

KEEPING IT REAL SINCE 1963.

THE NUGGET

Thursday, September 4, 2003
Volume 41, Issue 1

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA



Ookfest Preview

The Tea Party hits Ookfest on Saturday.



KRISTEN
DiRocco

By the time you read this, Welcome Week will pretty much be over. I hope that you all jumped on the chance to participate in the Welcome Week activities, getting to know your school, as well as meeting the people in it. There are, however, a few remaining events left. Default is playing tonight on the soccer field, an Eskimo game with a foam party to follow is

going on tomorrow, and a huge bash is on the agenda for this Saturday. Of course, I'm talking about Ookfest! If you don't have your tickets yet, make sure that you get them soon. This is one party that you don't want to miss out on!

This year's Ookfest features 14, that's right, 14 bands from all different genres, coming out to help us bring in the new year. This is one party that is going to go down in the NAIT history books, so make sure that you don't miss out. If you aren't that familiar with some of the bands on the bill, here's a little bit about each one.

The Tea Party: I have per-

sonally seen these guys live a lot of times, and I think they get better and better every time. They are mesmerizing on stage, really connected to each other, and the audience. If you're up for seeing a set packed with raw energy, the Tea Party is a band you can't miss on Saturday!

Wide Mouth Mason: Yeah, yeah, Wide Mouth Mason. They're such a common name in Canadian rock and roll now that I think they're under appreciated. Seriously, see these boys live. They are a very tight band with very solid songs that almost everybody can sing along to. If you miss these

guys, you missed out.

American Hi-Fi: This Boston based quartet is hotter than hot. With a pop-punk sound that no one can resist, these boys belt out the kind of tunes that keep you warm on a cold day. The kind of tunes that make you dream of being in a better place - except there is no better place than Ookfest. These boys leave you saying, "I'll be your flavor of the week anytime." Don't miss them.

Not By Choice: Another quartet, this time from Ajax, Ontario. Again, these boys have the pop-punk sound that is not only hard to walk away from -

it makes you want to sing along. Make sure you're somewhere near by for this set. You'll regret it if you aren't.

Lillix: I don't even need to write anything here to know that people are going to be checking this set out. Four Canadian women, who can competently play their instruments, and who have a very intense stage presence don't need much of an introduction from me. Their powerful, alluring, and spirited, they are Lillix, and they are not to be overlooked!

continued on page 3...

MEET DA PRESS

Editor in Chief



HARMEN
Van Andel

Well, this is it folks. I received close to 100 applicants for the 4 writer positions I had available at The Nugget. This made last week a pretty busy one for me, but I found the 4 I needed none-the-less. I asked the new staff to write a blurb of sorts about themselves for the first issue. Here's mine:

I am an old fogey to a lot of you. 35 years old to be exact, and I am a first year Respiratory Therapy student. I wrote for the Nugget in the last 3 months of last year as I attended NAIT's Pre-Technology program. As the editor, I'd like to encourage ALL students to visit the website www.thenugget.ca and take advantages of our submissions area. You can submit anything on the website and it will be printed in the following edition of The Nugget. Whether you want to tell a story, or submit a grapevine, it's too easy! I wish you all a good year, and happy reading!

News and Events Editor



DANI
Kent

If you're reading this article, then you're probably just trying to kill time. That's ok, I'm trying to fill space (just kidding!) And yes, Dani is short for Danielle. I'm a second semester RTA - television student. In my "spare" time I work at a tuxedo shop. For those of you who think that's an ideal job, YOU touch men all day and deal with brides!

My favorite things are (in order) sleeping, eating, and watching movies. In fact, if there's a free meal involved, chances are I'm already there. Being news editor doesn't leave room for a lot of opinion, so you won't be hearing from me often. BUT if you happen to have something that might be newsworthy, PLEASE e-mail me: news@thenugget.ca. This should be a great year, I hope I don't have to report on anything too tragic. Cheers!

Arts and Entertainment Editor



KRISTEN
DiRocco

Hello to everyone, and welcome to NAIT for the 2003/04 school year! My name is Kristen, and I am going to be your Arts and Entertainment Editor for the next eight months or so. Let's start with a little bit about me. I'm a second year student in Legal and Realtime Reporting. That means that you will see me around in the Business Tower, make sure to say hi. My favorite color is red, my favorite smell is that of oranges, and if you see me at the bar, I show a marked preference towards beer or tequila.

My job this year is to keep you all on top of what is going on in the city around you. It is a big city, so I am going to need your help. I am hoping to have the chance to cover a lot of really

diverse events and meet a lot of new people this year, but I need you guys to push me in the right direction. If there is a movie coming out that you think you might want to see, but you don't really want to waste your money on it if it happens to be a flop - drop me a line (entertainment@thenugget.ca) and make me go instead! I'll be sure to give you an honest opinion.

I have spent most of my life in and around Edmonton, and I do believe that we are lucky to live in a city with such a rich tapestry of talented artists and entertainers. I am hoping that some of the things I choose to cover might make you check out a scene that you normally wouldn't be a part of; however, I am also counting on you to let me know when an event you care about is coming up, no matter what it may be. I would really like to capitalize on the local scene, especially NAIT students that are involved in it. There absolutely is

something different to do every night, after your homework is done. I hope that everybody this year takes the opportunity to see a local play, or band, or entertainer of any sort.

A lot of really good stuff will take place at the NAIT main campus this year, brought to you by your very own NAITSA, who, I must say, already outdid themselves with Ookfest this year. It's going to be a tough show to beat, but I have a feeling that it is one of the many surprises NAITSA has up their sleeve for this year. To all the first year students, welcome to NAIT, and I hope you take the opportunity to get involved in and around your school, there's lots to do! As for those of you who are already familiar with NAIT, welcome back for another year! I hope you take the chance this year to try something new. Let's make this year unlike any year before it - something for everybody to remember.

Features Editor



DWAYNE
Johnson

This is an effort for me to better introduce myself to all my fellow NAIT students! I thought why not have myself interviewed... could be pretty informative...so here it is...

Question Man: So how long have you been at NAIT so far?

Dwayne: Too long...I'm starting to see owls in my sleep!! But, if I had to give an actual amount of time, it would be one year.

Question Man: Ah, I see. So would you say your first year at NAIT was fairly enjoyable?

Dwayne: Sure, if you like getting tossed around like a ball while NAIT figures out what it's doing with the pilot laptop programs. But, other than that stuff. It was fairly fun. The best highlight was definitely the ski trip!

Question Man: Good to hear! So did you always want to write for the Nugget?

Dwayne: Well, it wasn't until I heard about the openings for the upcoming year that the thought of writing for the Nugget actually popped into my head. Before that I had simply been harassing the other CST section about being a bunch of sissies.

Question Man: So you're in the Computer Systems Technology program? Do you have to do as much writing in that as you will with the Nugget?

Dwayne: Hell no. Most of our writing last year was simply messaging each other in class. My class had very short attention spans.

Question Man: Hrm, well that would make things...interesting. What kind of things do you have planned in regards to the Nugget.

Dwayne: Well there's definitely some new stuff in the Nugget this year, we will be featuring a NAIT guy & girl of the week (and yes we know you want BETTER quality than the Sunshine boy & girls, but that all rests on you guys!) As well, as just a ton more articles. Hopefully some user submissions, and of course surprises from us wacky Nugget people now and then!

Question Man: Surprises like what exactly?

Dwayne: ...

Question Man: What? What did I say?

Dwayne: They didn't teach you the meaning of surprise in Question School or what?

Question Man: ...aww don't be mean, I'm sorry

Dwayne: It's okay, it's not your fault. I asked for Julie Chen and I got you. We both had to suffer. But, I have to go write some more articles for the Nugget, so this interview is now over!

Sports Editor



JUSTIN
Huculak

I just want to give a shout out and welcome all fellow NAIT students back to school, whether you are a veteran of these halls, or a fresh tart like me. As the new sports editor for the Nugget, am I told to write about sports around NAIT and the community. Since not too much is happening in the athletics department at this point, they told me to give a little bio on myself. So here it goes.

I tried to think of way so this wouldn't sound like some corny personal add, that someone might

post on cupid.com or something. But there's not much way around it. Anyway, I'm 21 years of age and a first year student here at this fine institution, referred to as NAIT. I'm in the radio-television program and looking quite forward to that. I'm originally from small town Saskatchewan (close to Regina) and just recently moved to Alberta, and yes I refer to "hoodies" as bunny hugs and I'm not ashamed of it. I have to say though Edmonton's a very nice city. Just for a visual comparison for those who have never been to Regina before. The Edmonton garbage dump was built better then the city of Regina as a whole.

I have to be honest though, despite the ugliness Regina possesses, I still bleed Roughrider

green and white and nothing will ever change me. But, on the bright side I am a huge Oiler fan and I find the Calgary Flames and Stampeders as useless as an empty case of beer.

So anyhow, if anyone has a sporting event they would like some coverage on, feel free to stop me in the hallways or you can contact me at huck23@hotmail.com. The more input I can get my hands on the better. So on that note I hope everyone has a good year and I encourage everyone to get up and get out, and support your Oaks. Hope to see you all around the events NAITSA is putting on during welcome week, and make sure you're at Ookfest 2003, it's going to be huge!

NAIT Counselling

"The Learning Busters" promote...

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- Reduce stress
- Make the most of **YOU**
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- Academic • Career • Personal

Student Success Seminars

Peer Tutoring

Services to Students with Disabilities

Student Counselling Centre:
Rm 0117 South Lobby
SSD: Rm 0117, South Lobby
Phone: 471-8921
TTY: 474-5883
Weekdays: 8:00 am - 4:30 pm
(Appointments in person or by phone)

Ookfest Review

continued from front page

Sugakane: This is one set that I hope to see absolutely everybody at. That's right, some of the local boys, Sugakane. If you haven't seen them yet, this is your chance, these guys know what they're doing. Their set will be full of the melody-packed Canadian rock sound that no one can get enough of!

Retrograde: West meets... well, west when these boys roll into town! These Vancouver boys are busy busy, touring with bands like Default and Theory of a Deadman. They have a rawkin' edge

This is one party that is going to go down in the NAIT history books, so make sure that you don't miss out.

working for them, taking the atmosphere of Canadian rock and roll, and making it their own. A must see.

Touchtone Gurus: Another fine example of Saskatoon at it's best. See Magazine refers to them as "pure prairie pop", whatever

that is, I've never heard of it before. It doesn't matter, but what does is that these guys are amazing. I guarantee you that if you go to the stage to watch these guys, even if you've never heard of them, or don't think you like them, you will walk away a fan.

The Ghetto Blasters: Now this is where the fun is really at. Want to rock out? Want to sing along, even though you don't have a clue what the words are? Everything goes with these guys on stage! Their loud, and their coming to show us how to party! Make sure not to disappoint them.

