

THE NUGGET

Thursday, December 7, 2000
Volume 38, Issue 13

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

OLP At The Dinwoodie



TRAVIS
Bannert

This past weekend, I was among the few hundred people to be treated to an intimate concert at the Dinwoodie Lounge with Canada's premier rock ambassadors "Our Lady Peace." After Sunday's experience, OLP is definitely one of my favorite bands again. I attended the Sommersault tour when it came to Edmonton and lost a lot of my respect for them as a live performing band.

Raine was quoted as saying after the concert, "We've gone back to being a rock band". My guest and I both wholeheartedly agree that they rocked and are an excellent live band.

OLP's first set started with some new songs including their new hit single "In Repair." In my opinion, their new songs are really good.

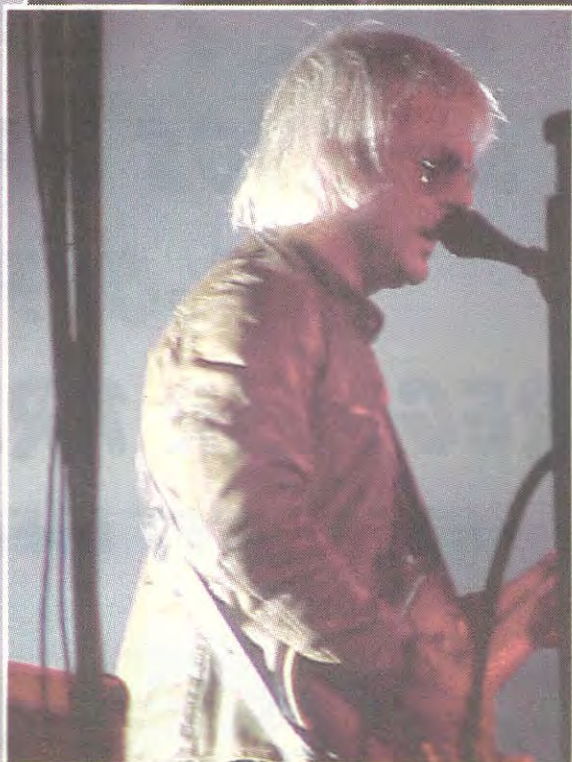
At the press conference, OLP noted that the crowd responded positively to the new material. They also included some songs from their last CD.

Raine stopped during the set to tell the fans a story of a young man named Rob Taylor from B.C who was in a car accident. Apparently, the boy's mother had come to their concert to ask if the guys would come visit him in the hospital. He was still hooked up to machinery when they got there and is still in bad shape. The band was so touched by his strength that they dedicated the song "Thief" to him for the remainder of the tour.

The second set was filled with past classics, much to the delight of the avid fans. When "Starseed" was requested, Raine jokingly responded, "We pick the fucking songs". Surprisingly, their next song was an upbeat cover of a Beatles

song. They eventually gave into the mob's demand by finishing with "Starseed," though.

This was definitely the best concert that I've ever been to, but not because of the fancy light show or because of the hype. It was because I got the chance to see one of Canada's best rock bands performing the way it's supposed to be - for the fans.



NAIT on Cutting Edge of Technology



SALLY Poulsen

The Northern Alberta Institute of Technology is about to be part of a large international endeavor in new media education.

NAIT, SAIT, and BCIT have signed an agreement to market and develop new media educational products in the field of Power Engineering.

The curriculum packages,

which will offer interactive video, graphic, and text materials, will be available to Power Engineering students around the world. Designed for distance education students, Dean of Technology and Curriculum, Jeff Zabudsky, believes that the new products will be highly successful.

"We are, in a sense, making the traditional hands-on laboratory experience available on an individual's computer," said Zabudsky in a NAIT press release.

This new multi-media curriculum will be set up in modules and is the only courseware approved by The Canadian Association of Chief Inspectors.

Partying It Up at Westwood

The Ladies from 1E

The ladies of Westwood are seeking fun and energetic people to make this year's MOGA the best ever.

What is MOGA? No, it's not a popular form of exercises. MOGA is a Christmas theme concert that involves every person and every class at Westwood.

MOGA involves careful planning and weeks of hard work to pull off. Every class has chosen a charity that they have donated their time, money, and gifts to so, by coming out and supporting MOGA, it will show your appreciation for what we have done this year.

When and where does this fantastic and exciting event take place? It takes place on December 15 at about noon in the Westwood cam-

pus gym. There are many prizes to be won and a once-in-a-lifetime opportunity to see the Westwood girls

There are many prizes to be won and a once-in-a-lifetime opportunity to see the Westwood girls perform (or embarrass themselves) just for you.

perform (or embarrass themselves) just for you.

So, if you are feeling stressed and a little blue, come on over and join us for an afternoon of fun.

NAIT Campus Crime Stoppers Crime of the Month

Between November 16-20, 2000, someone broke into Room X-202A and stole a data image projector that was secured to a cart in the area. The description of the data projector is it's black in colour, has handles missing on it, and has the identifying mark of DP-24 engraved in metal casing.

If someone you know has recently acquired a used data image projector, be sure to call Crime Stoppers at 422-TIPS. One phone call could earn you some extra money for Christmas.

Calgary Rave Shut Down



SALLY Poulsen

The University of Calgary Students' Association has decided to cancel a scheduled on-campus rave called "Recess." The cancellation occurs following the University Administration's refused approval to allow the urban dance party on the U of C campus.

"The Students' Union completely withdrew its support from Recess because we were not authorized to host a rave on the University of Calgary campus buildings or lands," said U of C Vice President Events Alix d'Archangelo.

This cancellation is reflective of a growing anti-rave sentiment among Albertans. Local raver Shawn Ericsson disagrees with the sentiment that raves are "dangerous."

"Everyone thinks its dangerous, but it's just as dangerous as a rock show or going to a bar. If they're so worried, hire more security."

The city of Calgary recently imposed new bylaws outlining the need for increased security measures at rave events. While Edmonton has yet to adopt such legal measures, many feel that the time is overdue.

"My son is 22, and my daughter is 16. I wouldn't want either one of them at a rave party. I'd kick their butts," said local mom Barb Maxwell.

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Sale ends Saturday December 9th at 6 pm. No rainchecks

Odds & ends



DARIA Morgan

The Evil American Influence

According to the British press, some schools have been administering spelling tests which require their students to use American spellings instead of British spellings. Some of these spellings have included "tire" instead of "tyre," "color" instead of "colour," and "theater" instead of "theatre." The British school oversight commission is not very happy about this, to say the least, and has ruled that British students should be spelling words the British way. The problem of Americanized spelling creeping into the British school system was first noticed in the scientific terms the students were being taught.

New Dress Code Hates Hairy Legs

The National University of Uzbekistan has recently set up a dress code for their students, banning clothing that they judge to be too provocative. The dress code was decided on by a general meeting of students. Women are now forbidden to wear mini skirts and tops that display midriffs or reveal the absence of a bra. Men are now banned from wearing shorts as it was determined that men's bare, hairy legs are not "aesthetically pleasing" to look at. The ban was prompted by guests attending lectures who might gaze at the co-ed students instead of thinking about the subject being lectured on.

Shakespeare Resurrected

The Moscow School for Dramatic Arts has gotten the go-ahead to build a replica of William Shakespeare's Globe Theatre. The new theatre will be divided into two halls, with the larger hall expected to hold up to 450 people and the smaller hall expected to hold up to 180 people. The smaller hall will be made into an exact duplicate of Shakespeare's Globe. The original Globe, a cylindrical wooden building with an open sky roof, was built in Southwark, England in 1599. The replica is scheduled to open March 1, 2001, in central Moscow - just in time for next year's Third World Theatre Olympiad.

Governor Arnie?

With his latest movie, "The 6th Day," currently flopping in big ways

at the box office, action movie star Arnold Schwarzenegger may be making a career change. The big guy is quoted in the Times of London as saying he will announce his candidacy to run for governor of California "when the time is right." In the past, when asked about running for office, he has always said he was not interested. His opinion was said to have changed, however, when "Predator" co-star Jesse Ventura made the jump from show business to politics and became the governor of Minnesota.

PetsMart Makes Giant Contribution

Giant pet store chain PetsMart is joining forces with pet food makers to help feed starving Alaskan sled dogs. Three straight years of poor salmon catches have forced residents of Tanana, Alaska to kill their sled dogs rather than watch them starve to death. About 38 tons of PetsMart's Premier Brand dog food is being shipped to Utah to send to Alaska. This will also be shipped along with contributions by Purina, Kal Kan, and Hills', who have shipped a total of 73 tons of dog food to Alaska to-date.

Vatican Searching For A Miracle

The Vatican is investigating into what may be called the next miracle. When the late Reverend Nelson H. Baker's body was exhumed from Holy Cross Cemetery in Lackawanna, New York to be moved to nearby Our Lady of Victory Basilica at the suggestion of the Vatican, blood and bodily fluid samples were taken from the corpse. After examining the late reverend's blood, it was found to be "unexplainably fresh," even though Baker died in 1937. Baker was a business man turned priest and devoted his life to helping orphaned and troubled youth, unwed mothers, and poor immigrants. In 1987, Pope John Paul II named Baker as a "Servant of God" — the first step in the canonization process, 50 years after his death. It is said that this current investigation could lead Baker one step closer to sainthood.

What A Waste Of A Study

Indiana School of Medicine researchers now claim to have evidence of what women have suspected all along - that men and women listen differently. They claim that their study on this topic found men listen with only one side of their brain while women use both sides to process conversation. Professor Dr. Joseph Lurito claims this finding still leaves numerous questions to be answered. He states he does not know if this difference is because of the way men

and women are raised or if it is hard-wired in the brain somehow. He thinks it is a good thing there are differences between the genders, however, because "it could be pretty dull if men and women were the same."

Thais For Sale

The former ambassador of Thailand is being investigated after he apparently sold the embassy property in 1999 without approval from the Thai government. This revelation only came to light last week after a Dutch businessman demanded that the current ambassador vacate the embassy, which is located in the heart of the Dutch capital. The Thai government are claiming the sale was unauthorized in that the former ambassador had no such power to do so. The sale was only for a reported \$1.4 million. The former ambassador is also claiming his innocence throughout this entire ordeal, stating he was tricked into signing the sales contract, which was written up in Dutch.

Are Pokemon An Evil Influence?

The Turkish national television network is yanking the Pokemon cartoon from its airwaves. They claim that the Pokemon characters are a mixed bag of fun and fright and send confusing signals to children. This decision comes in the wake of the death of a young girl who tried to fly from the balcony of her home while pretending to be a Pokemon character and subsequently plunged to her death. The Turkish national television network is also hoping to get the Pokemon trading cards banned from being sold in stores.

