with all their hits from their debut album "The Fallout." They started the night out with the high energy song "Slow me Down", which got everyone in the mood and fans immediately crowded to the front of the stage and the group continued to put on a solid rock show for the next ninety minutes, without losing anyone's attention with their soon to be classic hits and the various new songs they were performing for the first time on this tour.

They initially closed the night off with Wasting My Time, where everyone in the audience was singing along, but they soon came back for their encore performance after a very loud "Default!" chant and treated the fans to another new song, before finally finishing the night out with their rock anthem Deny.

Unfortunately their manager wasn't letting the band do any interviews, but I was able to talk to Dave, Danny, and Jeremy briefly

during Retrograde's performance. It was very informal, but I did find out that they like thrift shopping at Value Village and the one question that was burning on my mind that I had to ask the boys was whether groupies still existed or whether they died out in the eighties with the metal hair bands. They had a pretty good laugh at the question, but said "they still exist, just not as dominantly as they seemed to have in the hair days of the eighties."

The way these guys interacted with the fans and handled themselves backstage was with total respect and I can definitely say they are some of the good guys of rock and roll who don't walk around with their heads up their ass.

As for a new record fans can expect it to come out late this year or early 2004 and by the sounds of it, it's going to be just as good as "The Fallout" if not better.

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Review

Dickie Roberts: Former Child Star

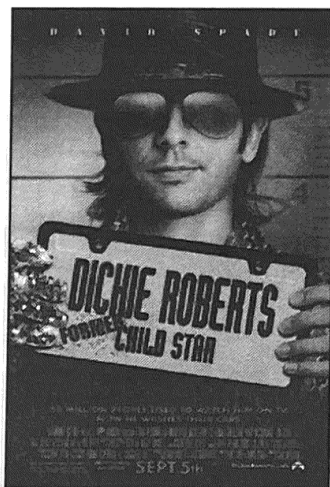
KRISTEN
DiRocco

Dickie Roberts (David Spade) is a 35 year-old former child star, who used to captivate audiences with his trademark phrase "your nucking futs!" When he got older and the audience realized that he wasn't cute anymore, Dickie was kicked to the curb, but not soon enough. He never really learned anything about being a person in the real world. At 35, Dickie is determined to make his showbiz comeback with a part that he is dying to play in one of Rob Reiner's (playing himself) movies. He swings a meeting with the director, who doesn't take too long to let Dickie know he is in no way "normal" enough for this movie. The problem, in Reiner's view, is that Dickie skipped out on the basic foundation of life; a childhood. Now he must learn to be a human instead of a celebrity to get a role in the film.

It's as if Dickie had been waiting his whole life for someone to tell him what is wrong with him. He immediately goes out and rents a family. Yes, that's right, somewhere in that messed up Hol-

ously, you only see a family like this in the movies, there is nothing "normal" about them) Dickie begins his life again, from the beginning.

This movie does have its funny moments however, most of them are in the trailer, and you can see them for free by sitting at home and watching TV. All in all, the concept is a little bit ridiculous. Even though there probably isn't a person among us who doesn't wish they could go back in their lives and change something, watching Dickie, at 35, being pushed around in a stroller by his new mom makes you wonder about the sanity of both of these characters. By the end of the movie, you don't care at all about the sanity of any of the characters; you care about the sanity of yourself. If this movie was ten minutes longer, I would have driven myself straight to the Alberta Hospital and begged for admission. Instead, it did end, and I went home, wrote this article, and vowed to myself never to think or speak of this movie again.



lywood world there was a family willing to "adopt" a 35 year old brother, and give him the childhood that he didn't get to experience the first time around. So, with his new plastic family (seri-

Review

Yellowcard, Ocean Avenue

KRISTEN
DiRocco

In a world where pop-punk bands are beginning to spring up all over the place, like potatoes, how does a band have a chance to stand out and be heard? Yellowcard's solution to this problem was to add a violinist to their rhythm

and Ocean Avenue is their third release to date.

Ocean Avenue is a very strong disc all the way through. It begins with a song called "Way Away" which deals with the choices that you are faced with in life, and the fact that you are the master of your destiny and your life will only be what you make it, even if it means leaving behind the people that you love. This songs counterpart is the very last track on the disk, "Back

are 11 more, all filled with sincere emotion, wrapped up in tight melodies and complimented by the occasional outburst of a violin. This is a really comfortable album. Even on its first spin in your CD player, you'll feel like you know all of the words, just like you've heard it a thousand times before. However, the best part about this album is that you can put the disk in your CD player and not have to skip every second song. It is a



section, the perfect way to round out their aggressive melodies, and put a nostalgic spin on their truthful lyrics. Yellowcard is a quintet based out of Ventura, California

Home" which points out that once you've left home, going back will never be the same, a piece of it will always be missing.