Haven: Another band I've had the chance to see a few times, however, not in a long time. They get better and better every time, and I am looking forward to being blown away by them on Saturday! Four young guys bleeding raw energy - you can't walk away from this set. Want a preview? They're playing at the U of A's Powerplant on September 4th. Go on down and check out Molson Canadian's Battle of the Bands.

Sir Mix-A-Lot: Baby, he's back! That's right, and he's coming to NAIT to show us what a party should be like. Out with his 7th album, "Daddy's Home", I don't even have to say, 'don't miss this', because you would be out of your mind to walk away from this kind of an opportunity.

Link Up With NAIT Career Services!

SHARON Brown

Looking for employment opportunities? Link up with NAIT Career Services and you'll be on your way to being employed. Whether you're looking for summer, part time/temporary or permanent positions you can make use of our services today! Our office provides:

- On-line job postings and resume referral services. Students and graduates can access our postings or post their resume on our website at www.nait.ab.ca/careers using their student ID number. Start by looking under Job Seekers. Drop by for a demonstration or to pick up an easy instruction sheet.
- Job Alert. You can now have your home email notified whenever a new job posting comes up in an area you are interested in. This service is available while you

are a student at NAIT and for one year after you graduate. You will find this button in the job postings section after you log in.

- Resume Consultation. You can book an appointment with a career advisor to get your resume/cover letter reviewed (bring a paper copy).
- Job Search and Interview strategies. Access our hot tips online or book an appointment for personalized assistance.
- Current Job Search publications and handouts. Pick up current information in our office or access our online links.

Career Services also actively promotes NAIT students to employers by providing program information, advertising job vacancies on-line, offering a searchable student and alumni resume database, arranging on-campus interviews, collect-

ing resumes when requested by employers, and by compiling graduate employment statistics. From July 2002 to August 2003, Career Services posted 6,389 jobs online! Out of these, 4,197 were full time positions, 616 were summer positions and 1,173 were part time or temporary/contract positions. 831 employers also looked at resumes on line during our peak hiring period from March 1 to April 30, 2003. So if you're looking for employment, link up with us today!

Link up with the Career Services website at www.nait.ab.ca/careers and go to Job Seekers for employment information. You can contact us by telephone at 471-8874, e-mail at careers@nait.ab.ca, or by dropping by our office in the South Lobby at O117.

Want a HOT Date?



SEPTEMBER 15

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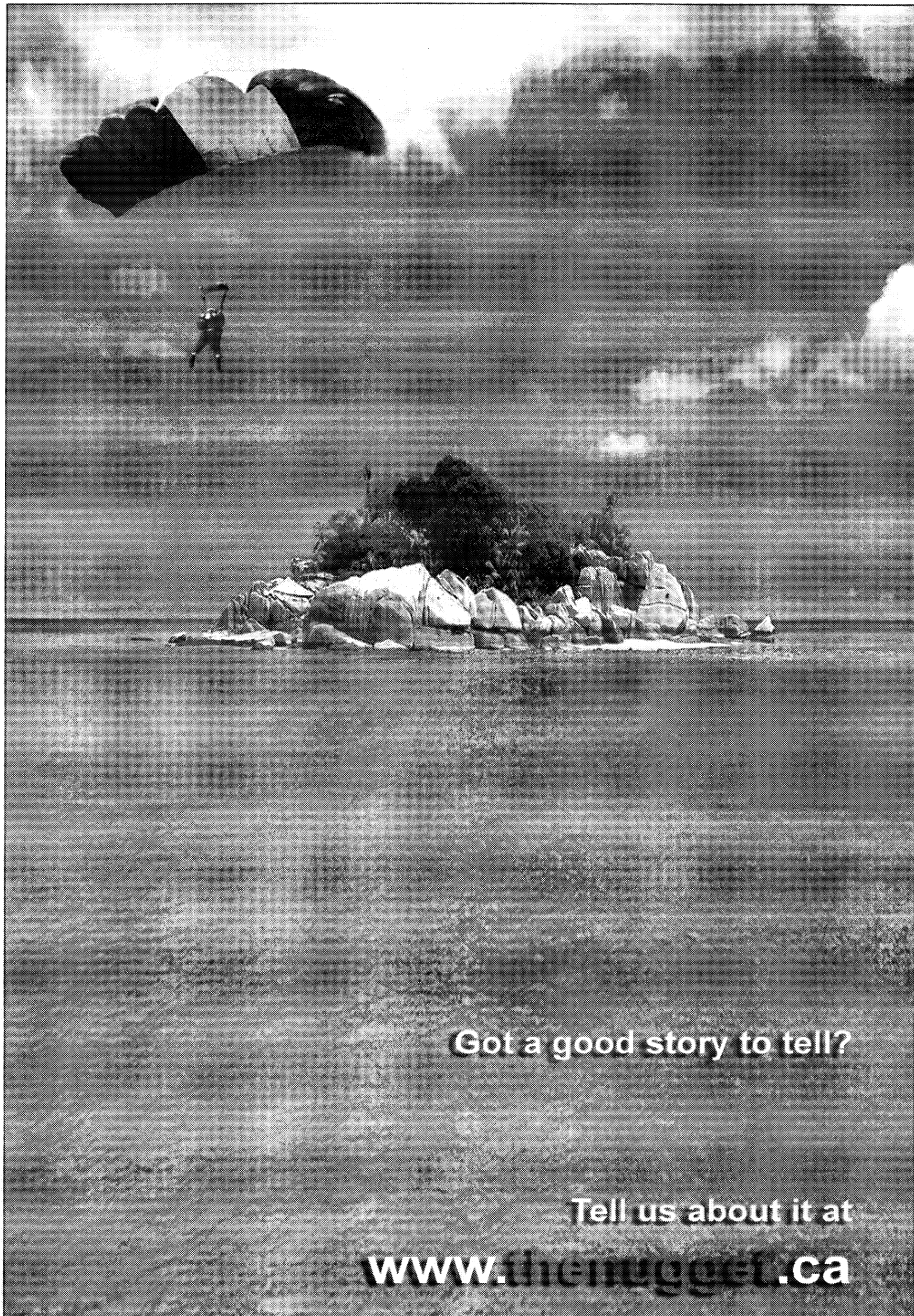
*Full payment required only 1 month prior to flight. Travel CUTS is owned and operated by the Canadian Federation of Students

The staff at Campus Reads & Needs would like to welcome all students and wish you the best of luck in your classes!

We'd also like to invite you to the store to see all the products and services we have to offer!

Regular Store Hours: Mon 7:30 am to 7:00 pm
Tue to Fri 7:30 am to 5:00 pm
(closed on weekends and statutory holidays)

Website: www.nait.ab.ca/reads&needs
Phone: 471-7717



Got a good story to tell?

Tell us about it at

www.thenugget.ca

Tips for Adjusting to Life at NAIT

Starting your education at NAIT is a major life change. It may be your first educational experience away from familiar faces and academic environment, the first time you have attended school in years, or your first experience living away from home for an extended period of time. Although it is exciting to be pursuing higher education, some of the most common feelings in the first weeks at NAIT are stress, loneliness and feeling out of place and disoriented. Here are some tips for coping with those first few weeks of life at NAIT:

Personally:

- You may find that NAIT provides more of a feeling of freedom than your high school environment. The increased personal freedom can feel both exhilarating and frightening. Accept that emotional fluctuations are normal and to be expected, and that they will pass in time.
- Take time during these first weeks to take care of yourself. Try and include some fun activities, some relaxing activities and some time with family or old friends. If you are new to Edmonton, keep in touch with friends and family from your home town.
- Talk to yourself positively and give yourself credit for the risks

you are taking and the situations you are handling well.

- Instead of berating yourself for things you should have said or done, use these situations as learning experiences to put in place the next time something similar arises.

Socially:

- The first few weeks on campus can be a lonely period. You may be concerned about forming friendships or feel like you don't fit in. It may seem that everyone else is self-confident and socially successful. The reality is that many students are having the same concerns, and that finding your social niche will take a few weeks.
- There are many ways to meet people. Consider getting involved and being where other students are. Here are some common ways that NAIT students meet each other:
 - At Oookfest/ first week activities
 - Before and after classes
 - Doing extracurricular activities such as clubs or classes (watch The Nugget student newsletter and the bulletin board for announcements)
 - Volunteering - volunteer at Shinerama or some of NAIT's other events or fundraisers; check at the NAITSA office for volunteer opportunities, or put your writing skills to work for The Nugget student newspaper.

- At adjoining lockers
- In bookstore or food stall line-ups
- In eating areas
- In common study areas
- In intramural sports programs or at the gym
- At the "Nest"
- At program special events such as pub crawls or dances
- Meaningful, new relationships develop over time. Remember to be yourself, and to send friendly, outgoing signals to others. Smiling, making eye contact and nodding when someone is speaking, and sending body language signals such as uncrossing your arms and leaning slightly forward are ways to signal to others that you are interested in them.
- Some people have a tendency to get into intimate relationships too quickly when feeling lonely. Take time to stand back and assess why you are in the relationship and whether it is healthy and supportive for you.

Academically:

- You may find NAIT classes more difficult than high school classes, and you may find the workload much heavier. In order to survive you must take responsibility for your actions. This means following the course outlines, keeping up with readings and assignments, borrowing lec-

ture notes if a class is missed, and initiating asking for help if you do not understand material.

- Study Skills Seminars are presented at the beginning of each semester. Plan to attend study skills sessions and to practice using the suggestions early in the semester. See a counsellor if you need specific work in one or more study skill areas.
- If you are feeling overwhelmed, you may benefit from working one-to-one with a peer tutor. To sign up, go to the NAIT Student Counselling. There is a fee of approximately \$10 per hour for this service. There is also a free Tutorial Centre on campus (Room A133).

The Student Counselling Centre provides individual counselling to students experiencing difficulty adjusting to NAIT life or dealing with any other personal, academic or career-choice concerns. It is not uncommon for problems from the past to resurface when you move away from home or enter a new situation like NAIT.

Any student can arrange to see a counsellor by booking an appointment in person at Room 0117 or by phoning 471-8921. There is no fee and all visits are confidential.

Where Do You Go When You Need Information or Support?

If you want to choose a program at NAIT, contemplate a career change, find a job, improve your marks, get assistance with a disability, or deal with personal concerns - read on. Here is some information about the NAIT Counselling and Career Services Centre for enrolled and prospective students. We are here to assist you!

STUDENT COUNSELLING SERVICES

WHO ARE WE?

A team of professional counsellors experienced in the areas of academic, career and personal counselling.

WHAT DO WE DO?

