

Loving life with the top down

By John Smith

Jessica Gergely, a second-year Journalism Arts student at SAIT, is the owner of a sharp 1998 Volkswagen Cabrio convertible. Upon wandering through the parking lot you cannot help but notice this metallic blue convertible, clad in a black vinyl top.

This little Volkswagen is now four years old with 88,000 kilometers on it. A convertible in this city tends to be a rarity no matter what make or model just due to the big factors that come into play when living in Calgary.

"I love the convertible feature, I would never go back to a hardtop ever again," Gergely says.

Keep in mind it is not easy to drive a convertible in this city what with the vast amount of road and building construction going on and the more than occasional gale force wind that pops out of nowhere.

Don't forget the sub zero freezing temperatures, not to mention the stray young person who decides to go throw eggs or snowballs at the convertible that is driving down road instead of attending math class.

Bearing this in mind Gergely holds true to her belief that a convertible is the only way to go.

"Convertibles are almost impossible to keep clean but there is still nothing better then cruising down the highway with the roof down and the system cranked," Gergely says.

As far as future plans go for this car Gergely is very open-minded.

"I would like to keep this car for as long as I can. I would love to buy one of those new Volkswagen vans that will soon be coming out, but I will always hang on to my convertible if at all possible."

With the many makes and models of cars on the road right now, what attracted Gergely to the Cabrio?

"My first car was an older Volkswagen Cabrio and I loved it," Gergely says. "I wanted a newer version and mine was just too cold to drive, the heater didn't work and the top was giving me

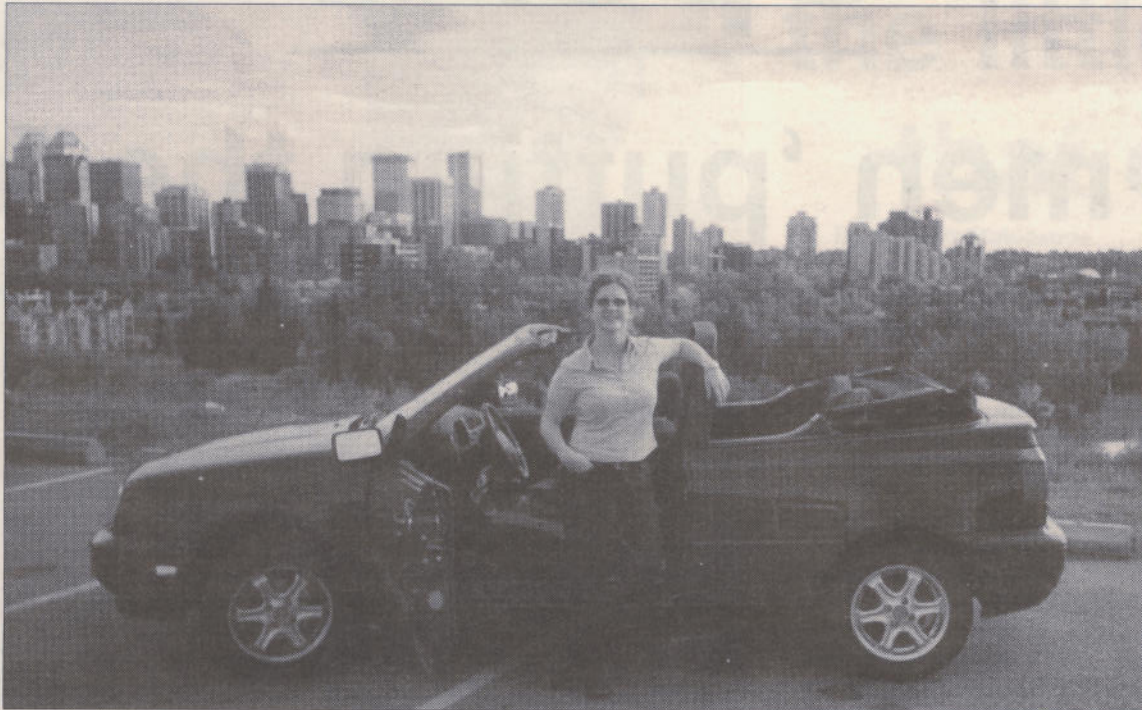


photo by John Smith

Jessica Gergely with her beloved 1998 Volkswagen Cabrio convertible.

trouble and it was time for a new car."

Over the four years Gergely has had this car she recalled many fond memories that stuck out as some of the best times of her life.

"My most fondest memory of my car would have to be driving through Waterton Lakes National Park with the top down for the first time after I bought it."

Throughout the four years that Gergely has owned the Cabrio it has only been in one accident.

"I rear-ended a truck on an icy day last year in winter time. I was coming to a light and I noticed that this little half-ton truck wasn't going anywhere. Unfortunately it was too late."

"I hit the patch of black ice he was stuck on and slid right into him. I was so mad, I still had the bagel I was eating in my hand at the time and just threw it on the ground in frustration. I never want anything to happen to my car and when it does it just makes you angry."

Very often convertible drivers are criticized for driving around with the roof down but the windows up. The answer is simple.

