FIGHTING THE FORCES OF EVIL SINCE 1963

Thursday, September 21, 2000 Volume 38, Issue 3

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Shiny, Kappy People



hroughout the last week, shiny, happy NAIT students volunteered their time to happily shine the many shoes and cars of Edmonton's citizens. From what I hear, a good time was had by all. Shinerama has always been a popular event among post-secondary institutions, and this one was no different. And the best

thing is that it's for such a good cause. All funds raised were contributed to Cystic Fibrosis research. This year, we managed to contribute over \$20,000, which makes this year our most successful yet. We even beat the U of A! Of course, the hard-working volunteers did seek some reward for donating their time, energy, and enthusiasm. NAITSA organized one of those ever-popular and notoriously fun pub crawls for the shoe-shiners. Songs were sung, drinks were drunk, and of course, friends were made. The party went until the wee hours of the morning, and I think it's safe to say that there were quite a few hangovers.

I'd like to extend a sincere thank-you to all of this year's volunteers on behalf of NAITSA and the Nugget. Thanks for making it a success once again, and we hope to see you again at next year's Shinerama!





ACAC All-Stars Take On The Offers See More Inside...





Xerox Canada Awards Scholarships



SALLY Poulsen

group of students were honored last Tuesday as part of Xerox Canada's Canadian Aboriginal Scholarship Program. Eight winners were given \$3,000 awards, leading them into a career in information technology.

The scholarship winners were selected by a group of Xerox Canada executives and Aboriginal leaders. Selections were based on academic achievement, leadership qualities, and overall career potential.

Among the scholarship winners are three Albertans: Darin

Hopegood of Radway, Marc Lapointe of Bonnyville, and Cole Nychka of Beaverlodge. All three students are of Métis Heritage.

"[Xerox Canada Ltd's] goal in supporting Aboriginal men and women is to create a talented pool of students who will become valued contributors to our nation's economy and share in the prosperity of the information age," said Xerox Canada president Cameron Hyde.

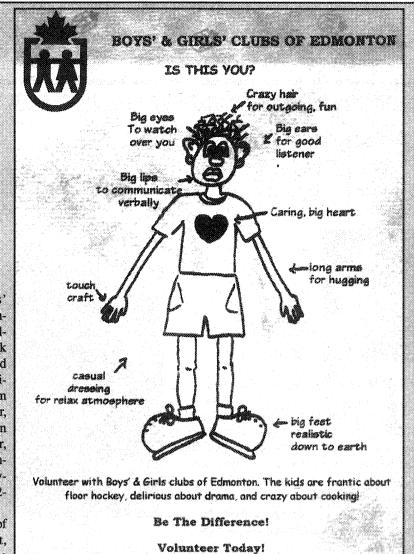
Xerox Canada established the Aboriginal Scholarship Program in

BOYS' AND GIRLS' CLUBS NEED HELP

SALLY Poulsen

oys' and Girls'
Clubs of Edmonton is seeking volunteers to work
with socially disadvantaged
youngsters. Available positions include Sports Program
Leader, General Group Leader,
Field Trip Supervisor, Teen
Club Leader, Youth Worker,
and more. For additional information or to offer your services, contact Doreen at 422-6038.

Boys' and Girls' Clubs of Edmonton is a non-profit, youth-oriented social service agency.



Call Doreen @422-6038

The Largest Blood Donor Recruitment Campaign in History Continues...

SALLY Poulsen

anadian Blood Services launched Phase 2 of their highly successful "If you knew... would you?" campaign at a press conference last Wednesday.

Since launching the first phase of their \$3.5 million media campaign last year, there has been a 9 percent increase in the amount of Canadians who donate blood.

"We are optimistic that this phase of the campaign will build upon the encouraging results we have experienced over the last year," CBS Centre Director Pat Eldershaw said in a press release.

Canadian Blood Services operates 14 blood centres, 2 plasma collection centres, and more than 10,000 blood donor clinics annually.

The new phase of advertising features the stories of real-life blood recipients. The spots are



now airing on television and will begin showing in Cineplex Odeon movie theatres this December.

DID YOU KNOW...?