People Who Should Not Be Parents

An Indianapolis, Indiana couple are in court facing neglect charges for allowing their 4-year-old son to balloon up to a stunning 138 pounds — over 100 pounds more than the average 4-year-old should weigh. The child weighed a normal 8 pounds, 14 ounces at birth, was 111 pounds at age 3, and reached 134 pounds just before his 4th birthday. The couple's doctor told them to place the child on a strict diet, but when the child only continued to gain, county welfare officials were called in. The child was subsequently taken away from his parents and is now in a foster home. He has already more than 50 pounds. The parent's trial is scheduled to begin February 12, 2001, and if convicted, could face jail time.

Making Fun Of The USA

The ongoing US election controversy is now the subject of a parody of the

song "The Battle of New Orleans." The parody is titled "The Battle of Florida" and was written and recorded by song parodist "Loose" Bruce Kerr. If you would like to hear the parody, you can download it for free at <http://www.cereus7.com/Kerr>. "The Battle of New Orleans" was a country hit for Johnny Horton in the 1950's. Kerr's other parodies include "Y2K," "OJ-oh," and "The 12 Days of Clinton."

Today's Youth A Sad Example

Citizens of Pittsfield, Maine are enraged over the senseless shooting of two horses by a couple of 16-year-old boys. Hundreds of residents have even signed a petition demanding the teens receive meaningful legal penalties and be upgraded to adult court. The youths were charged with two counts of felony reckless conduct with a firearm and one count of criminal mischief. Police also confiscated five guns in their possession. The two boys, one from Pittsfield and one from Waterville, admitted to shooting the horses as they grazed in the pasture of a veterinary clinic. One of the horses was found dead and the other horse was so badly wounded it had to be put down.

Stupid Headline Of The Week

A headline in Reuters this week read as "Beauty Queen Abdicates, Admits She Is Male."

Milking Bambi

A Montour County, Pennsylvania man is fighting with officials over how to classify his business. The county says it's a regular business and the man has to pay a \$386 tax assessment. The man claims he is a farmer, however, which leads to a tax assessment of only \$289.50. The man sells deer urine at \$9 an ounce, which is used by hunters to mask their scent. Thus, he claims he is a "deer farmer."

All Hail The Porcelain God

A stained glass window installed in St. Lawrence's church in Doncaster, England is receiving a lot of attention. The window depicts the picture of a toilet to honour Thomas Crapper, the inventor of the flush toilet, who was born in nearby Thorne. Church officials drew the line at depicting the toilet in white, as it was thought it might stand out too much and draw more attention than the picture of Christ. People are wondering if a stained glass toilet is appropriate in a house of God, however. A spokesman from St. Lawrence church said, "Nobody has told us that it demeans the church of the glory of God. They can see the significant of including Crapper in a celebration of the millennium."

Thinking of a Business Career?



TRAVIS Bannert

To all the business students, some of us are just finishing our first semester in the business program and are thinking what area to major in. I've been in this situation before, and through various researches, I finally decided to go through the business program's NAITworking summer internship program.

This program is helpful to those of you who have little or no business experience. It is especially useful since a lot of these companies would not usually hire a NAIT business graduate. You must apply ahead of time, have at least a 65 percent average, and have completed your first year in the Business program. It's a 4-week work term that starts in May and possibly can continue through the summer.

However, there is a catch. If you land a position in Alberta (which most are) it will most likely be unpaid. There are some positions that can place you all over Canada and even overseas, and these placements are expected to provide you with reasonable trainee wages. The companies are not required to pay you in May, but many have hired people throughout the summer. This adds up to a decent little paycheck, invaluable experience, and contacts. Those of you who are willing to go without pay for one month for the possible advancement of your career, this is definitely a good choice.

For further information contact:

NAITworking
Business Administration Year One
Northern Alberta Institute of Technology
11762 - 106 Street
Edmonton, Alberta
T5G 2R1

Telephone: (780) 471-8856
Fax: (780) 491-3987

e-mail: judymc@nait.ab.ca

Tooth Removal

(Or I Have Nothing Else to Write about This Week)



SALLY
Poulsen

I've been out of school for more than a week now and really have no idea if any thing has been happening on campus. Nevertheless, I still have to write a minimum of three articles for my section in order to fulfill my duties as News Editor. So, from my bed, I would like to share with you all the saga of having my wisdom teeth removed.

Since I was 15, my dentist has been after me to have all four of my impacted wisdom teeth removed. However, being a notorious pussy, I postponed not once (during my senior year of high school), not twice (during my first semester of university), but three times (last year when the office I had booked with smelled strangely of pee). Finally, I've been brow-beaten into it.

Wheel me into surgery, and the next thing I know, I'm awake in the recovery room, coughing on blood and other thick, clotty fluids that I didn't know I had. The nurse keeps asking me questions that I can't answer, partially because I'm heavily medicated, and partially because she

keeps jamming my mouth full of gauze and poking at my jaw.

So, anyway, the nurse is getting worried because my blood pressure is elevated. She consults the doctor and gives me a mouthful of this really vile stuff that tastes like a combination of peach schnapps and bad soy milk. Apparently, this lowers my blood pressure. It also makes me vomit repeatedly since the only thing that has been put into my stomach in the last 18 hours is this medicine and a pint of blood. I get an IV drip of sugar water.

So, after coming out of surgery at 4 p.m., I actually get out of the office around 7 p.m. When I arrive home, I end up vomiting some more, taking a whole bunch of Tylenol 3, and drooling blood all over my boyfriend's shirt as I fall asleep.

The next day brings a marvelous revelation: Tylenol 3 is now making me puke because I haven't eaten anything in 27 hours. And I can't eat because of the pain (and all this puking isn't making me real hungry).

I then adopt a new strategy. Take enough Tylenol to numb my mouth, and quickly, eat something afterwards. This fails, and I puke again. My mother tries to tempt me with cherry Jell-o, but what I really want is bourbon. I relent though, but

cannot get my mouth open wide enough for a spoon.

I then eventually get out bed for the first time in a day; my face looks like I imagine it would if I weighed 500 pounds. I then take more Tylenol and try to fall asleep before I vomit.

I awaken the next day with a plan: I can eat Mr. Noodles. That wonderful, crappy, powdered, ramen stuff. My mouth now opens just wide enough to get some broth and noodles in. I don't have to chew. This is truly the greatest food ever invented.

My boyfriend visits with a stack of magazines and some movies for me. I'm no longer constantly throwing up, and I can enjoy the Tylenol buzz. I sleep, I wake up, I sleep some more. I can't talk. I look remarkably like Eric Stoltz in the movie Mask.

I attempt to make an outing on the fourth day, but pay the price that night when my cheeks swell even worse, my jaw all but seizes, and my face is turning a pretty mustard hue.

Which brings us to this morning where I sit writing with my big, puffy, piss-coloured face. I'm sure I'll live to write better material next year. I just hope I can eat something other than Mr. Noodles by then.

Spectacular Skies



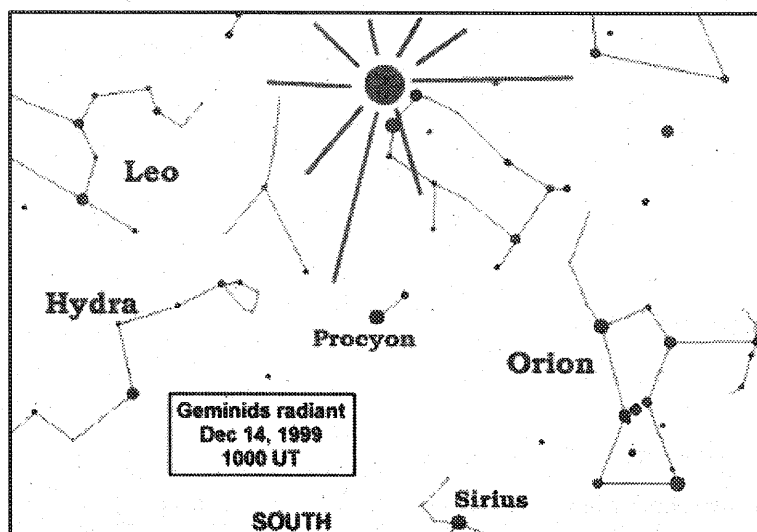
SHANE
Turgeon

December marks a very happy time for astronomers, backyard and professional. The second week of this fine month boasts one of the best meteor showers of the year, the Geminids. As the Earth passes through 3200 Phaethon, either an asteroid collision or a comet

tail, we inhabitants of this fair planet get treated to a sky full of meteors.

The shower can be seen between December 7th through the 17th, but it peaks in the wee hours of December 14th. At peak times, a lucky viewer can see up to 50+ meteors per hour. The best time to go out is between midnight and dawn when the constellation of Gemini is high above us.

So, if studying for finals is not your cup of tea, bundle up really warm, drive out to a secluded area, lie on your back, and let the universe dazzle you with an array of stellar spectacles.



Don't Forget To Right



JAMES
Olson

Well, I'm leaving.

The last few years that I've spent here at the "beloved" NAIT Nugget have been some of the best I've ever had. Along with all the drunks and deadlines have come a multitude of life experience that I couldn't have had anywhere else.

For instance, there was the time Curtis Comeau and I got drunk at the Nest and spent three hours trying to break into the NAITSA offices. I don't remember why we were trying to break in, but that security guard was awfully understanding.

And of course, there are also the immortal words of Mike Ox who said, "I thought you were going to bring papers."

I'll never forget the night John Shields, our former Sports Editor, sat on me until I nearly

passed out. What can I say? We were drunk.

Of all the Sundays I've spent thinking up stories (which were mostly not true) to print in the Nugget, none stands out as much as that cold, cold day last November. I spent three hours watching water go down the sink in my kitchen. That was one hell of a weekend.

...there was the time
Curtis Comeau and I
got drunk at the Nest
and spent three
hours trying to break
into the NAITSA
offices.

And now, it's all coming to a close as I head out into the real world and away from the warm embrace of beer and girls I hardly even know.

And all I can say is... see you later.

Christmas?



SHANE
Turgeon

So, Christmas is upon us. A time of joy and happiness. A time to enjoy the company of others and to treat everyone with the respect they deserve to be treated with.

Yeah right!

These are the qualities of what Christmas is supposed to represent but, sadly, in today's world of hustle and bustle, Christmas has become an outlet for the years frustrations and an excuse to be a genuine ass.

Having worked at the nation's largest retailer of toys for over 5 years, I have seen, first hand, the degenerative spiral that humanity takes at this "joyous" time of year. People get all stressed out and angry because they cannot get little Johnny or little Sally the hottest toy of the season that, on Christmas day, will be played with for an hour and then

will be promptly tossed in the corner for all eternity. Why?

I don't know. All I know is that when these people come to my place of work all angry and stressed, making a mess out of our store, it makes me all angry and stressed, thereby wrecking my Christmas!