In between these two tracks

great disc for a small gathering, like a barbecue, or perhaps a road trip. You can pick this one up for about \$15-\$20, and I personally think that would be money well spent.

It should be called Kookfest!

DICK
Lottatang

Well I'm sure that those of you that did not take part in last week's events around here are kicking your own asses by now. Talk about bitchin' parties. It was almost enough to make me a KOOK! As promised here's the low-down on the week.

Tuesday: Business Tower Beer Gardens. The Budweiser Big Rig pumped the tunes while the "wanna be" cowboys tried to hold on to a mechanical bull. BAS (Business Association Society) had hamburgers on the BBQ and hot chicks serving up some beef. Attendance at this party was ok for a Tuesday afternoon, however most of the "notorious" beer guzzling business students must have had to run home and give mommy a kiss after the first day of school.

Wednesday: Annex Beer Gardens. Holy Shit! Now these people know how to party!! Big Rig + Water Guns / Hundreds of Nait people = Smokin' good times. The sun was out in full force and we were thirsty! Girls were running around with wet t-shirts, X-Box was giving away games and I was getting pissed. Good times.

Thursday: Nait Soccer Field Beer Gardens followed by Default. This was the first time that I had ever been on the field; I can't believe they play soccer on such a nice concert area. It was well organized, the beer was cold, and the music was loud. Deep Fine Grind and Retrograde opened up for Default; who I might add, KICKED SOME ASS. I honestly would have to say I have not enjoyed Default's company before, but I'd go see them again. (At least for \$10)

Friday: The Foam Party. I chose not to go to the football game as it WAS just against the Stamps. And well, I did a little research on foam parties. Apparently there is supposed to be a lot of titties/nudity/horn-dog stuff goin' on. Upon arrival, I was mesmerized by the amount of people there. I don't know for sure, but I'd say there was way over 1500 by 10 pm. So I get a beer and head over to the foam pit. It was about 8 X 8 meters...I had pictured something a bit bigger I guess, but there was like 50 people in there and they were all smiling like they farted in an elevator. The DJ's rocked, the light show was cool, and all

I have to say about this party... WOW. Do it again. Soon.

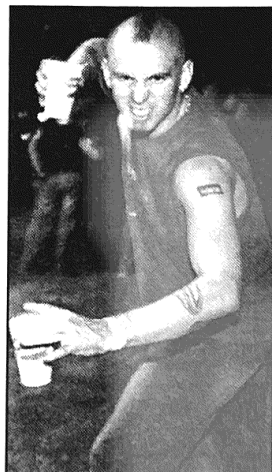
Saturday: Oookfest. They said at orientation that this would be the biggest party in Canada. They did not lie. I hung out on top of the Big Rig for a while because I prefer to be close to the beer itself, and I could scope out the sweeties too. Considering the size of the party (I heard 4000 people) there was no trouble that I saw. Security was everywhere, the music never stopped from 3-12, and the hottest girls of Nait were as drunk as me. I can tell you right now I will be back to this party next year, whether I'm still a student or not. I just still can't believe Lillix signed my shirt. Mmmmmmm.

OOKFEST 2003

Security	9.0
Music	8.7
Service	7.1
Style	8.0
Mood	7.3
Ass Factor	9.5
\$\$\$\$	7.5
Hygiene	5.5

Rated: 7.8

The best thing about it all...cheap. Over the course of this whole week, I spent \$40 on tickets, and \$120 on drinks. In other words: For only a measly \$160 I saw 17 top notch bands, 5 DJ's, 1 big ass beer truck, 20 sets of boobs (at least), thousands of happy people, and 4 hangovers. Next week: we go to pet the Velvet Lounge.





Ookfest was a blast, but we needed more girls at the foam party. If another guy ever grabs my butt thinking I'm a chick...I'll need permanent counselling!
- Mr. Foam

To the girl that I made out with on the bus back from the Eskimo Game. I LOST YOUR NUMBER! So sorry! hopefully we meet again though!
- Chris

To the two creepy guys that like to sit near the back of the room on 8th floor of the tower. Quit STAR-ING at my friends and I. Pervs.
- The Anti-Perv

To the blue eyed brunette in the business tower, you are simply

gorgeous. Keep up the good work!

To the muscle shirt man: I love you! Please give me your number in class, maybe we can hook up sometime! - Skanky chick in pre-tech

Tammy, too bad you missed Harry Potter night at the Trappers game this summer.

Hey Muma, the only thing there is to do in Calmar is to eat the ice cream. No wonder you're always working on those chicken curry recipes.

Nelson: God said to Noah, there's going to be a floody floody. - Martin

To the jerk that stepped on my foot by the Common Market, and didn't feel the need to even apologize. I hope you AND your ego get what's coming to you!