- Counselling Services are available to all NAIT students to promote and encourage student success. Our individualized counselling includes:
 - Academic Counselling: Assistance with study skills, exam preparation, exam writing techniques, time management and other skill-building techniques to enhance academic success).
 - Career Counselling: Assistance with career exploration, planning and management.
 - Personal Counselling: Assist-

ance with personal concerns that impact your success as a student and with enhancement of personal skills to help you succeed in an increasingly complex environment. Referrals to outside agencies for longer-term counseling. All individual counselling sessions are confidential and free of charge.

- Seminars/ Workshops: Study Skills, Time Management, Exam Preparation and Writing, Stress Management, Conflict Resolution and other seminars on request.
 - Peer Tutoring Registry. We maintain a roster of names of students who will tutor for an hourly fee ranging from \$. to \$10 per hour. There is also a free Tutorial Centre in Room A133 - specialized tutors can help you with math and physics.
- WE ALSO OFFER:
- Services for Students with Disabilities. This involves support for students who have a permanent or temporary disability. Services to Students with Disabilities staff can meet with you to set up services to enhance your success at NAIT. Services can include classroom supports, counseling, examination support, specialized equipment, sign language interpretation, etc. Appointments can be scheduled in person or by phoning

471-8921(TTY/TTD: 474-5883). Prospective students with a known disability should contact Services to Students with Disabilities at least 3 months prior to starting their NAIT program.

How can you access our services?

Appointments can be scheduled in person at Room 0117 in the South Lobby, or by phoning 471-8874. Office hours: 8:00am to 4:30pm, Monday to Friday. Information on services, learning skills or personal concerns can be accessed on our website: www.nait.ab.ca/counselling

CAREER SERVICES

WHO ARE WE?

Career Services staff are experienced in the areas of educational planning and employment trends.

WHAT DO WE DO?

- Educational Advising: Provide comprehensive information on NAIT programs, application procedures, and upgrading needs. Career Advisors are available to answer your questions, guide you through the Career Services web site and provide you with publications and handouts to help you with your educational planning.
- Employment Services: Assist

students with job search techniques, maintain an on-line job posting and resume referral service, and distribute publications and handouts on current job search methods. Career Services staff promote NAIT students to employers and provide services to help them hire graduates

- Skills Development Grants: Assist students in determining their eligibility for Skills Development Program funding. This includes funding for full time and part time upgrading as well as funding available in association with Employment Insurance benefits. Career Advisors assist students with funding applications.
- Liaison: Interact with staff in schools and resource centers to keep them informed about NAIT programs, provide information presentations, attend career fairs and participate in Alberta Career Events.

How can you access our services?

Visit our Resource Centre at Room 0117, South Lobby between 8:30am to 4:00pm, Monday to Friday, access our web site at www.nait.ab.ca/careers or telephone us at (780) 471-8874 or e-mail careers@nait.ab.ca

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submissions.

Visit: www.thenugget.ca

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.

Big Bands, Big Parties

So much for School this week



**DANI
Kent**

Rock n' Roll, foam, and a few thousand of your fellow students. Ookfest is Canada's biggest Campus Party and it's already underway! For those who are new and doubting, last year's event was so loud, it attracted media attention. NAITSA has sent out letters this year to the surrounding community to inform them of the event. Also, for this once a year event, logistics have been set-up so that most of the sound stays

where it should. Tickets for the 6th annual Ookfest events are available at the NAITSA office (Room E1-31), or the Nest.

If you've already missed-out on some of the fun, we're going to briefly out-line what you can still do this week.

Tonight is Default at the soccer field; tickets are \$10 each. Gates open at 3 p.m., no minors in the beer gardens. After the band it's movie night, Old School and Matrix Reloaded are showing on two 10 x 15 foot screens. Movie night is free and open to all ages.

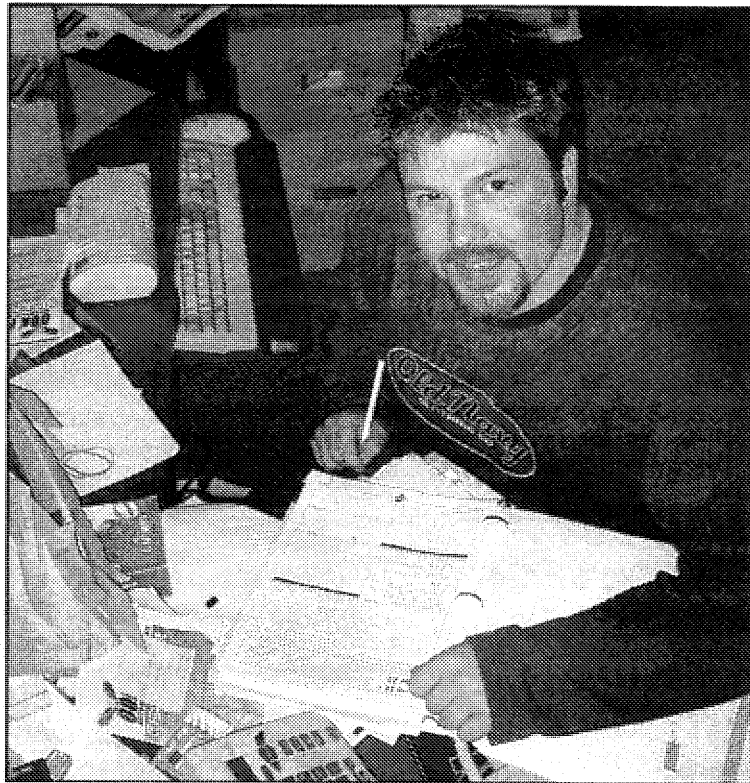
On Friday 3 p.m., there will be a tailgate party at the Nest. There's no admission and the Budweiser "Party Machine" big-rig

will be set-up. At 6:30 p.m., busses will be taking fans to the Eskimos/Stampeders game. For \$20 you get the bus, tickets to the football game, and tickets to the foam party. The foam party starts at 8:30 p.m., and takes place on the soccer field. If you just want to attend to foam party, tickets are \$10/\$15 at the gate. The soccer field will be set-up with a dance floor, sandpit, and a 22x22x4 foot inflatable tub full of foam. There will be several DJ's spinning until things end at 2:00 a.m.

Saturday is the official Ookfest with 14 bands on 2 stages. Tickets are \$20 and also available at Ticketmaster for this event only. Non-Nait students are wel-

come; tickets at the gates are \$25. Doors open at 3 p.m. The venue will also be equipped with 2 big-screens and a crew, so that everyone will be able to see the show. After midnight, busses will be

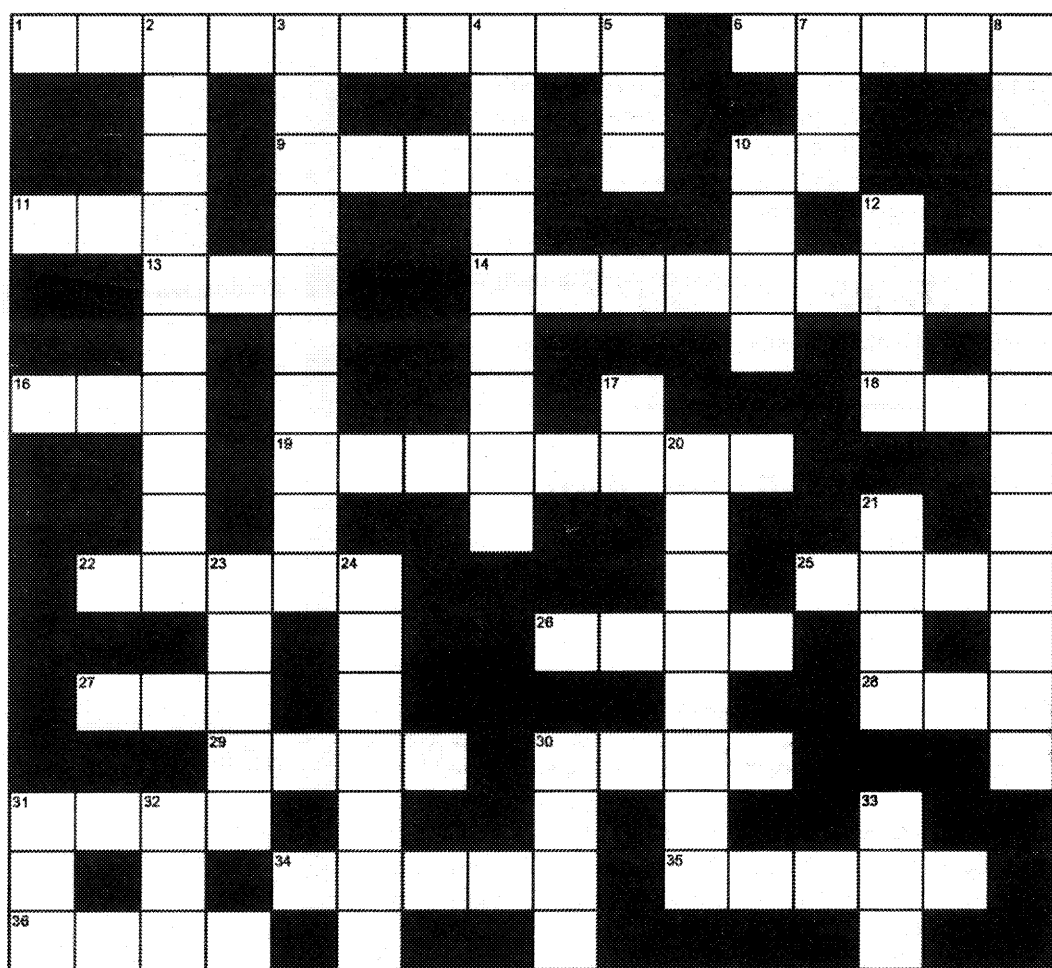
driving partygoers to their favorite bars. These bars include, Cowboys, The Joint, The Globe, Rum Jungle, Diamonds and Velvet Lounge. Bus service is free to and from the bar.



Mike Anderson kept himself busy this summer by booking the big bands for Ookfest.

Time Killing Made Easy

Answers somewhere
in this issue.



created by Harman Van Andel

Across

1. Bible Thumper
6. Took Off
9. Three Singers
10. One of the Duke boys
11. "___ to be square" Huey Lewis hit
13. Expensive German car
14. Amuse
16. 80's group "Split ___"
18. Just under my 'stash
19. Lawyer's dream
22. Baby deliverer
25. One armed bandit
26. Herbie the ___ bug
27. Eureka!
28. Stylo to Jean Paul
29. Devil's abode
30. #7 in this issue, for one
31. Party
34. Bart's dad

35. Current Rock band
36. Edible Ingredient wrapper

Down

2. "Nookie" Artists
3. Master's K9
4. "___ Sink Ships"
5. Director Reiner
7. Better Than Intermediate (Abbr.)
8. Weird Drug Filled 90's Flick
10. An Uninteresting Moment
12. Holds Wood Together
17. Prostitute (Sl.)
20. Gambling Town
21. Face Stinger
23. Nebraska City
24. Stix's "___ Was Here"
30. Not Tainted
31. Trenty Shop
32. Started a Fire
33. Engine Cooler (Abbr.)