I recently heard of a mall in the States that has proposed a fast lane - a lane that people can speed through the mall and not be impeded by thoughtful shoppers and casual browsers. Those browsers caught in the fast lane will be fined \$14... \$14!

What a ludicrous idea. Have we become that distorted? I think everyone needs to take a step back, calm down, and reflect on why it is we are doing all this stressing in the first place. Is it really worth it?

I would venture to say no. People don't care about the perfect gift; I know I'd rather get something that somebody took the time to make or get a gift that comes from the heart. I think we all need to really think about what Christmas is all about... Santa.

Are
you
hungry?

WIN A
FREE
LUNCH

When you dine at
the NAIT Dining
Room between 11:00
am and 11:45 am on
Dec. 5, 6, 7, and 8th,
you will receive an
entry to win one of
four free lunches in
our draw on
December 9th.

Die, Smokers, Die!



KELSEY
Farnalls

I am more than ready for that whole "ban on smoking in public places" to come into effect in Alberta.

How much more do I have to endure really? I have to say, I couldn't care less if any of you smokers smoke until your brains disintegrate and your lungs decay. Just don't do it around me.

I was never stupid enough to be suckered into even trying a cigarette, and I can't honestly see the appeal. But, apparently, a lot of people were born lacking both common sense and good judgment.

The thing that really pisses me off is that, despite the fact that I made a wise choice, I have been punished. If I want to go to a pub to enjoy a drink or some socializing with friends, I have to breathe second-hand, disgusting, filthy, unfiltered cigarette smoke. Then I get to go home afterwards and reek like smoke. I have to wash my hair twice to get the gross smell out, and my clothes have to be aired outside for a day before they lose that god-awful stench.

Smokers say, "Hey, if you don't like it, don't go to the bar." But why the hell should I have my options narrowed because I am smarter than some? Because I decided to have some respect for my body and for the people around me and not smoke? Because I was never gullible enough to start a habit that I knew full well was addictive and harmful and obnoxious?

In British Columbia, they have passed legislation banning smoking in all public places. California did something similar long ago. I hope that Alberta is next.

Smoking is a filthy habit, and smokers should be ashamed of the filth they spread around recklessly. Do it in your own home, or do it outside. But stay the hell away from me.

It's against the law for me to walk up to you and punch you in the face in a bar, so why should it be legal for you to walk up to me and smoke in my face and fill my healthy lungs with your disgusting smoke,

I couldn't care less if any of you smokers smoke until your brains disintegrate and your lungs decay. Just don't do it around me.

possibly causing me lung cancer or worse?

Not to mention the extra health care dollars that I have to invest in the system for when you inevitably wind up in the hospital sick with heart disease or emphysema or cancer. Pay for it yourself.



Genesis Program Basic Computer Systems and Software for Today's Children

The Operation HardDrive Foundation is a nonprofit volunteer organization that provides basic computer systems and software — for today's children in local childcare facilities — through the Genesis Program.

VOLUNTEERS NEEDED

(Technical experience will be an asset)

December 8 Noon - 6 pm
December 9 Noon - 6 pm
December 16 Noon - 6 pm
December 17 Noon - 6 pm

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Edmonton, Alberta
T5G 2R1

Production Office
471-7615

Fax
491-3989

e-mail
nugget@ookmail.nait.ab.ca

Editor-in Chief
Curtis Comeau

News
Sally Poulsen

Features
James Olson

Sports Editor
Travis Bannert

Entertainment
Kelsey Farnalls

Photographers
Amy Senecal
Steve Vigar

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THE DEADLINE IS
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All submissions Must be
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& Student ID Number

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

Contributing Writers

Daria Morgan, SHARMZ, John
Zazula, Chantal Eder, Lech Purogi.

Ooks Sweep Thunder

Finish 10-6 for the first half...



DARRYL
Hodgson

The Ooks' recent winning streak of five games has helped solidify a place in the top four for the first half of the season. Most recently, the Ooks disposed of the Concordia Thunder with two wins this weekend and, most importantly, a four-game sweep on the season.

The first game went at the Agricom on Friday night, and the Thunder decided to make a game out of it by scoring first and early. We never say die though and were able to tie the game, but the Thunder scored two more in the second period to pull away with a two goal lead.

We were able to pull within one goal before the intermission, leaving us in good shape for the third

period. We knew that the Thunder would try and sit on the lead, so we came out with "heads of steam" and dominated the period but were unable to score until Cory "Best Year Ever" Pecush fired a slap shot past the Thunder's goaltender.

The goal came with five minutes left in the frame, and that is the way it would end setting up our first four-on-four overtime game yet. We continued to dominate the game and with 1:30 left in overtime Chuck "Juggler" Beaulieu netted the winner.

FINAL SCORE:
OOKS 4 - THUNDER 3

I played the game in goal and Chuck Beaulieu received the player of the game honors.

The next game went here at NAIT and was not as exciting as the first one but also a good one.

We scored once in the first by an off speed shot by Cory Pecush and then once in the second to carry a two-goal lead into the third. Ryan

"Second Goal Ever" Blocha scored again to make it a three-goal lead, but Thunder Defenceman Oliver Magee scored with five minutes left to break my shutout bid. That is how the game would end.

FINAL SCORE:
OOKS 3 - THUNDER 1
I played the game in goal.

That is it for the first half of the season, and now the Ooks anxiously await the debuts of Tim "Orangesalad" Donnelly and Mark "Break Up King" Chmilar. Donnelly will add some needed strength to the defence core, and Chmilar will add toughness up front as well as some good break ups.

The next action for the Ooks is in January versus the Augustana Vikings. I will keep you posted on exact dates and times.

Thanks for the support in the first half. We hope to see more of you out next semester as we drive towards the playoffs. Until next semester, ciao from the Chimp.

Bannert's Weekly...

FITNESS FAQ



TRAVIS
Bannert

Moi: John, the question for the last semester's paper is what are some of the positives and negatives of using supplements and/or steroids?

John: Anabolic steroids, both natural and synthesized, are likely to increase body weight through an increase in muscle mass. Most of the steroids used by body builders are derived from the male hormone testosterone. Steroids, in most cases, enhance or shorten the recovery from intensive training.

If you are not prepared to spend the extra time training, they won't have the effect that most body builders desire. Steroids can be taken orally or injected directly into the

muscle. These are the positives.

The negative aspects of Anabolic steroids, of which some can be lethal, are impotence, acne, hair growth, psychological changes ('roid rage), kidney damage, liver damage, and joint damage.

In women, the effects are that they tend to take on male characteristics such as deepening of voice, cessation of menstrual cycles, male pattern baldness, and facial hair growth.

Anabolic steroids seem to be a quick solution to muscle mass increase, but that is not guaranteed for everyone, and the down side is definitely not something that most of us want as we grow older. It certainly is a short-term gain for long term pain.

If you are interested in gaining muscle mass without steroids, try this website: www.physsportsmed.com/issues/1997/08aug/muscle.htm

Goldberg has been approached to play the role of the Absorbing Man in the upcoming Incredible Hulk movie.

Lo' and behold, Vampiro wants to come back to WCW. It seems that the man who burned a lot of bridges on his way out now wants to come back to the fold. It'll be interesting to see if they do, in fact, take him back.

Vampiro left due to problems he had with WCW management, but he was also suffering from a severe concussion. Granted, he may indeed have had a head injury, but many are doubting its severity. Apparently, while touring with the ICP (ha ha),

Hall caused a scene while getting out of a taxi cab. He tried to pay with a credit card, and when the cabbie refused to take it, Scotty proceeded to kick in the door of the cab. He was charged with a misdemeanor.

he was always jumping around in the mosh pit.

Severe concussion, indeed.

In other news... The Dudley Boys will return to ECW one night only! On December 21, they will be doing a house show in New York.

The first-ever exploding ring match in North America has been cancelled yet again. The match has been cancelled three times now since 1998, and all three times was supposed to feature Japanese wrestling legend Atsushi Onita.

The first time was back in '98 when ECW planned the match with Sandman, and the match was also scrapped earlier this year when Jer-

sey-based Combat Zone Wrestling was to run the match with Terry Funk. Funk had a helluva exploding ring match with Onita in Japan back in 1993.

The latest incarnation was to be set up with by XPW and was to feature Sabu vs Onita. Will this match ever happen, however? Hopefully. North American fans would love to see a match like that!

The bad boy of basketball, Dennis Rodman, may be facing legal action from a referee in Australia. During a much-publicized match against Curt Hennig, Rodman threw the referee out of the ring, causing him severe embarrassment.

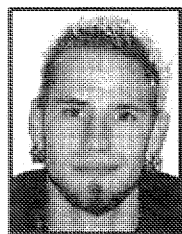
Being a big Rodman fan, I really hope that this is his last year in basketball so he can concentrate on a career in pro-wrestling. Take that how you will... am I serious or not?

Finally, in response to Dr. PPG (again), yes, I know that some of my news may seem a tad dated by the time it sees print on Thursday, but that is the nature of deadlines. I have to have this column done by Monday at noon, so I don't even get to see that night's RAW or Nitro to report on. When I write it, it's totally new, but sadly, when it comes out, some of you may already know about it. Not much I can do about it.

And in response to the other guy from last week's grapevines, I'd love to do a feature on wrestling injuries. Maybe that'll come after the winter break...

Speaking of the winter break, this will be the last issue of the Ringpost until we return to school action on January 8th. I hope all of you have a safe and happy holiday season, and whatever you do kiddies, don't pull a Scott Hall. See you soon...

The Ringpost



SHANE
Turgeon

Well, wrasslin fans, a lot of you are probably wondering why it is that there was no "Ringpost" last week. Well, you're not the only ones! There was indeed an article written; however, due to circumstances beyond my control, it did not see print.

Never fear though, this week I have been given a little extra space to include all the news from the previous week and all the news from this one, so buckle in and get ready for a double dose of your favorite wrestling column...

There was a WCW PPV two Sundays ago but, at this point, I'm sure no one really cares about the results. The only item to report on from that PPV was that Booker T

suffered a cracked sternum at the hands of Scott Steiner and is expected to be out for at least a month. This weekend, ECW held it's Masacre on 34th PPV, and here are the results...

- Christian York and Joey Matthews beat Simon Diamond and Johnny Swinger.
- EZ Money defeated Balls Mahoney.
- Nova beat Julio Dinero.
- Danny Doring and Roadkill beat the FBI.
- CW Anderson beat Tommy Dreamer in an extreme grudge match.
- Rhino beat Lil' Spike Dudley to retain the TV Title.
- Mikey Whipwreck and Tajiri beat Super Crazy and Kid Kash.
- Steve Corino retained his ECW Heavyweight Title in a three-way dance against Jerry Lynn and Justin Credible.