-One Annoyed Girl

I'm sick of being cheated on! Down with the "ho's. You know who you are, beeeatches! - Always faithful

Well I just couldn't help myself kids...finally a student has the balls to come out and speak (Re: Grapevines letter about parking increase to \$25 a month and pot holes in the parking lots and road ways in the Sept forth issue)and you tell him/her that that isn't the place to spout??? Maybe it worthy of investigation you say??? Give your head a shake you guys!!! This is exactly the issues you should be addressing,if not in grapevines then else where in that sleezy little sun copy of a rag your trying to present to the student population as worthy of reading. Aleast this person has something worthy of mention that shows they are getting their moneys worth for higher education and advanced thought and thinking. It saddens me to think that this and other issues are being faced by these students and sadly you would rather focus on

the fill the space with tabloid trash from the likes of "Horney 4 U" and or adding Nugget Girl and Nugget Guy to the paper. Maybe things will change in this papers future,but sadly,I doubt it. So as you all silently whine about the high cost of education,remember food prices in the cafeteria, \$1.50 a transaction at the ATM's,and yes,the price of parking. Oh yea...and don't do drugs. - Noel.
Editor's note: When communicating in the English Language, there are rules called punctuation, spelling, spacing, and grammar. Also, this is STILL hardly a grapevine. If you'd like to write a letter to the editor, then you can click on the little "Letter to the editor" link. Rocket Science, eh?

If you would like to reply to any of these, or submit your own grapevine, you can go to www.thenugget.ca and follow the links.

Classifieds

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Looking for PT work around class? GREAT PAY. \$14.85 base appt. No experience required, full training provided! Scholarships and Interships available. Apply online at www.workforstudents.com or call North 497-7701; South 436-9444.

Gaden Samten Ling Tibetan Buddhist Meditation Society

"Managing Modern-Day Stress from a Tibetan Buddhist Perspective", a public talk by Kushok Lobsang Dhamchoe with translation by Sonam Topgyal. Stanley A. Milner Library Theatre, 7 Sir Winston Churchill Square, 7 to 9 pm, September 11, 2003. Tickets \$25 (Members, Seniors and Students, \$15)

"Tibetan Bazaar." Inglewood Community Hall, 12515 - 116 Ave., 10 am to 5 pm, September 27 and 28, 2003. Tickets \$5 (Seniors and students \$3, children under 12 free).

"Secular Meditation Workshop" led by Kushok Lobsang Dhamchoe. KIVA (2-103 Education North, University of Alberta), 9 am to 4 pm, October 18, 2003. Tickets \$55 (Members \$35).

For further info: Mavis at 418-8340 or <http://www.gadensantenling.org>

River Bank, quite area, next to river & trails. 2 bedroom suite in 4-plex. Non smoker. Small pets and children welcome. Rent \$750. Includes water, gas and use of washer & dryer. Pay own electricity. Available Sept. 1st. 11120 - 50 St. Ph: 906-2234.

2 bedroom, 2 bath, 7 appliances. 2 car garage. NP. NS. \$700/mo. Call 462-3097.

M/F to share N.E Edmonton home. \$450 per month. Utilities included. \$250 damage. Call 918-0031.

Need small electronic devices such as VCR's, stereos, etc. repaired for CHEAP??? e-mail MIKE @ MEEKAY@SHAW.CA

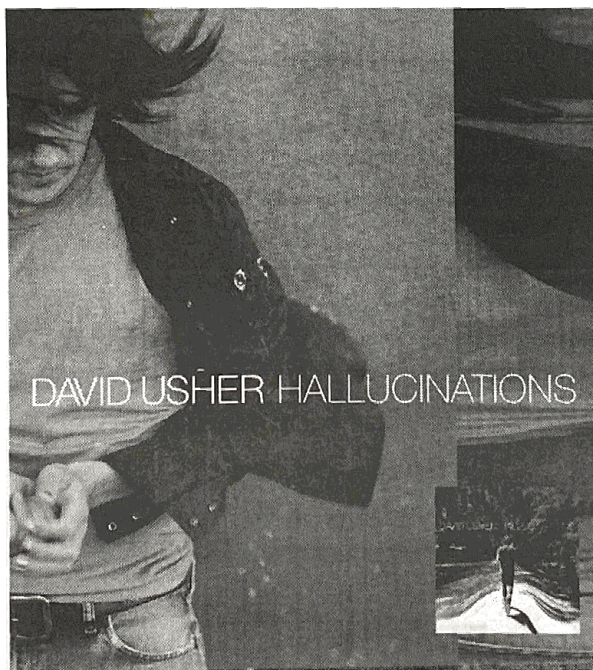
PARKING AVAILABLE 2 min walk to NAIT Call Sherry @ 477-0191

If you want to submit a classified ad, simply log on to www.thenugget.ca and follow the links.

The **TERRY FOX RUN** will be held Sunday, Sept. 14 2003 at Hawrelak Park. It starts at 8:30 am. Please come out. It's a worthy cause.



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September

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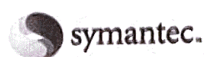
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