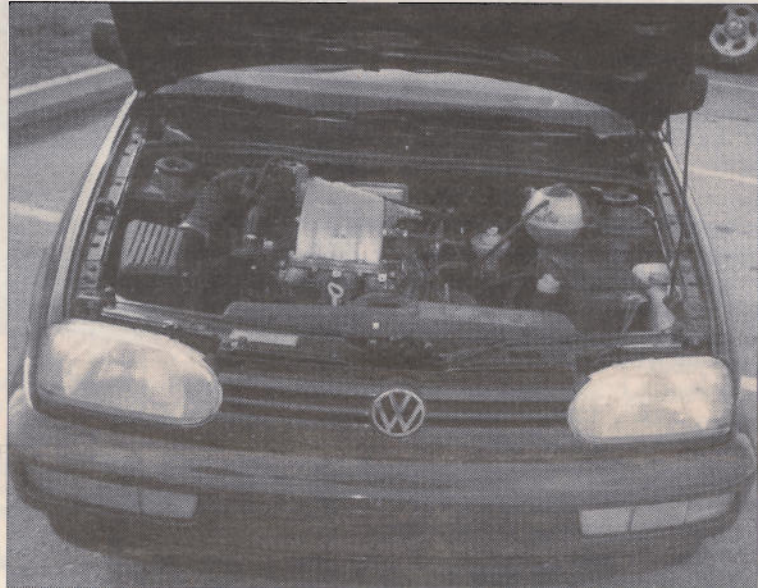


photo by John Smith

The engine of a 1998 Volkswagen Cabrio convertible.

"I roll up my windows on my convertible for the exact same reason everyone else rolls up their windows," Gergely says.

"It is less windy, you can hear the music you are playing much better and it is easier to have a conversation in a car with the windows up."

Volkswagen commonly uses the saying "drivers wanted" as one of their advertising slogans.

In this case Jessica Gergely is the model of a Volkswagen driver, she drives her convertible rain or shine and plans to continue to do so for as long as she possibly can.

Food bank is closed on SAIT campus

By Marina John

Can students bank on getting food anytime soon?

Four months after the Food Bank closed its doors at SAIT, students in need continue to be referred to counselling services at SAIT, who in turn refer them to the Calgary Interfaith Food Bank.

"We're working with SAIT to try to figure out the best way of providing the service to students," says Kat Tsakumis, SAITSA president.

"I would have liked to have to settled by summer so there could be someone here for students already."

Jayne Ruckdashel, SAIT's former chaplain, managed the food bank. However, with the position of chaplain now abolished at SAIT, there is no one to shoulder the responsibility for having a food bank right here on campus.

"She was the only paid chaplain in Canada, from my understanding" says Tsakumis

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**— Kat Tsakumis,
SAITSA president**

of Ruckdashel. "In all fairness, SAIT has to tighten their belts in a lot of areas, and it wasn't just that one person."

When school started, SAITSA faced a lot of students wanting to know how to access the food bank. They were all ultimately referred to the Calgary Interfaith Food Bank. The depots where hampers can be picked up are open at limited times, from 1:30 p.m. to 3:30 pm and 6:30-7:30 p.m. during the week. Students without cars would travel by public transport to the depots.

"Which is difficult," says Tsakumis. "How do you carry a huge case of food on the C-train? A full-time student has back-to-back classes. Even with a two-hour break, that might not be enough time to go and get back."

"It would be even more difficult for students with disabilities and young mothers with children to access the food bank," says Joanne Myers, the office assistant at counselling services. "They're students also."

Tsakumis plans to meet with chaplains from the University of

Calgary in early October, hoping they can alleviate some of the needs students have. The chaplains at the university are sponsored through their churches.

"The chaplains there have offered to do rounds," says Tsakumis. "I don't think that's enough. Everybody knows that crises aren't scheduled."

"We've had informal conversation with Kat," says Rev. Tim Nethercott, a chaplain at the university. "We have a history with SAIT. We're concerned."

Tsakumis is also meeting with the SAIT executive in a couple of weeks to discuss the services that have suffered due to the chaplain's leaving. The lack of the food bank is only one among these.

"I personally think that there should be access to the food bank on campus," Tsakumis says. "There have been rumblings all over campus, saying what are we gonna do about this?"

Nutrition counselling offered on the SAIT campus

By Lindsey Robinson

SAIT Campus Health has teamed up with the Food and Nutrition Management Technology department to offer nutrition counselling to students, staff and the public.

This will be the third year the program has run and organizers report it is increasingly successful.

"It has been fantastic," says Ellen White, an instructor in the Nutrition Management department.

"When we first opened our doors two years ago for this service we thought that 90 per cent of our clientele would be here for weight management but we have found that is not the case," White says. "There are a number of people who come for just nutritional adequacy."

Many of the people who take advantage of the counselling are simply wondering if they are on the right track with their eating habits. Others may have food allergies or intolerances or challenges such as diabetes and heart conditions.

While White does half of the counselling herself, her students do the other half. Food and Nutrition Students observe White while she advises a client and then do the next assessment themselves under the supervision of an instructor. This allows students to put their knowledge to practical use in the lives of real people with real concerns about their health.

Each consultation lasts an hour and varies in price from \$10 for SAIT students to \$60 for the general public.

In the past there has been a wide spectrum of clientele ranging from those who are committed to their own personal health to those who thrive on chips and chocolate bars, says White.

"Students are a very good representation of the general public," explains White, which offers a realistic counselling experience to her second-year Food and Nutrition Management students.

The money earned from the counselling service is put towards student awards. In the past monetary awards of \$250 have been awarded to students who performed well in their nutritional counselling course in combination with this real life experience.

White encourages all people from all walks of life to feel free to take advantage of the counselling.

"Don't feel you have to have a disease or illness to come and have a nutritional check-up," says White. "Nutrition pertains to everyone."

The counselling service began Sept. 24 and will run until Dec. 10.