The biggest news over the past couple of weeks has been concerning, big surprise here, Scott Hall.

Last week, Hall was involved in a three-car accident that he apparently caused by driving, whilst

very intoxicated, in the wrong lane. Thankfully, no one was seriously injured, and Hall is facing a number of charges.

As if that wasn't enough, over the past weekend, Hall caused a scene while getting out of a taxi cab. He tried to pay with a credit card, and when the cabbie refused to take it, Scotty proceeded to kick in the door of the cab. He was charged with a misdemeanor.

In WCW news...

It looks like Eric Bischoff is back to being the front runner for a possible WCW purchase. Some reports indicate that George Steinbrenner of the Yankees is in his corner. It'll be interesting to see if anything pans out from this situation, but if I know this story, it's gonna be a long time from now.

During the hardcore match on Thunder two weeks ago, all four men suffered some sort of injury. Crowbar damaged his abdomen during a failed asai moonsault where no one caught him. Reno broke his nose, Bam Bam hurt his elbow, and Mike Awesome injured his shoulder.

One of Canada's Biggest Bands

is playing a surprise concert
at The Nest,
Thursday, December 14th.

How Do You Get In?
You've Got To Win!

Turn the page to find out how...





How Do You Win Tickets to the "OUT OF THE BLUE" Show?

AT THE NEST

Every day at the Nest—until the day of the show—with every Lunch Special purchased you will be entered to win a pair of tickets, drawn daily. There will also be tickets given away daily at The Nest after 3 p.m.

AT WESTWOOD

Every person who sits on Santa's lap on Thursday, December 7th between 11-1 at Westwood campus will be entered to win one of three pairs of tickets.

AT THE ANNEX

NAITSA will be dropping in "Out of the Blue" to give away two pairs of tickets. Keep an eye out.

Name: _____

Tech: _____

Ph: _____

Email: _____

Who do you think the band is? _____

Fill out the ballot and drop it off at the NAITSA office by 4:30 pm, Monday, December 11th. We will be drawing for five pairs of tickets.



How Do You Win Tickets to the “OUT OF THE BLUE” Show?

SANTA’S ANONYMOUS

The first 20 people on Tuesday & Wednesday, December 12th & 13th, at 9:15 a.m. who bring a toy for Santa’s Anonymous to the NAITSA office (Rm E-131) will receive one ticket to the show. One ticket per person ONLY.

NR92 GROUND ZERO

At the Ground Zero show in the South Lobby on Friday, December 8th at 12:30, three pairs of tickets will be given away.

NAITRIUM BEER GARDENS

On Friday December 8th at the Beer Gardens in the Naitrium, two pairs of tickets will be given away.

WEDNESDAY DECEMBER 13TH

OUT OF THE BLUE NIGHT

30 Tickets will be given away between 3 pm and 8 pm. Plus many other Labatt Blue prizes. You have to be there to win.

Magic!



JAMES
Olson

There are things in this life that I can't explain. Sometimes, I find myself contemplating life's mysteries for hours on end. Then I get sick of thinking about stuff and I say, "Well, it must be Magic."

Call it perpetuating my own ignorance, call it whatever you will. Fact is, I'd rather believe in magic

than waste any more of my time trying to figure out how things work.

Light Bulbs

You turn a little switch on the wall and a semi-spherical piece of glass with a little curly thing in the middle makes light. For awhile, I thought it was a bunch of invisible lightning bugs that lived an incredibly long time, but now I know it's just magic.

Cable Television

I have a total of 59 channels on my television. All of those channels come out of a little hole in my wall

with a cord that attaches it to my TV. An incredible feat of engineering, or magic?

Compact Discs

It's no stretch of the imagination to see what kind of powerful magic it must have taken to put music on silver discs. Somebody once told me that it is actually a bunch of little pits on the surface of the disc and a laser reads it and makes music. Lasers? Ok, Asimov, sure. Admit it, it's magic.

Photographs

"It's as simple as point and click," the man at the camera store

told me. I beg to differ, my friend. I can take a box with a couple of holes in it, press a button, and I can get a picture of myself if I take it in to get my film *processed*. To me, that sounds more like, "Point, click - Magic!"

Keith Richards and Ozzy

They are perhaps the greatest feat of magic ever done. By all accounts, Ozzy and Keith should've died years ago. Together, I'm sure they've used up the lives of every cat in the world. A miracle of modern science... or magic?

Independence Day

We all saw the movie, and we all witnessed the destruction of the White House. But the next day, when I was watching the news, there was the White House, as perfect as ever! Some say it was done using computers with the help of CGI - Computer Generated Images. In my books, that's just a whole lotta magic.

I'm sure a lot of you now think I'm a complete idiot, and you're wondering how on earth I keep my job at the Nugget. I'll tell you how, one word - Magic!

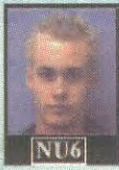


"It's Magic!"

Mr. & Miss Nugget



AMY Senecal
Amy's Mr. Nugget
CLINT
"ladies...ladies...ladies...
please...one at a time"



STEVE Vigar
Steve's Miss Nugget
MARCELLA



A Night at the Roxy



TRAVIS
Bannert

Avenue club the Roxy.

Now, I've never frequented this club before, and I was a little hesitant about my promise to cover this event. I was very surprised, however, when I first walked in and saw the layout of the place. It has a Barry T's feel without all the teenyboppers and gang bangers. Some of the dental hostesses were even nice enough to greet me upon entry and pose for some photos.

As I was initially wary of this type of establishment, I invited some good friends to help me enjoy the event. We were all having a blast as many NAIT partiers had attended. I'd like to put out a special thanks from all the guys in attendance to Lise, Jackie, Lonny, and Jodi for proving to us that there is a God by putting on that killer all-night dance show on the east bar.

This bar is an excellent place

to hold a cabaret or party, and I'd recommend it to anyone who likes to dance all night long. For the timid, they're more than enough space to sit and drink with your friends and admire the scenery or play pool.

Thanks to all the Dental Assistants for throwing a great party. The venue was perfect, and you guys know how to have a good time.



NAIT Gets Assassinated



SHANE
Turgeon

NAIT has been assassinated.

No, no one died and the institute is still instituting, but last week, several masked and shirtless men sabotaged the hallways, the business tower, the NR92 Nest Party, and a hockey game.

Acting on behalf of NAIT's radio station NR92, the Topless Assassins took the breaths away of several of the women around NAIT as they promoted the station and handed out entry forms for a contest in which students could win tickets to an Oilers game or a 50 percent off Gift Certificate from Body Temple.

The Topless Assassins have since returned from whence they came (much to the chagrin of NAIT's female populous) but



through a series of codes and messengers, they have requested I deliver a message to you, the NAIT student body:

The Topless Assassins wish to thank their sponsors BJ Electric Supplies LTD, Body Temple Tattoo and Piercing, NAITSA, and Stoll's Bar. They would also like to thank

everyone who participated in the promotion and to congratulate the winners of all their fabulous prizes (unfortunately, names of winners were not available at press time).

So, now that NAIT has been assassinated and since life will no longer be the same, one has to wonder, what's next...

Screw Christmas



JAMES
Olson

When did shopping become an excuse for teenage girls to dress up like sluts and spend large amounts of money on things they don't need?

In the mall this past weekend, I had about five hours to remember why I hate Christmas, and remember I certainly did.

Christmas has become, and is, the mother of all consumer holidays. I think it's mainly the illusion of power that draws people into overspending. There's a certain feeling of omnipotence that comes with dropping dough on Christmas presents, a feeling of superiority over our fellow man because we spent more money on Dad's Christ-

mas present. So, that obviously means we love him more than anyone else, right?

It's the idea that money can buy happiness that has made Christmas into a shitty holiday. We all remember our role models saying, "Money can't buy everything," and so why didn't we believe them? Maybe because they were talking on a cell phone and driving a brand-new car at the time.

The truth is, money can't buy love, happiness, or peace of mind. And at the end of the year, when our evaluation of our "progress" comes into play, it seems like if we spend more money on the people we love, our own lives won't seem quite so insignificant.

Take it from me; you are a person that matters. And instead of spending your next four paycheques on holiday cheer, why don't you tell the people you care about that you care about them by just saying it.

The Spirit of Christmas



KELSEY Farnalls

I have seen many versions of Charles Dickens' "A Christmas Carol" in my time, but none of them even come close to comparing to the Citadel Theatre's production, directed by Bob Baker. It opened last week and

has, so far, received overwhelming acclaim.

With its spirited 16-member cast and elaborate stage sets, the classic Christmas tale inspired the true sentiment of the season and moved the audience completely. They spared absolutely no expense in designing the props, and the Ghost of Christmas Future was awesome — a giant marionette resembling the grim reaper. The special effects were creative and varied, and they enhanced the overall atmos-

phere of the play greatly. The dry ice, however, did get a little stifling at times as it wafted through the theatre, bringing on fits of coughing and sputtering from the audience.

Of course, Tiny Tim, played by Danielle Checknita, stole our hearts with his earnest good wishes — "God bless us all, every one."

Ebenezer Scrooge was played masterfully by Tom Wood, embracing the character of embittered miser completely. His life-changing experiences were felt by one and all, powerfully exemplifying the theme of redemption.

I was impressed thoroughly by "A Christmas Carol." It was an arresting and grandiose production which captured the true spirit of good will and humanity. If you have the opportunity to see it for yourself, don't pass it up. It will be running nightly with its last performance on Christmas Eve.

Have a merry Christmas and a wonderful new year!

CD review



JOHN Zazula

Ally McBeal A Very Ally Christmas

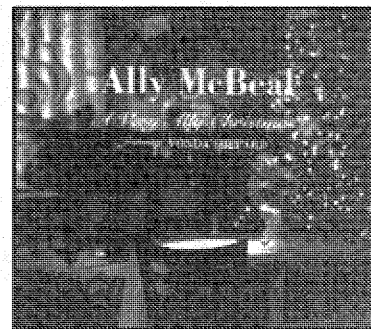
Various Artists
(Sony)

I love cheese, and this is about as cheesy as you can get.

Christmas albums are put out only to be listened to for about a month. I think after listening to Christmas songs for a month, you just can't wait to put them away for the other eleven.

This year, Ally McBeal has a Christmas album singing the same old songs with the help of the cast of the show. Why do actors think they can sing? Maybe we should ask Eddie Murphy, Don Johnson, or William Shatner.