- Every minute of every day, someone in Canada needs blood or a blood product.
- You can donate blood regularly every 56 days.
- Only 3 percent of eligible Canadians donate blood.
- Just one blood donation can save up to four lives.

I DISCOUNT CARD

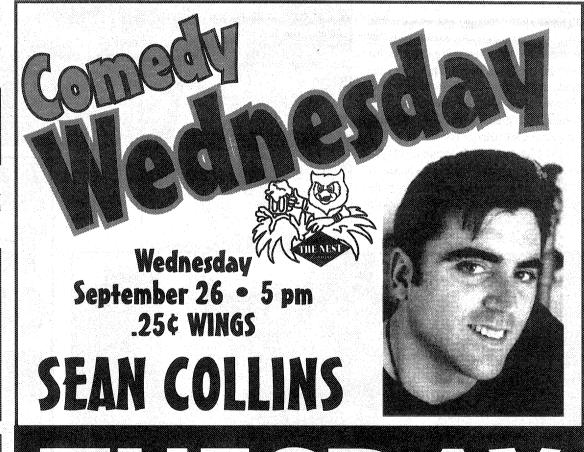
The Bearer is Entitled to a

10%

Discount on all regular priced merchandise, including Levi's, Sorel, Carhartt, and Helly Hansen.



Kingsway Garden Mall location only. (Next to Bank of M.) Ph: 479-2478 Expires August 31, 2000. NAIT ID required.







Oddsends



DARIA Morgan

Queen Of The Olympics

Despite protests, Olympic organizers in Sydney are going through with their plan to use drag queens in the Games' closing ceremonies. The cross-dressers will appear on a float commemorating Australian cinema - in this case, the 1995 movie "Priscilla, Queen of the Desert." Australian newspapers are supporting the plan, noting that cross-dressing is a part of the nation's culture. Other floats in the closing ceremony parade will commemorate other Down Under movies as well, such as "Crocodile Dundee" and "Mad Max."

What's That Smell?

Last Monday, 45 post office workers in Tokyo were hospitalized after a foul smelling parcel leaked some potentially dangerous chemicals. Originally meant for Itochu Techno-Chemical Inc. from a Chinese firm in Nanjing, the parcel apparently was not well packaged and ended up leaking 3chloropropionyl chloride. When exposed to moisture in the atmosphere, it tends to emit a stinging odour. The office workers fortunately suffered no serious injuries. with the most common ailments being eye pain, headaches, and nausea.

Triathion Bait 2000

Olympic officials scoffed over worries that triathlon competitors might be bitten by sharks during their swim in the Sydney harbour. Stating that there is "more of a chance being hit by lightning or stung by a bee," officials still had to put some of the olympians' minds at rest by sending in divers with electric shark repellant systems to swim under the swimmers to shoo away any pesky man-eaters. Of course, the triathion has already ran its course in Sydney with no Jaws incidents and a Canadian winning the gold for the men's competition.

Would You Like Some Cheese To Go With That...

Pillitteri Estates Wines in Niagara Falls, Ontario, are whining this week after their establishment fell victim to a huge overnight wine draining. Workers arrived last Monday to find a tank of Baco Noire and a tank of Chardonnary completely emptied, totalling a 30,000 litre loss of the liquid.

While the loss only represented about 5 percent of the winery's total production, the scenario is similar to an incident that occurred at Stoney Ride Cellars in Vineland, Ontario, just last month. Vandals ended up emptying over 45,000 litres of award-winning wine, tallying a \$700,000 loss for the company.

Olympic-Sized Libidos?

Every athlete competing at the Sydney Olympics got an allotment of 51 condoms in their welcome package. Assuming they stay all 17 days, the gives them 3 condoms per day to burn through.

The Boy Who Failed Home Economics

A 15-year-old boy in Jacksonville, Florida, was arrested last week after putting 25 grams of Talon-G (rat poison) in the cafeteria's food at Paxon Middle School. In the United States, poisoning someone's food or water is a first-degree felony that carries a maximum 25 year prison sentence. Authorities are reporting that 34 students had to be taken to the hospital for nausea, headaches, vomiting, and stomach aches. The boy, who cannot be named because of his age, has told investigators that he had no motive for his act other than he thought it would be "fun."