What do you want to do in business?

- ☐ Run a small company
- ☐ Run a charity
- ☐ Run an international conglomerate
- ☐ Run up the corporate ladder
- ☐ Run your life the way you want to

Choose Any

With a CA designation at the end
of your name, your career will
hit the ground running.

Choose To Win

How would you like to run away with
\$1000 towards improving your education?
Enter to win at www.chooseany.ca



Chartered
Accountants
of Alberta

DOOM FEST

PODM PARTY

AS SEEN ON
TV
TM



NAIT
gone
WILD

Friday - September 5, 2003
NAIT SOCCER FIELD - 8:30 PM
Tickets \$10 available at NAITSA Office

“Left on 97th, Jeeves”

Yellowhead expansion means new route

Newswire—In the interest of traffic safety, the City of Edmonton is permanently removing the left-hand turning lane from Yellowhead Trail westbound to 107 Street southbound. Construction is expected to begin on the morning of Tuesday, Sept. 2. NAIT staff and students who use the intersection are advised to detour using 97 Street to 118 Avenue.

The City of Edmonton chose to eliminate the left-turning lane as part of a series of improvements to Yellowhead Trail between 156 Street and 50 Street. The project was approved by Edmonton City Council in October 2001 after a series of one-on-one meetings, stakeholder focus group meetings and Open Houses.

The improvement will significantly improve safety at 107

Street and Yellowhead Trail and enable the transportation corridor to accommodate a 10 per cent growth in traffic. The City of Edmonton also plans to improve traffic flow by making intersection improvements at 97 Street (construction of a double westbound through-lane) and 121 Street (construction of a protected double left-turn lane).

More information about improvements to Yellowhead Trail is available through the City of Edmonton Transportation and Streets department website by going to: http://www.gov.edmonton.ab.ca/transportation_streets/ and clicking on Major Projects.

Inquiries should be directed to the City of Edmonton Streets Engineering Branch – Roadways Construction Section at 944-7691.

student Success Seminars

Room X111

How to Study

Wednesday, Sept 10

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

Memory, Learning & Concentration

Wednesday, Sept 17

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

Exam Preparation & Writing

Wednesday, Oct 1

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

Maximizing Your Potential

Wednesday, Nov 5

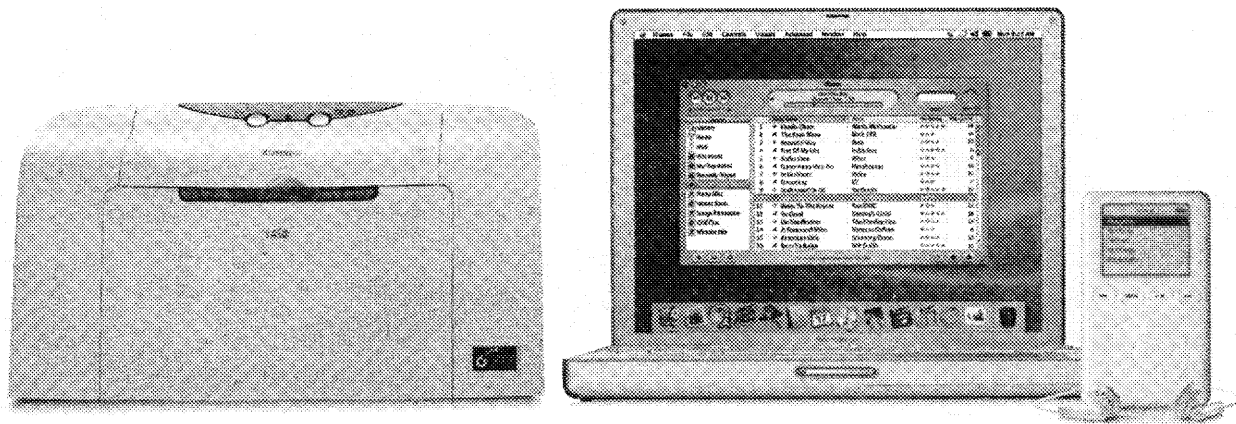
11:15 - 12:15 OR
12:15 - 1:15 OR
4:30 - 5:30

Stress Management

Wednesday, Nov 19

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

Buy a bundle and get a bundle back.



Buy an eligible Apple laptop and an iPod, get a \$300 rebate and a free Canon i450 printer.

*\$300 rebate and free Canon i450 Colour Bubble Jet Printer via mail-in rebate. Store purchase of Canon i450 printer required and is subject to applicable taxes. Printer mail-in rebate value equivalent to Canon Canada Suggested Retail Price for the Canon i450 on date of purchase.

www.apple.ca/backtoschool

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PARTY FIRST, SAFETY SECOND... NO, WAIT...



CYPHER

Hi! I'm Cypher and I'll be taking care of security at Ookfest this year. When the NAITSA executives approached me a few months ago I was very excited at the opportunity. At first I thought "How are we going to find enough people?" Once we put the word out around Nait, people were coming to us wanting to work the country's largest college party of 2003! Response has been incredible this year, and we have doubled the size of the security team. (No kidding!) However, security is here for your protection, and that's why we are here.

Why so much security? First and foremost is, of course, YOUR SAFETY; with more eyes watching and more hands helping there will be less problems this year. The second reason is for CUSTOMER SERVICE. When you see someone wearing a red "Event Staff" shirt you can approach them for

help or information on just about anything related to Ookfest. If they don't know, you can be sure they will help you find someone that does!

Lastly I wanted to remind you that there will be some simple rules to follow to ensure that Ookfest is a safe and fun environment for all concerned.

1. ABSOLUTELY NO outside alcohol, drugs, or anything that may be used as a weapon. We will be confiscating all of this at the Gates, so please leave all of this at home, in your car, or in your lockers.
2. A wristband will be issued at the gates; if you lose this wristband you will be escorted off the site, or asked to purchase another one for \$25. Should you have problems with your wristband, please contact an Ookfest Event Staff member immediately.
3. A limit of 2 drinks per person per sale will be strictly enforced; we have added more serving staff and more security to ensure that the lineups are shorter and faster this year.

Thanks for your attention, and I hope to see you all at Ookfest!

Is school supposed to be this much fun?



TERENCE
Fitzgerald

(780) 471-7607
terencef@nait.ab.ca

Hey everyone!! I hope that you all are having a great and exciting first week of school, because this has been a fun filled week. The last few days have been so exhilarating; hanging out on the Budweiser BIG RIG, hanging out at Welcome Week BBQs, preparing for the rest of the parties... AND IT'S ONLY HALF OVER! Default tonight, Foam tomorrow, the biggest party ever on Saturday. I think I'm dreaming. Okay, okay, now I want to talk about some serious stuff. After meeting so many new, returning, and career students these last few weeks I would have to say I am very glad that I have this opportunity to serve all of YOU. I have been extremely busy

over the summer planning, organizing, and preparing for the year. And so much help has come from volunteers.

Volunteering is an excellent way to meet lots of new people, go to new and exciting places, help those who really appreciate it, and on a resume it is a very powerful tool. Here at NaitSA we have a brand new volunteer center that we have constructed over the summer. Opening soon, it will become the focus of many students who may not have otherwise known that one is able to volunteer to various organizations. This will be very useful to people and societies that otherwise could not find assistance anywhere else. Even though the paint in E-wing is still wet, you can still help out by coming into E-131!

Speaking of volunteering, Shinerama is right around the corner. The fight against Cystic Fibrosis is on, and Nait students have a Canada-wide reputation for raising a ton of cash. We have increased our totals consistently

over the years and we are anticipating \$60,000 in total donations this year. To explain the idea a little: you would go to a bar on a busy night with your team, giving out stickers and candy, shining shoes for donations. A new idea this year, we are having a car show in the soccer field with tons of other activities. On the "Shine Day" your team might have a car wash or go into malls to raise awareness of Cystic Fibrosis and to collect contributions. Oh yeah, there is also a free pub-crawl afterwards for the volunteers and prizes to be given away to the teams. This is an excellent way to start off the year; it's really difficult to have more fun and meet so many people in one day around here. If you have participated in Shinerama before you know what I'm talking about. SOOOO....if you want to get involved by sharing a few hours of time, and possibly improving not just your life but lives of others, come talk to me or Francisco and we'll sign you up!!!

NAIT Golf Teams

Anyone Interested?

**NAIT needs: Men's Team (5 golfers)
Ladies' Team (3 golfers)**

**MEN: Handicap of 8 or less
WOMEN: Handicap of 20 or less**

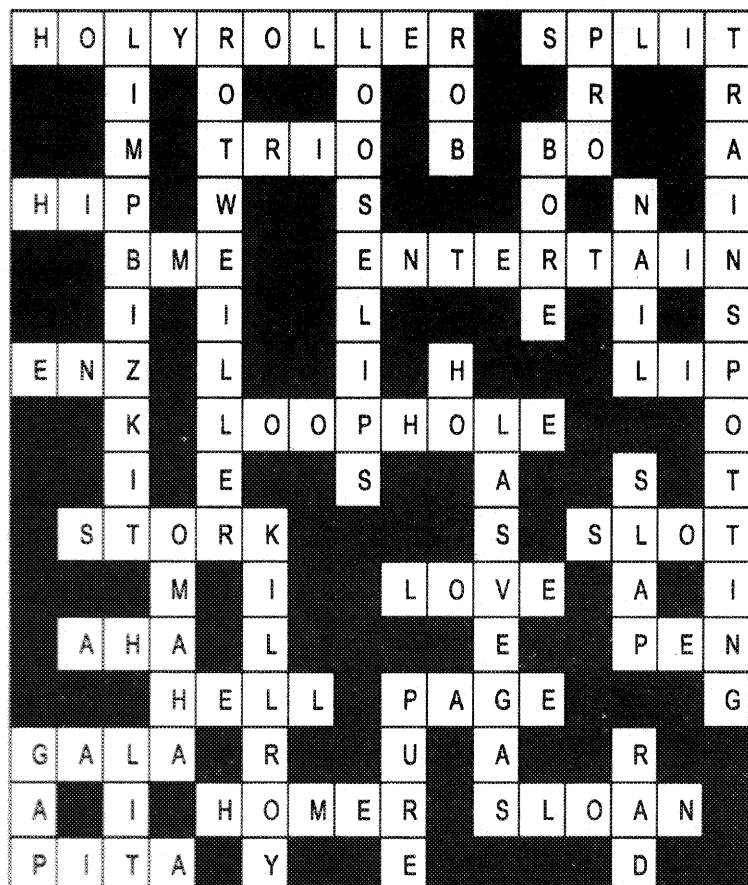
**Contact Jules immediately.
Office: S105, Ph: 471-8531**

Organizational Meeting
Tuesday, August 26, 4:30 - 5:00 pm, NAIT Gym
Wednesday, September 3, 4:30 - 5:00 pm, NAIT Gym

Practice Schedule:
Tue. & Thur. 4:30 - 8:00 pm (approx.)
Qualifying Tournament:
Saturday, Sept 20, 2003
Lac La Biche, Alberta

QUALIFYING ROUND
You must register with Jules
Owchar for qualifying round.
Cost: \$20
Sunday, September 7
3:00 pm at Ravenscrest

ACAC Championship:
Fort McMurray Golf & Country Club
September 26-27



Nugget Girl



Mel is a 23 year old Bio Sciences student that likes Hip Hop and throwing huge parties.