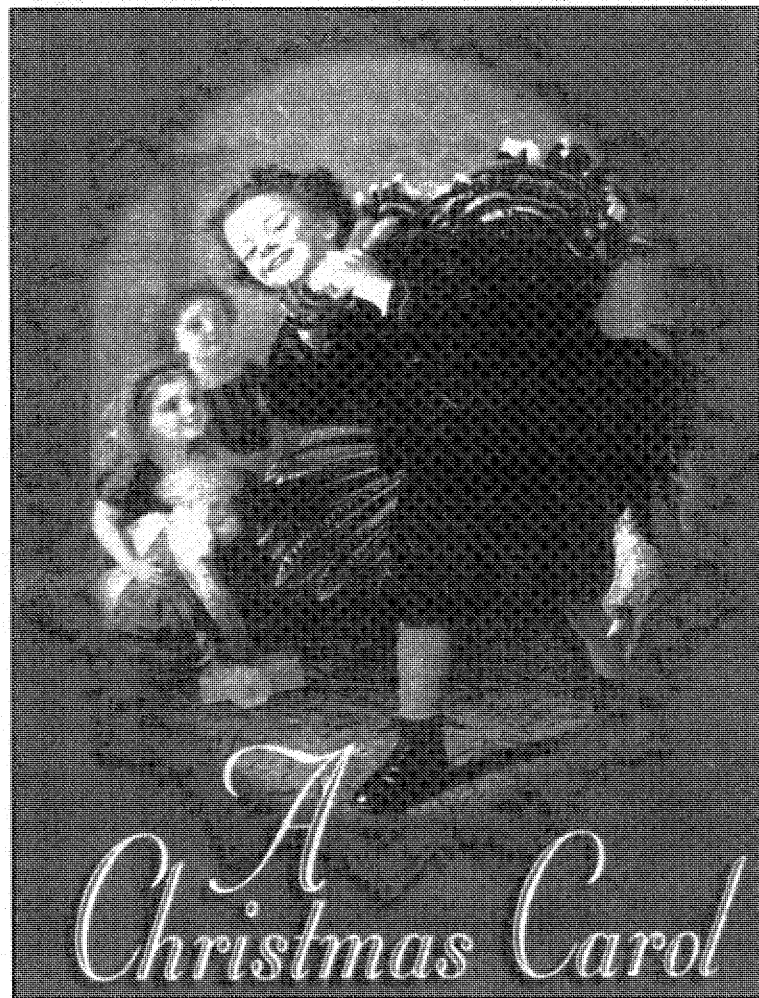
Anyway, the songs themselves



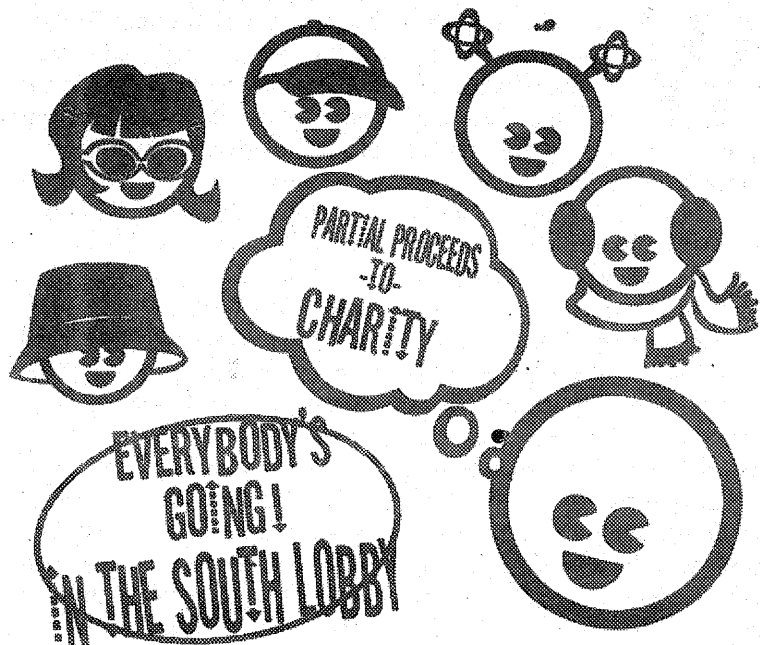
are nothing new; just different people singing them. Actually, the only thing I would really like to mention is that the band playing on the album is very good. There are quite a few nice blues licks behind the would-be singers.

I think after listening to Christmas songs for a month, you just can't wait to put them away for the other eleven.

Well, if you don't own a Christmas record and want one for some reason you might want to by it. What am I saying? I don't think there is a house in North America that doesn't have a copy of a Boney M Christmas.



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PHOTOGRAPHIC TECHNOLOGY
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-AND-
FRIDAY DEC 8TH
9:00AM TO 5:00PM



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K. Cole, Mexx...

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Main Floor
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HORRORSCOPES Curtis's Video Corner



DARIA Morgan

Capricorn
(December 22-January 20)
Drip, drip, drip... Something like that come into your life over the holidays. I'll bet it's something good!

Aquarius
(January 21-February 18)
Pinch your pennies this week. Next week: Fondling your nickels.

Pisces
(February 19-March 20)
You will find solace this week, and it won't look at all like you expected.

Aries
(March 21-April 19)
Try not to be too impulsive over the Christmas break. Ask yourself if you really need those vibrating panties or if you just think they'd be fun to have.

Taurus
(April 20-May 20)
This week you will meet someone with a really cute sneeze.

Gemini
(May 21-June 20)
You will accidentally throw your back out. Not only will it really hurt,

but the trash guys will get really pissy when you ask for it back.

Cancer
(June 21-July 22)
You are about to spend an ungodly amount of time with someone who personifies the word "dour." Just ignore them - if you can. If you cannot, however, pretend they are Zsa Zsa Gabour and slap them silly.

Leo
(July 23-August 22)
You will meet someone over the holidays whom you haven't seen in a really long time and will, in fact, barely recognize them - at least not without the spiked collar and whip.

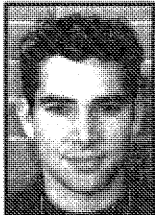
Virgo
(August 23-September 22)
You will be traumatized by an episode with mistletoe. You will be unable to even look at mistletoe for several weeks without trembling and wetting yourself.

Libra
(September 23-October 22)
This week you will lie to yourself. Amusingly, you will be completely taken in and will become very annoyed later when the truth comes out.

Scorpio
(October 23-November 21)
Avoid friends who've had sudden personality changes this week - and always look up.

Sagittarius
(November 22-December 21)
At the same moment you read this, someone will be thinking you about and smiling. In a moment, they'll be laughing outright.

If Today Is Your Birthday:
Fortune and great sex will smile upon you. Actually, it'll be more of a smirk.



CURTIS Comeau

Since this is the last issue of the Nugget until January 2001, I have decided to dedicate this video corner to my top five favorite Christmas videos of all time. So, bundle up on the couch and check out some of Comeau's Christmas classics.

Title: The Grinch Who Stole Christmas
Starring: Boris Karloff
Genre: Cartoon
Commentary: Come on. Even 40-year-olds like this one.

Title: National Lampoon's Christmas Vacation
Starring: Chevy Chase
Genre: Comedy
Commentary: Nothin' like sitting back and laughing your ass off during the holiday season.

Title: A Christmas Carol
Starring: George C. Scott
Genre: Family
Commentary: Still makes me cry over and over again.

Title: Santa Clause
Starring: Tim Allen
Genre: Family

Commentary: Probably the best Christmas since 1995.

Title: Playboy's Christmas Gift
Starring: Carmen Electra
Genre: Adult
Commentary: Although it doesn't exactly celebrate the birth of Christ, it does offer a certain amount of joy.



Carmen Electra in Playboy's Christmas gift.

Shhh! It's A Secret...



KELSEY Farnalls

Has everyone heard about the big blind date that the Nest and Labatt have lined up?

Yes, a mystery band will be performing at the Nest on December 18th, and I am dying of curiosity.

Who can it be? Supposedly it's one of Canada's biggest bands. It all sounds intriguing.

The only way you can get yourself into this very exclusive "Out of the Blue" private concert is to win tickets. Search this week's Nugget carefully to find instructions on how to complete your mission. Good luck, and may the force be with you...

SCHOOL IS OUT PARTY

You worked hard... (yeah right)
Now it's time to **PARTY HARD**

December 19,
2000



You give us: \$8 We give you:
• 2 drinks (You name them, we'll make them)
• Free cover • Free coatcheck
• Free CELL PHONE for everybody! • Prizes all night!

All night Student Prices:
\$2.75 Highballs
\$3.25 Domestic Beer
\$2.25 Shooters

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Watch out for the

Disco Party 2000

DECEMBER 17

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posters around school.
Get your tickets at Ticketmaster

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Expires August 31, 2001.
NAIT ID required.

CD review

SHARMZ

Checkmate

B.G.

Cash Money Records/Universal Records



Well, well. This will be my first review on a Cash Money records album.

Cash Money Records have been the most successful rap label in the industry in the year 2000, and B.G. has been a huge part of that great accomplishment.

After reaching the platinum success of his last Cash Money/Universal Records release, **Chopper City In The Ghetto**, rapper B.G. has released his newest project entitled, "Checkmate." The album is mainly produced by fellow cash money rapper/producer Mannie Fresh.

Personally, after I listened to this album, I realized that B.G. is not a talented MC at all. His rhymes are so weak that it's not even funny. "If u confused I am called B.G., I fear no one... baby", is a line he uses to start the very first track, "To my people." If u listen to this song you'll see that this guy is wack.

Why are people buying this stuff? I have no clue. I do admit some of da beats are fly and the cho-

uses are repetitive so they get in your head, but the lyrics are horrible.

Songs such as "Change the world" featuring The Hot Boyz, and The Big Tymers, have dope ass beats and great production. The addition of The Hot Boyz and The Big Tymers help the song out a lot.

Another hot track on this CD is "Hennessy and XTC," featuring The Big Tymers. The track has thumpin' "Dirty South" beats, tight production, and a very catchy chorus. The chorus sees Mannie Fresh singing like Nate Dogg, "I've been taking XTC, drinking Hennessy, there's a naked chick next to me".

Jungle" has some madd azz beats in it. If u like that dirty south/New Orleans style, peep this track. But I stress again, B.G.'s lyrics are so wack!

Great beats come out in the track "I know" featuring Lil Wayne, is probably the only track on the album where B.G. actually raps good. This track has to be the highlight of the album. Again, great beats by Mannie Fresh, and fast rhyming by B.G. and Lil Wayne make da track Hot.

Personally, B.G. has to check himself big time. His rhymes are so wack, and if u don't believe me check out songs such as, "Problems", and "To My People". Throughout the whole album, there are signs of promise because of the beats and fellow Cash Money Artists, not because of B.G. himself. But seeming as Cash Money Records is probably the most popular rap label right now, this album will sell, and peeps will buy it.

The main thang is dat B.G. and this whole Cash Money clique all have a different sound from other rappers so its hard to get used to, and I commend these guys for trying. However, it just doesn't work for me, and many people I talk to hate it also.