A Caesar Of Giant **Proportions**

Fresh Express, creator of retail-packaged salads, teamed up with Raley's supermarket chain in Sacramento, California, last weekend to create a salad of Olympic-sized proportions. Wanting to get in the "Guinness Book of World Records" and raise awareness for National 5-A-Day Week (commemorating that people should eat five servings of fruits and vegetables every day), the two chains set out to fill a wooden bowl measuring 16 feet in diameter and 4 feet deep with the largest caesar salad in the world. The salad contained 1,600 heads of romaine lettuce, 800 cloves of elephant garlic, 900 wedges of cheese, and 30 croutons the size of loaves of bread, and tipped the scales at nearly 3,000 pounds. In the end, the two companies achieved their goal and donated more than half of the salad to a local food bank.

Living Dead Man Meet the first living dead man - literally. Peter Houghton of Britain is the first person in the world to be fitted with a thumb-sized electrical heart. The \$75,000 mini-machine propels blood through the body via rotor blades that spin 10,000 times a minute rather than the thump-thump of a normal heart. As well, because of the way this electrical heart works, it means that Houghton does not have a pulse. The 62-year-old man told news crews on Friday that, only three months ago, he was planning his own funeral as he lay dving of chronic heart failure. Now, however, he is planning a second honeymoon with his wife.

Chocolate Is A-Ok!

University of Illinois researchers are proclaiming that chocolate really is good for the body and soul. After surveying 1,005 consumers, it was found that women prefer chocolate and cookies for comfort food while men like to consume soup, pizza, and pasta for their woes.

Will The Insanity Ever Cease?

Filming on a third Jurassic Park movie has begun in Hawaii.

More Ways To Punish Your Loved Ones

A new site on the Internet is using guilt trips to lure their clientele in. The Love Police (http:// www.lovepolice.com) allow people to charge their significant others for doing something really annoying or even because they acted like a jerk. How the site works is they send out E-mail citations to the offending significant other, who must then pay "bail" of face the sentence as outlined by the sender of the Email. Crimes one can be charged with include failing to appear for a date, Speeding through foreplay, impersonating a Human, among 146 other choices. The bail, of course, can be anything the E-mail sender wants, including a purchase from the Love Police's "Corrections" section. Some of the bail options are "Send Me to a Spa," "Jewelry would be Nice" and "Buy New Underwear." The Love Police aren't all about making the guilty pay, however, as commendations can also be awarded to heroes and heroines for good deeds, personal qualities, and "special" services.

Today's Scary Tidbit

Tipper Gore played drums for Willie Nelson at this past Sunday's "Farm Aid 2000" concert in Washington. Before becoming the advocator of censoring naughty lyrics, she apparently played in an all-girl rock band in high school.

Forever-bzzzt-more

A wayward raven had some fun in Fort McMurray last Wednesday when it knocked out power to the city's southern districts for 3 hours. ATCO crews attempted to get power back on-line after the big, black bird got tangled up in some wiring. The temporary power outage forced Keyano College to cancel classes and knocked radio stations CJOK and KYX-98 off the air. ATCO spokesperson Dave Walker said power companies install a variety of deterrents to try and keep birds away from the wiring but that there really is no way to "bird proof" the system.

Have any questions or comments about Odds & Ends? E-mail: virgin_state_of_mind@hotmail.com

Volunteers Needed for NAIT's Campus Crime Stoppers

Crime Stoppers' Student Board is presently recruiting volunteers to actively participate in student awareness and crime prevention here on campus. We are looking forward to introducing them to the operations of the NAIT Campus Crime Stoppers Pro-

Duties would mainly include writing articles for the Nugget newspaper relating to crimes or any concerns on a weekly or student needto-know basis. Your commitment

he NAIT Campus can be flexible based on how much you can participate. Volunteers would also be expected to attend two committee meetings per semester.

NAIT Campus Crime Stoppers is a student-run committee which has a mission: Student awareness, crime prevention, and safety and security education.

Interested students or staff can find out how the program works, its structure, and how to get involved by calling Peggy at 471-8655. Your participation would be gratefully appreciated.