To make a submission for Nugget Girl or Nugget Guy, go to
www.thenugget.ca

Win a Free Makeover!



HARMEN
Van Andel

Get involved with our contest again this year! Submit an awful picture of yourself and a good reason why you think you should get a make-over. (Other than, of course, the terrible picture you send us)

Every week, we'll pick one we like, and send him/her to Elysium Hair, Body, & Spirit for a free make-over! The contest is open to both males and females. Submit it any time, it happens every week! To submit your entry, do one of the following:

- 1) Send your picture and story via e-mail with a '.jpg' attachment to: editor@thenugget.ca,
- 2) Drop off your picture and story at The Nugget office. (E128)

NAIT CROSS COUNTRY RUNNING CLUB

With a new fall term comes another chance to workout with the NAIT X-Country Running Club. This is a mixed student and staff running club. The NAIT X-Country competition team will be made up of students from this club.

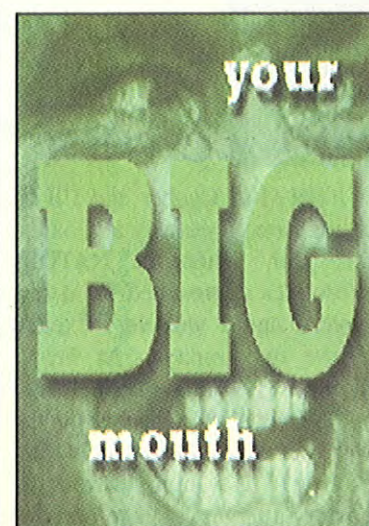
Runners of all levels are welcome. The emphasis is on getting exercise and enjoying the support of running in a group. Those who wish can test themselves in competition against the other colleges in Alberta and on a weekly basis against some of Edmonton's best cross country runners.

We meet twice each week: Workouts will be Mondays at 4:45 p.m. for group runs in the river valley. Wednesdays at 5:30 p.m. are to run in the weekly Edmonton Open river valley fun races. Runs are generally 7 or 8 kms.

There are many benefits. You join the Oaks Athletics Association and get a neat Athletics T-shirt. You get some exercise, you get out into Edmonton's great river valley and you get to associate with some really great folks.

Come to one of our organizational meetings, either Thursday Sept. 11th at 5:00 p.m. in S113 or else Thursday Sept 18th at 5:00 p.m. in S113. Our first training run will be Monday Sept 15th and the first fun race will be Wed. Sept. 17th at Hawreluk Park.

If you would like further information or can't make it to one of the above meetings but want more details then call Don at 434-9136 (email dshalanski@hotmail.com). You can also call Connie at 471-7888 or see her in room A167. See you at the kickoff meeting on Thursday. Come on out.



"Do you think Arnold Schwarzenegger would make a good Governor?"

"I don't think anyone knows enough about the real Arnold to make that decision. Other than what he presents to us in public and in the movies, who knows a lot about him? Has he ever been in politics before, is there anything to base this on? Just my thought!"
 – Cassandra, Online Submission

"Arnold says it best... 'I'm a cop you idiot'" – Brad, O.S.

"Well politicians basically do whatever the people 'behind the scenes' tell them to anyways...who better than an actor for such a job ;)" – Dwayne, O.S.

"Yes, he's a very smart roid head."
 – Rick, O.S.

"Who knows? Politicians are all full of shit anyways! Time will tell." – Mike in the hall.

"I think he will. He's got enough money to prevent him from being bought, and he wants to run for higher office in the future so he'll work pretty hard to gain the public's trust." – Cindy in the hall.

"Who the f___ cares?" – Jeff in the hall.

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

Setting *the Standard*



DICK
Lottatang

Welcome to the first review in a yearlong series of bar, pub-crawl, and beer garden reviews! Many people in these halls are not just new to Nait itself but also to the greatest city in Canada... EDMONTON. So, to help educate new residents as well as refresh and expand the horizons of true Edmontonians, I have taken the task upon myself to wander the streets, evaluating watering holes of all types. First up: The Standard, (The old Barry T's) 6111 Calgary Trail S.

The Standard is a very organized, very clean nightclub. People may remember the days of Barry T's and say, "That place is a hole." Let me tell you right now, there has been a lot of changes since then. The very first thing I noticed was the security there. High-tech computer at the door, video cameras, and friendly security instantly put me at ease. (The bouncer with the rubber glove was surprisingly gentle :P) At first glance inside, the euro type club atmosphere almost overwhelmed me. The TV screens behind the bars are a nice touch but the huge cubicle like big screens over the dance floor are simply



... "Sweet". The DJ spun R&B and hip-hop to start the evening, easing into an electronic sound that made

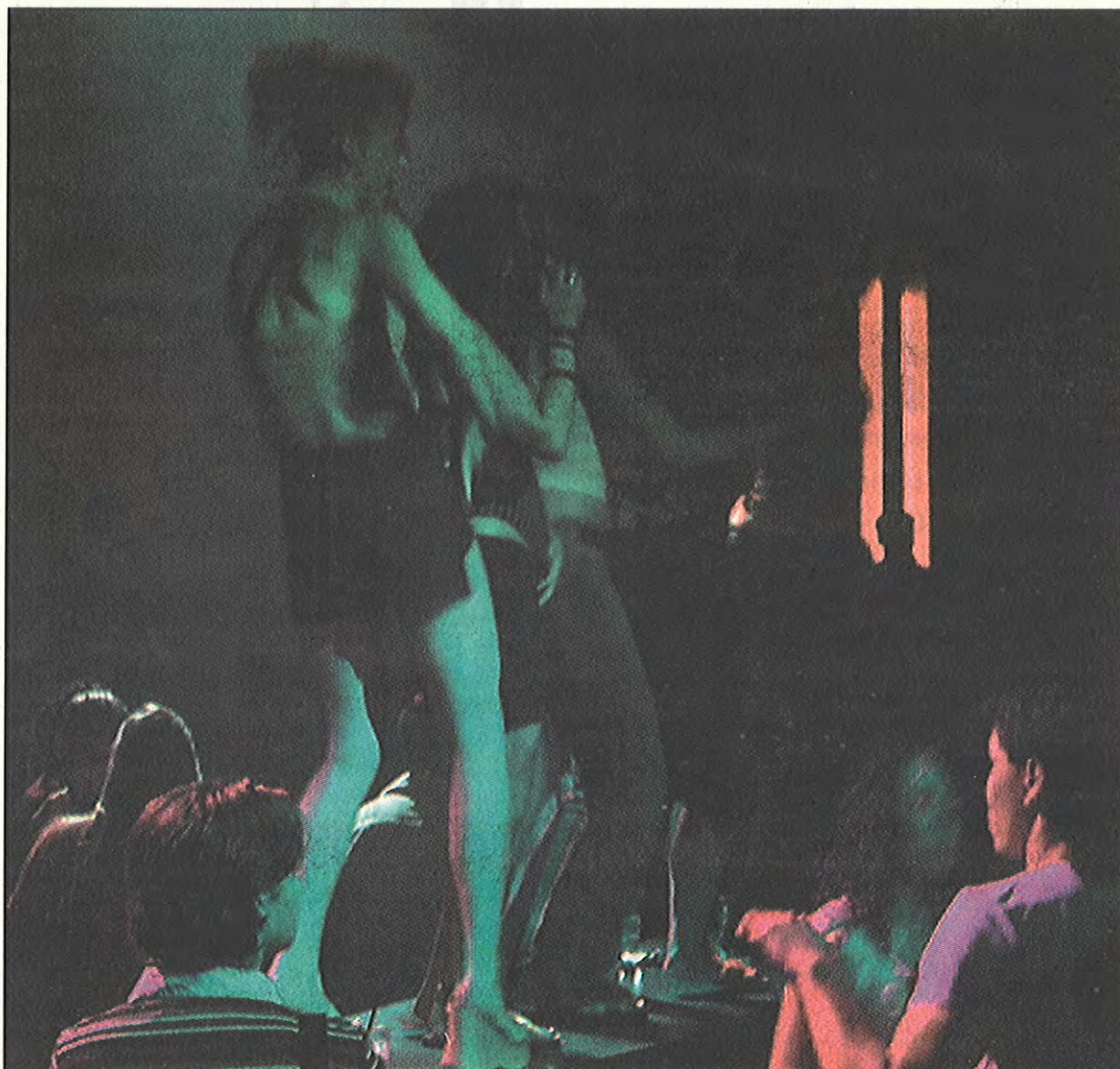
the dance floor come alive. The service was good, bartender flair was apparent. I also have to men-

tion that the porters do an excellent job of keeping The Standard "empty-free". The Standard has a dress-code for entry; this makes the dudes put on clothes that chicks actually find attractive, and well, all chicks always look fine to me. Neil Wolsegger, the GM, told me that Wednesday nights are Ladies night (which would explain why the ratio was 10 babes to 1 dude) and Saturdays were even busier there. In my opinion, The Standard is safe, enjoyable, and satisfying place for a night out with friends. Next week: Ookfest Beer Gardens review. See you there!

The STANDARD

Security	8.0
Music	7.2
Service	7.0
Style	7.1
Mood	7.4
Ass Factor	9.0
\$\$\$\$	6.5
Hygiene	8.0

Rated : 7.5



Not Just Shinin' Shoes



DANI Kent

Do you like free stuff? Do you have a competitive streak? Do you have some spare time to kill? Shinerama is your solution! The annual Shinerama is a nationwide fundraiser for cystic fibrosis. All you have to do is sign-up and show-up.

The perks for donating your time include; a free T-shirt, pancake breakfast, volunteer pub-crawl and chocolate from Purdy's.