Even though this album has a handful of respectable songs I am giving it 2 bottles of OE outta 5. But if you're a Cash Money Fan or if you're into dat "Dirty Dirty South" style, try to make some time to peep this album. But I think that most hip-hop headz won't feel this album at all. "Checkmate" by B.G. should be dropped cuz it aint hot, ya heard!

CD review



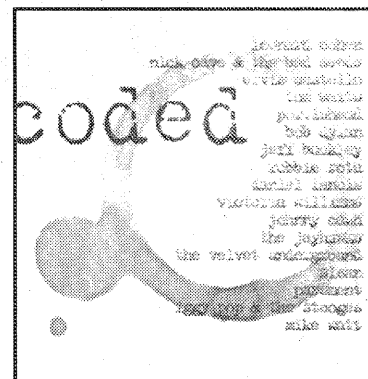
JOHN Zazula

Coded

Various Artists
(Sony)

This compilation is one that has no hit singles on it; the closest thing to a hit would have to be Leonard Cohen's "The Future."

For those of you with a more non-commercial musical taste, Coded is a must have. The song line-up is just amazing: Leonard Cohen - The Future, Nick Cave - Red Right Hand, Elvis Costello - The Bridge I Burned, Portishead - Sour Times, Tom Waits - Jockey Full of Bourbon, Bob Dylan - Series Of Dreams, Jeff Buckley - Grace, Robbie Roth - Wall to Wall, Daniel Lanois - The Messenger, Victoria Williams - Crazy Mary, Johnny Cash - Rusty Cage, The Jayhawks - Waiting for the Sun, The Velvet Underground -



Rock N' Roll, Sloan - The Lines You Amand, Pavement - Passat Dream, Iggy and the Stooges - Raw Power, and Mike Watt - Big Train.

All of the songs on the collection have a similar sound to them and is a well thought out and well put together compilation. The songs all seem to flow with each other.

In order to really appreciate Coded, a listen should include the whole record. This shouldn't be too hard because it is that good. Every song is just great, and I would definitely recommend this CD to anyone who likes to really listen everything in a song. The lyrics, guitar, bass line, drums, and song structure, of all these songs need to be heard by someone who can respect them.

Coded will be one of those CDs that never go too far from the player in your house and one you break out when you're sick of everything else out there.

CD review



CHANTAL Eder

Home

Monifah
(Universal Records)

The last time we heard from Monifah was when she released her single "Touch It" from her album *Mo Hogany* in August of 1998. This September, Monifah released her fourth album, *Home*.

With a different feel than *Mo Hogany* but still maintaining the sass and the soul of her previous album, *Home* is a mix of high energy tracks, slow soul tracks, and amazing vocals.

Home opens with "Rescue Me," an upbeat track which will most likely hit the radio and the clubs like her ever-popular single "Touch It" did in 1998. It has quite the different feel than "Touch It," more towards a Destiny's Child sort of sound.

Though she did a good job with this upbeat track, the remainder of



Monifah's new CD slows it down and gives more of a sex, love appeal - slower songs to show off her talented vocals and more jazzy songs, which have a great resemblance to artist Deborah Cox on her 1995 self-titled album.

Though she did a good job with this upbeat track, the remainder of Monifah's new CD slows it down and gives more of a sex, love appeal

Unlike the album "Mo Hogany," Monifah didn't contribute any of her writing skills on this CD, with most of the input coming from writer Teddy Riley.

The album's slow groove feel is a good choice for the romantics out there. All the songs are focused on love such as "Too Late," "Hard to Say Goodbye," "Fairytale," and much more. Monifah pours herself into this album, and you can definitely feel its soul.

nr22

Wants to Congratulate the
Winners ofFood for
Thought

Grand Prize Winner

Sandra Senger Business Administration

Runners Up

Jimmy MacPherson	RTA	
Jerome Bouchier	RTA	(2)
Jennifer Padilla		(2)

Special thanks to all participants,
Campus Reads & Needs, and
Kingsway Garden Mall for supporting the
Edmonton Food Bank.

Christmas
Bureau

Since 1940 the Edmonton Christmas Bureau has helped those in need during the festive season with food hampers or grocery vouchers. If you require, or know of any students who require, assistance this Christmas, you may pick up a confidential application form at the Student Services office (E134). If the student's family has children, the Christmas Bureau will advise Santa's Anonymous of the need for gifts.

If your group wishes to support the Christmas Bureau, a \$70 donation will provide Christmas dinner for a family of four.

CD review

SHARMZ

PLEEZBALEEVIT!

Snoop Dogg Presents Doggy's Angels
DoggyHouse Records

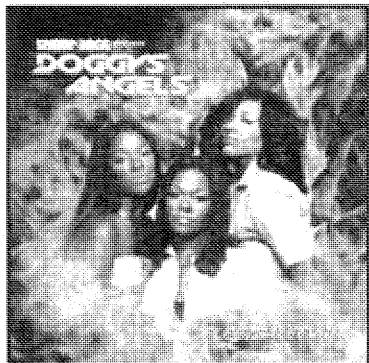
Bow Wow Wow.

Snoop Dogg's own Doggy House records is actually turning some heads in the rap industry. CEO/Executive producer, Snoop Dogg, helped Doggy's Angels release the record company's second album.

With only two groups signed, not including Snoopy himself, his small record company is doing well. With the first group, The Eastsidaz, and the newly acquired female rap group, Doggy's Angels, it seems that this label is gonna be the next hit.

Less than a year ago, the record company's first album, "Snoop Dogg Presents The Eastsidaz", was released. Now, in the closing of the year 2000, Big Snoop Dogg helped the gangsta bitch trio of Coniyac, Chan, and Kola to release their first album entitled, "Pleezbaleevit". Battle Cat and Snoop Dogg mainly produce the album.

As always expected, anything that is produced by Battle Cat and Snoop has to have a little "G Funk/Long Beach/Eastside" flava to it. And yes, indeed, Doggy's Angels' first album has tons of Long Beach flava to it. The trio of Coniyac, Chan, and Kola really do have some skillz! 4 real they do.



Not to be sexist or stereotypical, but there's only a handful of good female rappers in the rap industry these days. Female rappers such as, Lil' Kim, Da Brat, Foxy Brown, and Gangsta Boo have to be the only good female rappers I have heard in my life. However, Doggy's Angels fall into the good female rappers category also. Their articulate mc'n skills, combined wit dat eastside flava really helps to make most of the songs on the album flow.

The very fist single released off the album is "Baby If You're Ready" featuring newcomer Latoya Williams has to be the best track on the album. You must peep this track; it's off da hook. In this track, you will really see the talent these ladies have. Da galz show some of their eastside flava in the track, "Curious", featuring Snoop Dogg and Nate Dogg. "Curious", has phat beats, tight production, great Mc'n skillz, and a dope ass chorus sang by Nate Dogg himself. Any song that features Nate Dogg has to be off da hook, and this track is definitely is off da hizzzook.

The great thang bout this album

is that every song has a featured artist on it. Everybody from Snoop, Tha Eastsidaz, Soopafly, Kokane, and Layzie Bone appear on the album. However, these artists don't take over the album, their appearances only simply enhance the madd skillz deez "West Coast Females" have as Snoop would say.

Other tracks that deserve madd respect on this album have to be, "Pleezbaleevit", featuring Snoop Dogg and Layzie Bone, "Yac and Koke", featuring Snoop Dogg, "But I never Slip", featuring Suga Free and Snoopy Collins, "Ridaz With me" featuring Snoop Dogg and Mortica, and "Pop Your Collar 2 Dis", featuring Snoop Dogg. All these tracks define dat Snoop/Eastside style.

The contribution of Snoop Dogg being heavily involved in this album, production wise and performing wise, will really help these thuggish ladies to be heard! They definitely have the potential to be popular in the industry. For their first album, I commend them big time. And I commend Snoop on creating a female rap group that is not heard of that much in the rap industry.

Check out these girls at www.TVRecords.com or www.doggysangels.com to peep the album for yourself. Not a smash hit, but definitely a hit for Snoop and the ladies. We will have to wait to see how successful the album will become in the near future. But for now, "Pleezbaleevit" by Doggy's Angels gets 3.5 bottles of O.E. in da Northwest.

Peace I am outta da heezeeeee.

CD review

SHARMZ

Roc La Familia The Dynasty

Jay-Z
Roc-A-Fella-Records



The one and only Jigga man is back with his fourth LP entitled "The Dynasty". As a Mc, Jay-Z has helped in propelling Hip-Hop/Himself to another level in the world. His on-mic charisma explains a good part of his rise to superstardom. Now in 2000, and still running strong Jay-Z and his Roc-A-Fella clique still be putting out hits for da club. However, I feel that most of Jiggaz albums sell a lot of records because of only one or two strong songs.

"The Dynasty" has the same feel to it, between one to four strong songs that will probably help Jay-Z in selling multi platinum on this album. The album itself has a different sound to every song and that is due to the numerous amounts of producers who helped produce this album. Producers such as Rick Rock, Just Blaze, Timbaland, Rockwilder, and many more. The variety of producers helps to create diverse beats for Jay-Z and his Roc-A-Fella clique.

"The Dynasty" sees Jay-Z working with the likes of Snoop Dogg, Scarface, Beanie Sigel, Memphis Bleek, Amyl, and R Kelly. The album starts with Jay-Z ranting and raving about his new Dynasty at Roc-A-Fella-Records. Jay-Z has acquired such artists as, Memphis Bleek, Beanie Segal, Amil, and DJ Clue, to be on his record label (Roc-A-Fella-Records).

After the intro, the album starts strong with the ever-popular first single "I Just Wanna Love You". It was very smart on Jay-Z's part to release this track as the first single, because it will probably help him sell so many records. The beats in this track are so tight, and the mc'n and lyrics make u bob yo head like crazy!

"Get your mind right mami" featuring Snoop Dogg and Memphis Bleek also caught my ear big time. The slow beats help catch the mood of women, relationships, pimpin', and sex.

Another good track on the album would have to be "Parkin' Lot Pimpin'" which sees Jay-Z, Memphis Bleek and Beanie Sigel rappin' bout crusin' and hittin' on da ladies. A popular line in the song would have to be when Jay-Z raps, "I turn automobiles into hotels on wheels".

The only other song that was very good on this album is, "Stick 2 The Script" featuring DJ Clue, and Beanie Sigel. The song has Sigel and Jay Hova ryhmin' bout playahataz who be snitches and don't know da rules to da game, "Money over bitches brotha stick to the script".

"Guilty Until Proven Innocent" featuring R Kelly is totally dope. The beats are path and hard hittin'. The song has a "West coast Flava" to it, which helps to the diversity of beast on the album.