The perks for donating your time include; a free T-shirt, pancake breakfast, volunteer pub-crawl and chocolate from Purdy's. You can also win prizes such as sunglasses, tanning minutes, world health club passes, and tickets to the Odysium and Yuk-yuk's. Back again this year is the Shinerama VIP card, with the card you will get no line and no cover at the following bars:

- Rum Jungle
 - Ruby Skyebar
 - Iron Horse
 - The Joint
 - Cook County
 - The Manhattan Club
 - Velvet Lounge
 - The Roxy
 - Guilty Martini
 - Cowboys
 - Tonic
 - Diamonds
 - The Globe
 - The Blink Duck
 - Outback Tavern (Barrhead)
- You can also use the card at Keegan's restaurant and Jack Fraser men's wear. For more details on the Shinerama VIP, visit www.naitsa.ca and go to the VIP card link.

To join Shinerama you have two options, on the week of September 8th to 13th Shinerama organizers will be in our halls to sign-up volunteers, but if you can't wait that long, you can talk to Jen Grunke at the NAITSA office.

This is also your big chance to show school pride. Every year Nait and the U of A compete to see who can raise the most funds for this event. Nait is currently

on a winning streak, in 2002 we raised \$46,000 and this year's goal is \$60,000.

If volunteering isn't your thing but you want to help Nait continue the winning streak, here's a run-down of the events that will be going that week.

September 9th is the Shine Party at Cowboys. Tickets are free and two drinks are \$2. All the proceeds from the \$2 drinks go to Shinerama. That night there will also be a draw for passes to the Molson House Party with Bif Naked.

September 10th there will be a dunk tank outside the business tower. Dunk-ees include Nait staff, teachers, NAITSA executive, and Nait President Sam Shaw. It's \$2 for 3 throws with all funds to the charity.

September 11th is the Rum Jungle Shine Party. The Rum Jungle will pick-up you and nine of your friends in a FREE limo and take you to the bar where 25-cent draft will be waiting for you. There will be more giveaways, including passes to Molson House Party Swollen Members and Sum41, and VIP passes to the NEW Rum Jungle. To book your limo, contact the Rum Jungle.

September 12th is the Show and Shine. The new event is a showcase for Nait students and their vehicles. It's \$10 to enter your car, and Shinerama is asking for a \$2 donation for admission. The show will be held at the Nait soccer field, with cars on the track and the beer gardens in the middle. Proceeds from the beer gardens will also go to charity. The event starts at 4 p.m., and flare bartenders from the Rum Jungle will be performing in the beer gardens. Prizes will be awarded to cars in each category.

Saturday September 13th is Shine Day! This event is ONLY for volunteers and will start with a free pancake breakfast. After breakfast there will be speakers related to cystic fibrosis. Next, volunteers hit the streets washing cars, shining shoes etc... at locations across the city. Volunteers will then come back to Nait and turn over the money. That night there is a volunteer pub-crawl that goes to Esmerelda's, Velvet Lounge, Rum Jungle, Cowboys, and returning to Nait.

Volunteers are still needed for Shinerama, join-in if you're interested in having a great day with other students.

Ookfest schedule

MAIN STAGE

Sugakane
Lillux
Not By Choice
American Hi-Fi
Wide Mouth Mason
Tea Party

START TIME

4:35 pm
5:30 pm
6:30 pm
7:45 pm
9:00 pm
10:30 pm

B STAGE

Timeless
Haven
Dizzy Piranha
Tupelo Honey
The Ghattoblaster
Wil
Touchtone Gurus
Retrograde

START TIME

3:00 pm
3:35 pm
4:10 pm
5:05 pm
6:00 pm
7:15 pm
8:30 pm
10:00 pm



Shinerama is Canada's largest post-secondary fundraiser involving over 60 university and college campuses. Each September, students hit the streets on **SHINE DAY** to shine shoes, cars or anything else they can think of, for a donation to fight cystic fibrosis (CF).

CF, which is fatal, attacks the lungs and the digestive system. Since 1964, Shinerama has raised almost \$14 million to help find a cure or control for CF.

Please help students in their quest for a cure. Support Shinerama today!

www.shinerama.ca

Support

NAIT

students on SHINE DAY, Sept. 13, 2003
Donate to cystic fibrosis research.

TOGETHER
we can make a difference!



Canadian Cystic Fibrosis Foundation

supporting sponsors



official supplier



media sponsor



TRAVEL CUTS

See the world your way

Toronto Jetaway at Ookfest

One lucky NAIT student will be flying to Toronto with a guest. Make sure to enter at the Travel CUTS booth at OOK FEST. You must be a student, 18 years or older, and be at OOKFEST on September 6.

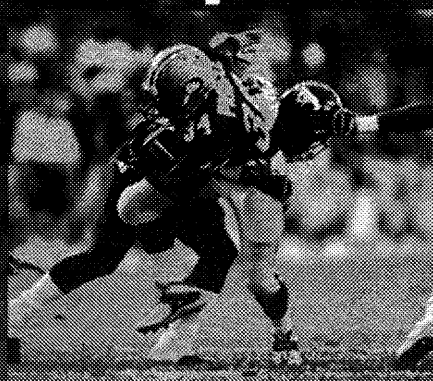
COMEDY WEDNESDAYS



SEPTEMBER 10
5:00 PM

**INDUSTRIAL STRENGTH
IMPROVISED COMEDY**

Stampeders vs. Eskimos



TAILGATE PARTY
hosted by The Nest - 3:00 pm

**SHUTTLE
SERVICE**
to Commonwealth Stadium - 6:30 pm

**LATHER UP
AFTER THE
GAME**



**OOKFEST - OUTING
ADVENTURE**

Friday - September 5, 2003

Tickets \$20 available at NAITSA Office

NAITSA AND KOKANEE PRESENT

DEFAULT



THURSDAY SEPTEMBER 4, 2003
NAIT SOCCER FIELD - NO MINORS

TICKETS \$10

available at NAITSA Office (E-131)

Jeepers, Not Again!



KRISTEN
DiRocco

Every 23 years, for 23 days, "The Creeper" comes out on one massive feeding frenzy. Starting on the 22nd day, a few days after the original movie ended, this movie doesn't even wait ten minutes to give you some action. But, that's pretty much all it has to offer.

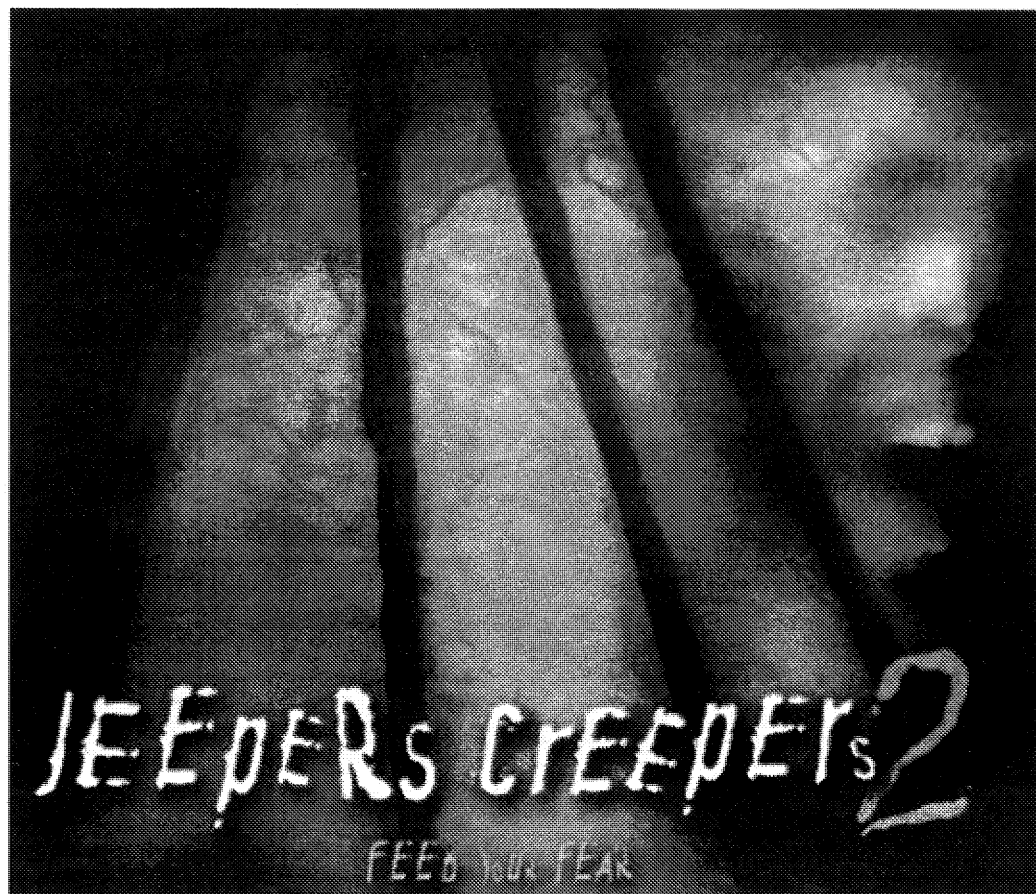
In the sequel, we are focused on a bus carrying a championship basketball team home from a game. The bus is full of the same stereotyped teenagers that you see in every horror movie, "the tough guy", "the nerd", "the hardcore jock", you get the picture. After being hunted down by "The Creeper", who quickly takes care of the older and much smarter adults on the bus, the teens find themselves in the middle of nowhere, with no way home, no clue what their enemy is capable of, and no idea what to do next. After several intense encounters with "The Creeper", the kids finally get a hold of help, a man named Jack Taggart, (Ray Wise) who's son was taken by "The Creeper" the day before. With a gun that he fashioned out of a post poun der overnight, he joins the teens in the battle of the beast.

All in all, this movie left me confused. I'm still not sure what the "Creeper" was, although it surely was creepy. Why it only gets 23 days every 23 years to eat is never clarified either. In fact, the only way the audience or the characters find out anything at all about the enemy is because a normally non-psychic teenager had psychic dreams about it just before it started causing trouble. My opinion? A very weak way to fill a plot full of holes.

The action scenes were about all that this movie had going for it. That said, I must say I was impressed by some of them. The weapons used were creative, not just your typical gun or knife fight. Anyone who did get injured got it bad, and they didn't hesitate to show you the gruesome moments. I must say that the plot went absolutely nowhere. In fact, I'm having a really hard time writing this review simply because I have no information to write about. This isn't a memorable movie, there isn't really any particular part that stuck in my head. I don't actually

remember any of the characters names, besides Jack Taggart, because no other character was strong enough to capture my attention. By the time the movie comes to an end, I found myself asking what a bunch of kids were doing out in the middle of nowhere by themselves, forgetting that the story obviously wasn't the point of this movie.

All in all, I wouldn't waste my money, unless I was in the mood for some good action/scary scenes, and nothing more. This is a good movie for the fella's to take the ladies to - it will probably scare her at some point and time, but perhaps it would be better to wait for a rainy day and pick it up at the video store.