So five songs outta the sixteen are good and respectable. Sorry, Jigga, but five good songs doesn't make a strong hip-hop album, but since you're a household name and Power 92 plays your hits, you'll probably sell madd records.

For me this album is not as strong as Jay-Z's earlier releases such as, "Jay-Z Hard Knock Life Volume 2", and "In the life and Times of Shawn Carter". The end of the album deteriorates with wack beats and horrible choruses. I know Jay-Z could have made a stronger album than this if he worked on it a little longer than less than a year. "The Dynasty" by Jay-Z barely gets 3 outta 5 bottles of OE outta 5, peace ya'll.

Tutorial Services

NAIT maintains three Tutorial Centres where students receive assistance in a variety of academic areas. The centres provide tutoring on a drop-in basis at no charge to the student. Students must present their student ID card. Students requiring more intensive tutoring may decide to hire a peer tutor through the Peer Tutoring service provided by Counselling Services, Rm 0-117, Main Campus.

The locations and regular hours of operation of the Tutorial Centres from September 2001 to May 2002 are:

MAIN CAMPUS

Room: A-133

Phone: 491-3126

Monday - Thursday: 7:00 am - 5:30 pm

Friday: 7:00 am - 4:30 pm

SOUCH CAMPUS

RoomS: Z205/Z207, 10330 - 71 AVE.

Phone: 430-5100

Monday - Thursday: 2:00 pm - 4:30 pm

PATRICIA CAMPUS

Room: P152, 12204 - 149 ST.

Phone: 453-5448

Monday - Thursday: 2:45 pm - 5:45 pm

For further information call one of the tutorial centres listed here.

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The Muse

Part Two

K. JOSEPH KLIK:

Along with Chapman, renowned psycho killer Charles Manson has called it his favorite novel. On a flip side, filmmaker Quentin Tarantino calls it his all-time must read. Mel Gibson, in the film "Conspiracy Theory," was a compulsive buyer of the novel to keep his paranoia in tact, and Scottish popsters Belle And Sebastian wrote a verse in their song "La Bourgeoisie" pronouncing the freedom the novel exhibits in searching for the meaning of life in a romantic/poetic sort of way. Amongst the literary theorists there is an ongoing debate as to whether Holden is, indeed, a Huckleberry Finn like Saint or merely an obnoxious madman. The fact that Holden tells his story in the confines of a mental institution also adds to the question if Holden is indeed a hero or anti-hero. As no stranger to the local film and theatre community Indie filmmaker and genuine artist Clinton Carew sheds an interesting tale on his first encounter with "Catcher In The Rye."

CLINTON CAREW: I read it in Grade 12, 1990. The teacher that we had - we had a substitute teacher for awhile because our teacher had a nervous breakdown. So we had a substitute teacher, this really large guy. I think his name was Peterson. Very friendly, interesting guy but totally caught up in the whole 60's culture. So, he wanted us to read this book. He was really excited because our class was the notorious rambunctious intellectual advanced placement class. We were all advanced placement students, but we were all closet anarchists. So, he was excited to have us read the book and put some sort of comments together on what we thought about it. The thing I remember most about it is how puzzled, interested, and on some levels, deeply disturbed, he was by the fact that many of the people in the class, especially some of the most outspoken and energetic one, were really against the book. Like, really didn't like it, and I was one of them.

Now, in retrospect, I think a lot of it had to do with how where we grew up vs what the book was intended for. The book was written in '55 and became a real important book for the 60's generation of course. I think what there was a re-

As for it's reclusive author... he remains in hiding; hibernating within the solitude of a cabin somewhere in who knows where America for over thirty years.

bellion by my class against the whole 60's revolution which we thought just let us down anyway and just frustrated the hell out of us. So, instead of seeing the nobility of the character of Holden Caulfield and the way that he tries to make his way in the world, all we saw- we were tainted by what's happened in the last 20-30 years and all we saw was this peron who talked a good game but probably wouldn't end up doing anything anyway.

K. JOSEPH KLIK:

K. JOSEPH KLIK: And so on it goes. When inquiring with people who have read the novel, it seemed as if everyone had something to say about it. As for it's reclusive author - who continues not to make his thoughts known upon the motive and reasons of his first-class work of art - he remains in hiding; hibernating within the solitude of a cabin somewhere in who knows where America for over thirty years. He guards his privacy so well no one gets to him or for that matter, no one really can say what he really looks like.

A cult of J.D. Salinger appreciators, including yours truly, are constantly exploring the author's intention but always receiving limited and haphazard speculation behind the legendary creator of the cathartic novel. But doesn't that entail what it means to make great art? To revel and think about the connotations and deciphering one's own interpretation while enjoying its aesthetic incitement at the same time?

Till next time, I leave you something to muse over.

Catch the final conclusion of The Muse next semester....



DARIA
Morgan

JOKE OF THE WEEK

10 Things You Don't Want to Hear During Sex

1. That's it?
2. (Phone rings) Hello? Oh, nothing. And you?
3. Do I have to call you tomorrow?
4. You look better in the dark.
5. ZZZZZZZZZZ...
6. Smile for the camera!
7. Aw, how cute. Peach fuzz!
8. Have you ever seen Basic Instinct?
9. Your best friend does it much better.
10. What's your name again?

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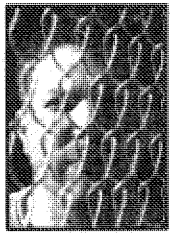
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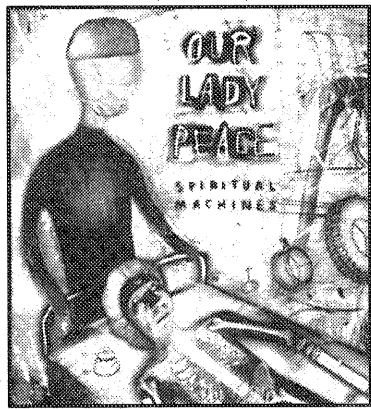
CD review



TRAVIS
Bannert

Spiritual Machines

Our Lady Peace
Sony Records



Our Lady Peace is releasing their first concept CD on December 12. I was lucky enough to get a copy from the Sony rep just in time for the last Nugget of the year. So here's the review.

The concept is based on a book by Ray Kurzweil's, "The Age of Spiritual Machines - When Computers Exceed Human Intelligence." The book describes an existence where humanity and technology has no border, and in it the computer is our teacher, companion, and lover. Mike Turner discovered Kurzweil's book and was inspired. Mike was so inspired by this literature that it led to Raine reading it and eventually Jeremy (drummer) and Duncan (bassist) checking it out.

"Lyrically, this album is about finding the spirituality within ourselves," explains Raine. I'm already a huge OLP fan so my opinion might be somewhat one-sided, but I thought that this CD was awesome. It has some additional sounds and deep lyrics that just add to the uniqueness of this band's sound.

Any OLP fan will thoroughly enjoy this album's trueness to the band's roots and will definitely add it to their ever-growing CD collection. Ray Kurzweil's ideas have lit a creative spark within Our Lady Peace. Once again a band on fire, OLP's deep message and passion throughout this album will take their fans into the future and beyond.

CD review



CHANTAL
Eder

Forever

Spice Girls
Virgin Records



in the musical world together - until now. Their latest release, "Forever," which has been available to the public since November, brings back the girls with a completely different feel.

Compared to their past albums, "Spice" and "Spice World," you'll find "Forever" to be geared more toward the adult contemporary crowd. As past albums were pro-

duced for the teeny bopper/ girl power crowd as evidenced by such songs as "Wanna Be" and "Say You'll Be There," the girls have finally managed to scoop together a more mature album. "Forever" contains more of a r&b, generic urban radio pop, and funky feel.

There are still tracks that you'll find playing at your local clubs such as the already popular "Holler" and one that hasn't yet hit the radio airwaves called "Tell Me Why." You will also find sweetly harmonized ballads such as "Let Love Lead the Way," "Oxygen," and "Goodbye."

The Girls have accomplished an album filled with a mix of danceable tunes and a touch of easy listening. The question is though, have the girls given up their 'Spice' completely? Nope! They've just

toned it down a bit. You'll still find a touch of spice in songs "Right Back At Ya" and "If You Wanna Have some Fun."

Overall, you'll find the Spice Girls' new CD to be a well-rounded album with polished vocals and a good mix. Check it out!

The question is though, have the girls given up their 'Spice' completely? Nope!

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- Economics of Health Care (ECON 321) - Wednesdays
- Community Health Planning (HADM 336) - Thursdays
- Commercial Law (LGST 369) - Wednesdays
- Statistics for Business and Economics II (MGSC 312) - Thursdays
- Introduction to Marketing (MKTG 396) - Mondays
- Managing Change (ORGB 390) - Tuesdays
- The Sociology of Work and Industry (SOCI 321) - Thursdays
- Communication Skills: Feminist Practice (WMST 302) - Mondays
- Special Issues in Counselling Women (WMST 311) - Tuesdays

These are three-credit paced classroom courses that run at Athabasca University's Edmonton Learning Centre starting the week of January 22. A sufficient number of registrations will result in all classes having an on-site instructor. If there are insufficient registrations, classes will be offered through videoconference or teleconference.

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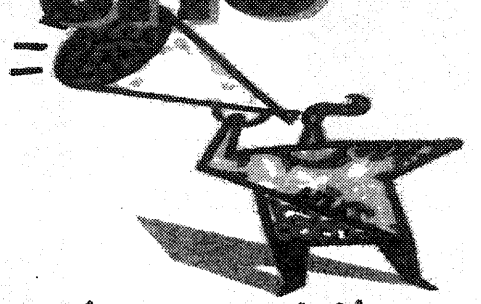
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Room RW103D, Ilka Stewart - 471-8306

7th Street Plaza

Room 1020, Andrea Duengen - 408-4002

South Campus

Room Z130, Trina Chorney - 430-5103

CED Centre

Room K116, Coralee Roberts - 471-7045

Technologies Annex

Room L101, Shawna Boyko - 471-8666



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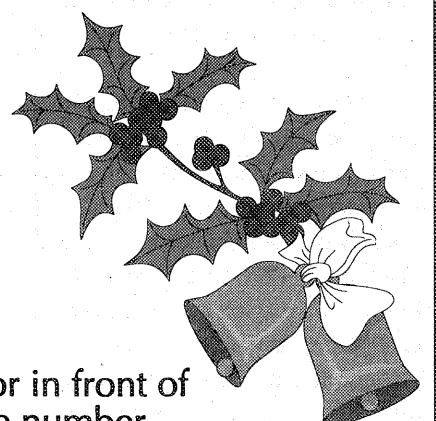
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The grapevines by "Superman," "Blonde short-haired preterd," and "A dark-haired Nest regular" will NOT be printed because they all forgot to submit their FULL NAME and STUDENT ID#! Maybe for Christmas someone will teach you how to follow instructions, though if I had my way, you'd each a big, fat lump of coal!