MAINTAIN YOUR STUDENT LOANS IN GOOD STANDING AND AVOID DEFAULT AND DELIQUENCIES

As a borrower, you have certain responsibilities, and it is important that you understand the terms and conditions of your loan and that you fulfill your obligations. Make sure to keep your loans in good standing, so that your future credit rating is not affected. A poor credit rating can affect your eligibility to acquire future loans not only with the Student Loan program but also with banks, car dealerships, mortgage companies and more.

Although you apply for financial assistance using one application form, your federal and provincial loans are considered to be two separate loans and you are required to repay the Federal and the Provincial Governments separately.

Federal Government has contracted National Student Loan Service Centre to manage all Canada Students Loans issued after August 1, 2000. Alberta Government has contracted EDULINX Corporation as the service provider to manage, process, and administer the Alberta loans issued after August 1, 2001.

You are expected to maintain yearly contact with each government separately to avoid having to repay your loans while in full-time studies. Both Federal and Provincial Governments will pay interest on your student loans while you attend full time studies. If you chose to make payments on your student loans while in school, they will be applied directly to the principal.

As long as any break between your courses is no longer than six months, interest free status on your Canada Student Loan can be maintained year to year.

Generally, your Alberta student loan is disbursed to you in January as a second disbursement. Therefore, you must inform EDULINX, that you are still attending full time studies within six months from the end of previous term studies. If you fail to do so within 6 months of your last period of study end date (indicated on your last Certificate of Eligibility), you will be expected to start repaying your loans, even if you are still in school.

What if you are not obtaining a new loan?

If you are continuing your full-time studies but not planning to apply for student loans, submit a Confirmation of Enrolment (Schedule 2 and Form B) to all your loan providers (NSLSC, Edulinx, bank, credit union, or caisse populaire)

Your responsibilities while in school:

If you have a student loan, you have some basic responsibilities to meet while in school:

- Report changes in your address, name, marital status, financial status, or student status (withdrawal, transfer to part-time studies, or change of school) to the National Student Loans Service Centre, (NSLSC) Edulinx, Provincial and territorial student assistance office.

- If you had federal student loans before August 1, 2000 and Alberta student loans before August 1, 2001 you must inform financial institutions which hold your previous loans, that you are attending full time studies. This will ensure that your loans are in good standing at all times.
- If you need Student Loan funding each year, you must reapply each year.
- You should keep track of how much you borrow. Like other types of loans, a student loan must be repaid over a period of time, with interest, so don't borrow more than you can afford to pay back. All of the terms and conditions of your loans are listed on the back of each Certificate of Eligibility you sign with your loan provider(s). Each time you negotiate/cash a loan, your loan provider will give you a copy of the loan certificate. Keep your copy in a safe place.

Six months after completion of your program or when you ceased to become a full-time student, you will be going into repayment status. During these six months, interest will be accrued on your student loans. When you are in repayment you are required to make monthly payments on your student loans. If you are unable to make payment due to unemployment you will be defaulted on your student loan. You must prevent this.

Options available to prevent a default:

- If you foresee trouble making your loan payments, check with your loan administrators, Edulinx or NSLSC about **negotiating a revision in your loan agreement**. This would let you make smaller monthly payments for a short-term period. But remember, the longer you take to pay off your total loans, the more interest you will pay in the end.
- If you cannot make any monthly payments, contact Edulinx or NSLSC about the **Interest Relief** program designed to help you get through temporary periods of low income without missing payments on your student loans. It is like returning to student status for a little while. You get a break from making payments, and interest does not accumulate on your loan. Interest Relief is given for six months at a time to a maximum of 30 months and you must re-apply after each six months period.

Please do not disregard any letters you get from your service providers. If you don't understand them please drop by our office, we'll explain what you need to do to take care of the situation.

Make sure that you don't default and become delinquent on your student loans, the above options are available as long as you are maintaining a good standing of your loans.

**Financial Aid Office
0111, South Lobby**

NFL Preview



JUSTIN
Huculak



It's that time of the year again, where the NFL's long preseason finally comes to an end and the regular season is set to begin. It seems like every year there is some surprise or strange twist during the course of the regular season, as

well as there are many fans' high hopes dashed early in the season or in some cases before the season even begins, hey Atlanta fans. So here's a quick preview of how I see this much anticipated season breaking down.

I'll start with the American Football Conference (AFC), where I see the Miami Dolphins edging out the New England Patriots for the AFC East crown this year, strictly because of the running game that the "iron horse" Ricky Williams brings to the table, but don't worry Patriot fans, New England will still lay claim to one of the wild card berths on the strong arm of quarterback Tom Brady. Next up, you have to go with the Baltimore Ravens and Tennessee Titans winning their weak North and South divisions respectively. The Ravens have one of the best defenses led by Ray Lewis and they just might have found a quarterback in rookie Kyle Boller, who has looked very impressive in the preseason. The Titans on the other-

hand just might post the best record in the NFL if they can avoid an early season slump that has plagued them the past two years. In the West division, which will probably be the most competitive division in the AFC this year. The Raiders will prevail again, simply because of their experience and determination to exact revenge on last year's humiliating Super Bowl loss at the hands of the Bucs'. The surprise team out of the AFC this year will be the young and talented San Diego Chargers, who are led by quarterback Drew Brees, who just happens to be under the tutelage of wily veteran Doug Flutie. The Chargers also possess the quick footed runningback LaDainian Tomlinson, who might emerge

as one of the best backs in the NFL this year and he will carry this team to the playoffs for the first time in six years.

In the much tougher National Football Conference (NFC), I don't see anything unpredictable happening, unless you consider the St. Louis Rams a surprise to win the NFC West after last years' injury riddled season. But, the way I see it is Kurt Warner and Marshall Faulk are as healthy as ever and will return to their championship caliber form. The Philadelphia Eagles will win the East again with their depth, as will their arch rivals', Tampa Bay win the South on the strength of the stingiest defense in the league led by Warren Sapp, Derrick Brooks, and

John Lynch. The Green Bay Packers will also repeat as NFC North champions, plainly on the consistency of Pro Bowl quarterback Brett Favre, who always finds a way to make big plays when needed most. The two wild-card spots will go to two teams led by extravagant and talented loud mouths: San Francisco's Terrell Owens and the New York Giants, Jeremy Shockey. A lot of people hate these guys, but they bring so much excitement to each and every game they play.

As for a Super Bowl prediction, I see the Titans losing to the Buccaneers, as the Bucs' capture back to back championships. But, like anyone else's predictions these all just guesses and something totally opposite will probably happen, so don't take my word or blame me for anything that happens throughout the season. Till next time, see ya.

NAIT Sports

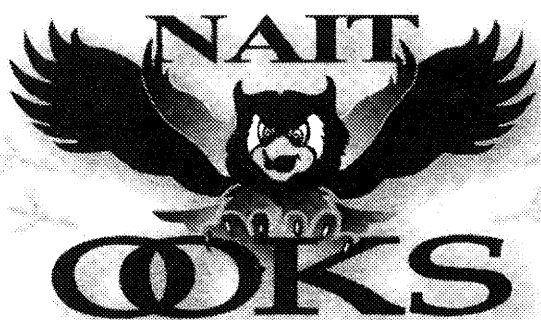


JUSTIN
Huculak

Now that school has officially gotten underway with the start of fall classes, everyone ponders this one question "what should I do with my spare time?" Here's an

women's soccer, as well as golf. They will be announcing their teams in the near future and I am told, coach Graham Woods' men's team will be competing in Red Deer this weekend in their first tournament of the season. So on the behalf of the school, good luck and we will be cheering you on in our own way, as we all get dizzied up at Ookfest.

NAIT also offers competi-



"Tradition of Excellence"

easy and healthy answer, spend it getting to know your school and your fellow students a bit better, by getting involved in one of the many sports and activities that NAIT has to offer you. Whether you want to play competitively or just get out once or twice a week for some good exercise. NAIT has it all.

First of all, some tryouts have already begun for a couple competitive teams, like men's and

tive teams in men and women's: hockey, basketball, curling, swimming, and volleyball. But, if you're just looking to entertain ones self by getting involved in one of the many intramural sports NAIT offers, that's great too. I'll probably see you out there.

If you need any more information you could contact the respective coaches by visiting the athletics department online at <http://www.nait.ab.ca/athletics>.

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The Guilty Martini

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Check Out Our Hub Mall Party Booth On Thursday September 11th, 2003

The Rush of the Runway



DWAYNE Johnson

How many of you have ever wondered what it would be like to be in a fashion show? The lights glaring down on you as you make your way down the catwalk. Surrounded by a people with a mixture of perhaps envy and appreciation in their eyes. The sound of the audience almost being droned out, while you concentrate on not falling...you know...all that junk!

Well this past Thursday I had that very chance! I did my "first" walk down the runway for the Derks fashion show at Rum Jungle. It was an exciting rush to say the least, and I did get to meet some interesting new people. All around, it wasn't too bad. But...it definitely went better than I (or for that matter probably anyone else) had expected!

I ask the guys who weren't at the practice if they have any idea of what they need to do on stage, and they basically give me blank looks; so I do an impromptu "Dwayne's Runway for Dummies" class.

Let's back it up to two weeks prior, a bunch of us are doing a Malibu Rum promotion at the Standard, when I'm asked whether or not I'd like to be in a "back to school" fashion show. "Sure," I say, being the typical bored person. I'm told things are "still up in the air," but that I will be contacted if needed. Fast forward one week and I get a call basically saying that we'll be doing a practice on the Tuesday before the show Thursday. Ok...so far so good.

Welcome to Tuesday, the majority of us show up at the scheduled time (and by my majority I mean 51%) and have to wait a bit longer for the actual guy to show up. He does and we receive about a 15 minutes crash course in how we will be walking up on the stage. Most the people there have never been on the runway before, so he gives us some quick pointers (point with the left foot where your going, pivot on the right). Anyway, the fact that basically half the people for the show were not there for this, is kind of disturbing. But, I figure we'll review it again on Thursday (he made a

suggestion of possibly practicing it earlier outside but whatever). On to Thursday...

Welcome to "Adrenaline Rush 2003", I show up at around 9:30 and the place is already filling up (on a side note there were also two bands playing that night). We all wait around a bit for everyone to show up, since the girls had gotten their hair done at a salon earlier in the day. The girls pile into their dressing room, while the guys (one missing) pile into another.

In the change room, we all look at the three different outfits we will be wearing, nice to say the least (at this point I get pretty pumped because there is a brand new Armani track suit for me to wear). There's some last minute commotion of the missing guy, but not much we can do now. I ask the guys who weren't at the practice if they have any idea of what they need to do on stage, and they basically give me blank looks; so I do an impromptu "Dwayne's Runway for Dummies" class. Seems to

work. We all change into our first outfits, and get ready to line up for the show...Hrm, still not too bad...