The loving typesetter

To all NAIT students,
This is our last issue of the year. We will be returning the week of January 8, 2001, so remember, if you're looking to meet that "someone" somewhere, to date your Grapevine for AFTER the new year! And don't forget, all submissions must have your FULL NAME and STUDENT ID#! Now go and have a very Merry Christmas and get laid already.

The loving typesetter

To all NAIT students,
Be sure to pick up the first Nugget issue of 2001 the week of January 8th and witness the long-awaited return of KENNY TOTAL! That's right, boys and girls, Kenny's coming back in all his stylin', pimpified, outrageous glory! And you won't wanna miss it.

Come drink beer with us to celebrate the end of classes! Come to the Mechanical Engineering technology Beer Gardens on December 8 from 3 p.m. to 7 p.m. at the Naitrium. Beer is \$2 and Smirnoff Ice is \$3.

Come and join the Open Wide Cabaret put on by Dental Health Sciences. It takes place Friday, December 8, 2000, at 7 p.m. at the Urban Lounge. See Trish in the Denturist lab in Room E-205. Tickets are \$5 each.

Slick Nick,
We got your message about you threatening to off yourself - if you're stupid enough to threaten it, then please do. We got your submissions last week, the week before, etc. We even got your TWO FULL PAGES WORTH of submissions for this week, but you've been told. Do you really think threatening us ("If this Grapevine isn't printed, there will be hell to pay") is going to get your stuff printed? No. You've been told what you need to do to get your stuff printed. If you want your 15 seconds of fame, then we suggest you get yourself an attitude change over the Christmas break.

The Nugget Staff

To Business Tower Maintenance,
Please set up the following system in the Tower elevators. If it stops on the 5th floor, the buttons for the 3rd, 4th, 6th, and 7th floors should produce an electrical shock. Then, the lazy idiots who use the elevator to

go one or two floors would think twice. Also, anyone in a wheelchair or with a similar disability should be issued a key to one elevator which would be theirs to use exclusively. From, fed up!

To Brad the VP Comm of sleazeballs,
You truly are the persona of Jekyll and Hyde. A little alcohol, and you turn into a complete idiotic hornball. I'm not your White House intern at the Nugget. As charming as it was having you ask me a thousand times if I wanted to make out with you or do it with you, the answer was, is, and always will be NO!

Affectionately yours, the Entertainment Editor

To the "Daria" fans,
Thanks for your great Emails and comments regarding the Horoscopes, The Joke of the Week, and the Odds & Ends! Keep them coming! If you have any ideas for the upcoming new year, feel free to E-mail me over the holidays at virgin_state_of_mind@hotmail.com.

Daria Morgan

Dragon (conga boy),
It must be your cute, bald head or "charming" personality that had all the bridesmaids flocking to you last Thursday. Too bad goth girl turned both you and the good Dr. Joe down as that would have been a sight to see! You do a mean chicken dance, by the way - have you been practicing naked in front of the mirror again? Or do they teach you that in class? Thanks for tagging along with me at any rate, it was fun as usual.

Foxglove

Samoyed,
Well, we did it. Thank God it's all over and done with!!! WOOOHOOO!!! Just wanted to tell ya that it's been a privilege to have you as my friend through it all. You've been a role model (at times - good and bad), a teacher, and most of all, a friend, and I thank you so very much!!! (I probably wouldn't have made it through without ya). Best of luck to you in the future.

Your bud always, Puddy Tat

Walker,
You rule. Check out the website. There is some new stuff up. Frost out!

Bannock

Melon on my lap,

I heard you make one mean panty soup. Maybe you could cook me some up. I promise I won't spill this time!

The other guy in an orange hat

Brad L.,

How sweet of you to try and redeem yourself by cleaning our contaminated sink. You looked so cute bending over with bright yellow rubber gloves! You'll make a good housewife to someone some day.

Love, Travis

To our "hall monitor,"

We thought we would remind you that your cousin's brother is still your cousin.

From, your "non-band camp" friends in F-218.

Curtis Comeau,

I see your picture in the paper every week, and I get aroused. Then, one day last week, I chanced to see you in the Nest. I couldn't take my eyes off you - especially after your Mr. Nugget picture! I don't know if you noticed me, but I was the dark-haired girl with the hot body in the red sweater. Let's get acquainted. I'll give you something worth writing about.

Candice the Candy Cane

To Kevin the WWF all-star,
I saw you at the Nest on Monday with all your friends. Wish I could've been sitting on your lap feeling your ROCK! (Sorry, Amazon, you missed out on the sighting - he's mine!)

Flash

To my little red bolt of lightning,
Yes, I do have the sexiest bod in the world. I can't wait for your legs to turn into J-ello when you wrap them around me. I am always near, so come show me your little red bolt of lightning. Then, your wish will come true when we ride until you can't take anymore.

Love, your little Ewok

To Jenny Thornbird,
We miss your sexual antics at the Nugget. We still haven't seen your trick of tying knots with cherry stems like we keep hearing about.

The Duke

To the studly Editor of Sports,
I love the way you wiggle when you walk. I love the way your tattoo ripples each time you flex your arm to write in class. I love the way your "bulge" bulges each time you... well, you get the picture. Why don't you spend your Mondays editing me instead of some stupid sports article? I promise to be a perfect "10." Signed, flexible in 20 different ways

James Olson,

We've lusted after you all semester long, and now you're leaving us! We were so looking forward to that 5-some in BC in January. Now who are we going to play with being that the rest of the guys are pussies? We can't believe you're going to work for Playboy instead of working for us! Please keep in touch about your various adventures and don't forget that no one fills out a centerfold like us Nugget girls.

Love, The Nugget Staff Girls

On Wednesday, December 13, smack down your vote for the Ukrainian sensation Kevin Hrynchyshyn for your new BAS Communications VP.

Court Reporting Bake Sale

The fabulous girls of Court Reporting are putting on another bake sale, and this time we're coming to you....Thursday Dec. 7, 12:15-1:15, Westwood Campus; Friday Dec. 8, 11:30-12:45, Naitrium. Come and sample our wares.

Classifieds

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WANTED: Female dance partner to take swing/jive lessons in January. If interested, please call 479-6191.

THE FOLLOWING BOOKS ARE WANTED: Comprehensive Radiographic Pathology - 2nd edition, Eisenberg; and Sectional Anatomy for Imaging Professionals - Kelley/Peterson. Please call Christina Thompson at 490-0720.

OFFERING A REWARD to anyone who returns my black backpack. It contains my accounting textbook as well as my notes which, without them, I am screwed. It went missing Thursday, November 30. If you find it, please contact me at 477-6979.

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Classifieds

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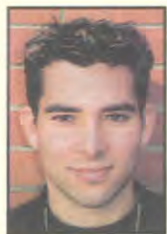
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Tea Time

Legend has it that a Chinese emperor by the name of Shen Nong discovered the origins of tea some 5,000 years ago. One summer day when the emperor was visiting a distant countryside, he decided to take a rest. As he was boiling some water, a few



dry tealeaves from a nearby bush accidentally blew into his pot. Strangely, the distilled water turned brown and emitted a sweet aroma. Nong, being so curious in nature, decided to try

some of this liquid, and consequently found it to be very refreshing, and so began the legacy of tea.

Throughout the centuries, tea, also known as "Chai," flourished throughout Asia, East India, and most of the eastern world. Along with the Chinese, the Japanese culture embraced the hot drink, elevating it to a ceremonial style ritual known as "Cha-no-yu," or the Japanese Tea Ceremony.

By the 1500's, tea eventually found its way into Europe; however, in its early years, due to the public insecurity towards a drink that came from the east, tea was very difficult to come by and cost over \$100 per pound. However, by the end of the century, Europeans and the British in particular, considered a regular "tea time" or "high tea" to be a customary practice. During this time, it was the Dutch who introduced the first restaurant which offered tea solely as the main attraction.

time, however, James was an unrestricted free agent, which meant that he had several other offers from more established print media. Among the top bidders was Maxim magazine, offering a 450-gram block of Gouda cheese and 4 litres of chocolate milk; and then there was Playboy Magazine, who counter-offered with three bags of Nacho cheese Doritos and a case of Pepsi.

James eventually decided on Playboy's proposition, stating that he was pleased with his new contract. "I am truly sad to be leaving the Nugget, but in this world, you have to look out for number one." Curtis responded by saying that James will be missed and that it is a sad thing that small Canadian newspapers are losing their writers to big-market American magazines.

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Some two years ago, the Nugget was fortunate enough to sign one of Edmonton's brightest journalist: James Olson.

In his first year, James was reasonable with his demands – asking for a mere three cookies and a glass of milk per week, but as time went on, fame eventually took over.

At the beginning of this year, James upped his ante. He was now asking for a 354-gram box of Chunky Chips Ahoy and a 2-litre carton of milk. After tense contract negotiations, James and Curtis eventually settled on common ground. "We have settled on a 400-gram box of No-Name cookies and a 1-litre carton of milk," said Curtis.

As this semester comes to an end, James' contract once again was opened up for negotiations. This



It was not until the early 1700's when tea finally made its public debut into North America. Much like in Europe, North Americans, at first, didn't take to tea, but by the middle of the 1800's, their views had changed, and tea was available in every common food store.

In the new millennium, partially because of recent research stating the health benefits that come from sipping on a cup of the age-old drink, tea is becoming more popular than ever before. However, finding a place that offers a great cup of tea is not always as easy as one thinks. Fortunately, Edmonton claims host to Nellie's Tea Shoppe, a wonderful teahouse in which you can enjoy both a lovely cup of tea in a great atmosphere.

Nellie's Tea Shoppe is a fine reflection of a traditional style English teahouse in which one can enjoy a bit of extravagance in a fine country atmosphere. Warm tints to the dining room lighting, carpet flooring, and mahogany walls accented by fine china and antiques do

a fine job of stimulating the visual senses.

Rather than offering a wide range of international teas, Nellie's focuses on a small variety of classic European teas and herbal infusions. To accompany their tea selection is an eclectic seasonal menu that offers an ample selection of Canadian fare with an English influence. Specialties from the dinner menu include Maple and Cedar Infused Salmon (fresh Atlantic salmon, baked on a cedar plank, glazed with maple syrup and dijon sauce) and a Chef's Special Veal – tender veal loin pan fried in fresh cream and brandy.

With minimum 24 hours notice, Nellie's is also able to offer a conventional British high tea. Served in the traditional manner, Nellie's high tea consists of any tea, freshly baked scones, clotted cream, jams, fresh fruit, sweet cake, and several small sandwiches. "The high tea offers a taste of everything," says executive chef Claire Armstrong "It's a little bit of luxury and a lot of spoiling." The high tea goes for \$15 per person.

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