Then there's a change of plans, the guy running all of this, decides he wants to send two girls up for every one guy (something we definitely did not practice), and lucky for me...I'm the first one scheduled to go up. So one girl goes up, then * poof * another is sent up as well (I found out later the second girl was just as caught off guard). So there we are doing

our stuff, similar to how we were told but, bleh! In the end everyone said the show went off perfect (hey, nobody fell...two thumbs up!)

At the end, we were told to just all go up on stage, so we did. Ended up just kind of doing our own little thing I suppose, until we are told to head back to the dressing rooms...and ya...that's about all she wrote. So there you go folks, a little glimpse into (at least my one experience so far) of runway life!



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Put the Bitches to Sleep?



DWAYNE Johnson

Lots of headlines are making their way through the news these days. Between a "steroid filled" California governor candidate, the plague of grasshoppers, a war in <<insert oil rich country here>>, etc. But none have quite made such an impact as the "sudden outbreak" in dog attacks that seem to be occurring lately.

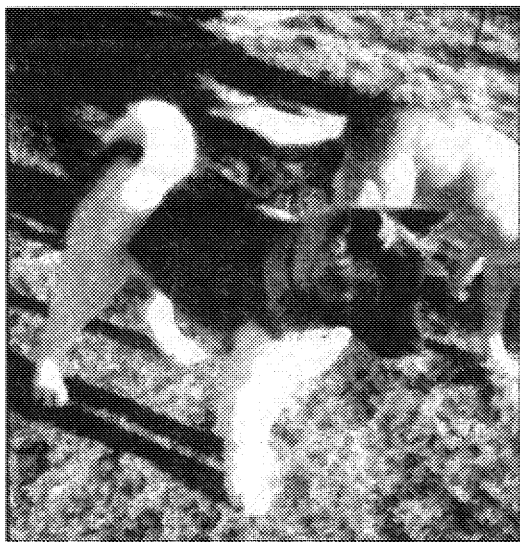
I'm sure most of us have heard the story of a dog named Brutus of the Akita breed of dogs. Brutus was involved in what appears to be 2 attacks recently (but speculations have been brought up of what could be 13 or more other cases) Brutus attacked a five-year-old Edmonton boy that was playing on a trampoline. Brutus (through voluntary approval by his owner) has since been sentenced to "La-La" land.

and needed to receive six hundred stitches (ninety to ninety-five percent have been removed at the time of this article). The other attack involved a sixteen-year-old girl that was going door to door for fundraising purposes. The dog bit her face, and it is expected she will require plastic surgery.

Now, I know all the dog owner's and lover's here at NAIT are probably pulling the hairs out of their head right now, because they are sick of hearing stories that put dogs in such bad spotlight (the type normally reserved for pit-bulls and rottweillers). So in fairness purebred Akita's date back over 300 years. In an interview with a Global reporter John and Joan Fugu had this to say:

"They are a very gentle dog. They have a soft mouth. It's all the way you work with them and treat them, if you give them tender loving care they return it." But like any dog, if they are not properly socialized they can become aggressive. "You can't tie them up in back yard and have them as 'macho dog.' You can't put them in the back of truck on a chain. That's just teaching a dog to be aggressive. If they don't have affection they become aggressive."

So, there you have it! Sure, putting the occasional dog to sleep for its violent attacks could be a temporary answer, but I believe perhaps more needs to be done in terms of who can own a dog. Maybe have potential owners go through an ownership course? Well that would require too much money and manpower to enforce. I suppose in the meantime, we'll do what it seems we always do... nothing.



3 month old Akita.

Two more Akita attacks have since been brought to the attention of the media. The incident occurred August 19th and involved a toddler on a farm outside of E-town (maybe these children just look like walking pork-chops?)



Dear Dr. Stu,

I love my boyfriend, but recently, when I want to fool around he says he needs to 'warm up' by reading porn magazines. I'm not talking playboy, either, I'm talking about hard-core porn. He says that it helps him get primed before sex. It makes me feel that I'm not sexy to him anymore. Is this normal?

-Feeling unwanted

Dear unwanted,

Your man's a freak. Not so much for looking at porn, but for admitting to you he needs to be primed before sex. We as humans however, change after being with

a person for a while, I mean in the physical sense - You never told me how long you've been with him, but I'm sure it's safe to assume that you haven't changed, you know, uh, physically. If you have, you

Try buying lingerie so he could tear it off of you (make sure you use his credit card though...)

need to get to the gym sister! If you haven't, then maybe you should try to divert his attention to YOU

by doing naughty things for him. Do things that are normally out of character for you to get him going. He obviously likes to be bad, so give in to him. Try buying lingerie so he could tear it off of you (make sure you use his credit card though, lol). Or, you know do "it", er... alone, in a place that he can catch you in 'mid-fiddle'. Stuff like that. That'll get him going. If that stuff doesn't work, the guy's got some serious issues and perhaps he isn't worth your time anyways. Good luck.

Need bad advice? Straight, gay, it just doesn't matter! No discriminations here. Send your questions to Dr. Stu, drstu@thenugget.ca, or go online at www.thenugget.ca and follow the links. **YOU DO NOT NEED TO INCLUDE YOUR NAME OR ID NUMBER for Dr. Stu's advice, it's completely anonymous.**

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It's a dumb world after all



**FURIOUS
George**

.....ring.....ring.....ring "Hello? Thanks for calling Army and Navy."

"Yeah, hi, where are you?"

"Ummm, standing at the reception desk."

"Uh, I mean, where is your store?"

"Oh..."

This happened to me yesterday. I shit you not. Also, like 3 weeks ago, I met this chick who, to the naked eye, seemed pretty damn cool. She was a hot 24 year old friend of a friend that I met in a club. I told her I was a student at NAIT and she said she was a student here a few years ago too. Hmm, small world. She then bought herself and the friend she was with a drink and couldn't add the \$4.50 + \$4.50 bar-tab. Ahem...

Dismissing the obvious, I chatted with her a little longer, and after making a smart-ass remark about her poor arithmetic, I got verbally accosted with a "Fuck you! I had a fucking IQ of 4.0 when I was in college!" I looked at her, and it was like slow motion, the wit was swirling through my head, and I simply couldn't decide the best one to throw at her. Just as I was about to unload, some guy interrupted us with some sort of retarded pick up line. Lucky for her though, 'cuz she could have been the stupidest chick on the planet, and I was ready to open up the arsenal.

Is it just me, or does this world have a large amount of stupid people? We've all ran into stupid people. Do stupid people know their stupid? Like, maybe I'm stupid. There must have been people in my past that called me stupid. I've driven and given the finger to a guy that I thought was a stupid driver, but I've been given the finger too. I'm sure that guy said, "Learn how to drive, you stupid idiot." But then again, if I'm stupid, these stupid people around me must be really, really stupid.

Truth is though, that stupid people live in bliss. No one expects much from you if you're stupid. If they hire you knowing you're stupid, then you'll never get fired. Like, you could work on an assembly line or something mundane like that. (Now, because some of you want to kill me 'cuz your father works on an assembly line, I should say that not *only* stupid people work on assembly lines, I'm just making the point that an assembly line is a job that

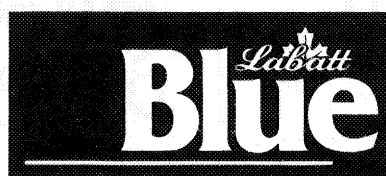
is repetitive enough for a stupid person to tackle, that's all.) You could get up every day at the same time, go to work, talk to no one, do your job, and go home. How blissful is that?

What's my point? I dunno, maybe I'm just jealous. Stupid is as stupid does, I guess.

Got a beef? Something to discuss? Send your hate-mail to Furious George at george@thenugget.ca. Letters to George will be printed at his discretion.

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1. You must be in a Full-time program at NAIT.
2. You must have a valid NAIT I.D. which expires in April 2003 with you at the event.
3. You must be 18 years of age to enter.
4. You must fill out an entry from the NAITSA Handbook and drop off your entry to the Big Red Bin at Ookfest on September 6th with Default.
5. You must be there to win.

FOR ALL EVENT INFORMATION GO TO
www.ookfest.com

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NAIT South Lobby

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18 10:00 am
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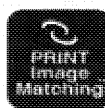
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Classifieds

Luther...Evening Star looking for Duck Fever on Frayed Knot. Floating Homers involved. :) Will be in Edmonton soon.

To the skanky chick in pre-tech: Quit f___ing looking at me! I wouldn't touch you on a deserted island with a box of Viagra in my jeans! - Muscle shirt man

The guy in Med Rad, you know who you are, "starman". We'll be on each other at ookfest, it's unavoidable! - Horny 4 U

Whoever's shoving the banana peels in my locker is gonna get a beating! Enough already! You're time will come, whoever you are. - Bananarama sucks.

If you found a blue scrunchy in the J wing, I need it back, it was a gift from my deceased aunt. Drop it off at Lost and Found, they can get it to me.

How can NAIT justify a parking increase to \$25 a month without the subsequent repairs to the roads and stalls in and around NAIT? How do they justify this? *Editor's note: Perhaps this is worthy of investigation, but I hardly think this is a grapevine. Use the web-site properly please, It's not that difficult, jeeez.*

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

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.gadensamtenling.org>

Hey West End students, the ETS NAIT Special #718 will begin express service on August 25th from Bus Bay#5001, West Edmonton Mall Transit Centre at 7:14 a.m. to arrive at NAIT at 7:46 a.m.

NAIT Varsity Women's Basketball team is looking for a team trainer/manager. If interested please call Doug Leong at 471-8810 or e-mail douglasl@nait.ab.ca

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The Edmonton Transit Service is offering a "NAIT Special" bus again this year that goes from the West Edmonton Mall directly to NAIT with no stopping along the way. It leaves the mall Monday to Friday mornings at 7:14 a.m. starting August 25th. We encourage students to take advantage of this service. There is no "Special" back to the mall after school. The regular system will be in effect.

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

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.

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ATTENTION ALL STUDENTS



ARE YOU COVERED?

Full time day students who have extended health and dental benefits (excluding provincial health care) outside of the school, must complete a waiver form and provide proof of coverage on September 26, 2003 by 4:00 PM. There will be no extensions or exceptions.

Waiver forms can be picked up in our office or downloaded of our website at:

www.gallivan.ca/studentnetworks

If you have any questions, call us during office hours, Monday to Friday, 9:00 AM to 4:30 PM, at 471-7730.

NOTE: Our office is currently located in Room E133, but we will eventually be moving into Room E125 sometime in September.



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Tickets \$20 Advance- \$25 @ the Door - Tickets Available @ the NAITSA office (Rm E-131), The Nest, All Ticketmaster locations charge-by-phone 451-8000, & www.ticketmaster.ca.



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