NAITSA Passport Winners

Jasmine Benavides **Debra Farries** Kenton Cornelson Jason Beck

Value Card courtesy the LRC Ron Tremblay **Harpinder Pindid Johal**

Value Card courtesy the LRC Food Services Voucher Hiker's Emergency Safety Kit, courtesy

Digital Video Camera from the Tech Store

Project Factory Project Package

Noreen Weisgerber Gordie Prodaniuk **Brad Larson**

Health Services Free Athletics Centre Locker for a year NAITSA President's Parking Stall \$300 gift certificate for Reads N' Needs

Greg Wotherspoon

FREE TUITION!!!

Congratulations to all the winners! Keep your eyes peeled for future NAITSA contests.

NAITSA **MOVIE NIGHT**

Mysel@Irene

Thursday, Sept 21 ● 5 Pm **Shaw Theatre** Tix: \$2.00

Drivers Under Age 25

Is Your Vehicle Insurance Too High? Do You Have A CLEAN DRIVING RECORD?

If eligible, our student rates are considerably less than our competitors. We also provide additional discounts for driver training and academic standing.

BUYING A NEW VEHICLE?

Current Rate for 00/01 Vehicles 8.88% to 60 mo.

Renter's Insurance

As low as \$10.00/mo for \$10.000 contents. Call us for a quote. There is no obligation.

464-6858

State Farm Insurance Dean Zaharichuk - Agent





Britney:

A Shining Star

GORD "The Big Mac" King

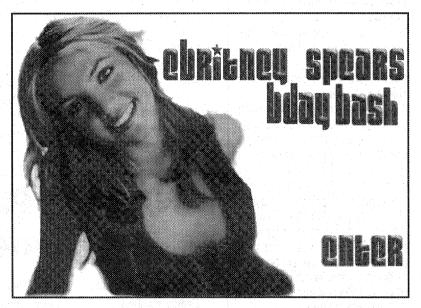
s I look around my office, I find myself constantly drooling over the picture I have of Britney

Spears hanging on the wall. With her precious smile, curving hips, and big "eyes," there is nothing that compares to her beauty. No other pop star compares with her incredible sense of style and, of course, her hardas-rock stomach. I would not be happy with any other poster girl representing our fine continent as we forge forward in the new millennium.

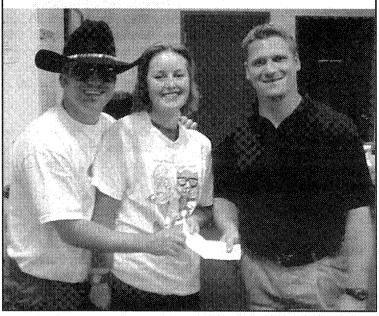
As I think back on her career, I am never disappointed with her ever-changing and inventive songs. All the way from her first hit "Baby One More Time," to ones like "Crazv." "Sometimes", and her now

popular "Oops! I Did It Again," I am always pleased and impressed with her energetic and aggressive oscillations. I am sure that no one complained about her entertaining dance at the MTV awards. In my opinion, she is the tenth wonder of

I am positive that Britney is not just a pop fad; ever fading away like her counter parts Christina and Jessica. So, move over Mariah and make way Mandy Moore, this pop sensation is here to stay.



Tanya Hempstock from Paramedics was the winner of the Labatt tuition Giveaway at OOK FEST. Tanya said that she sure is happy Labatt was giving away such a great prize and it's going to make her year that much better. From left to right Rob Ellis VP Activities, Tanya Hempstock, Jason Higgins from Labatt.



Prepaid

This pushes all the right buttons.

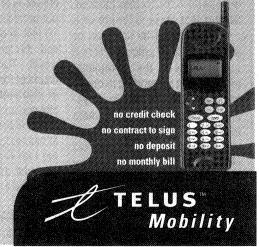
Right now get an Audiovox 605 cell phone for only \$79* (after mail-in rebate) and get a free \$25 prepaid airtime bonus'.

> It's never been easier to own a cell abone. It's chansing a abone that's a little tougher starting from *79: the Audievex 605, the Nokia 252, and the StarTac 6500. Visit your nearest TELUS Mobility dealer and let's talk.

Or shop on-line at www.telusmobility.com

After \$70 Mail-in Rebate. Mail-in rebate offer valid only with the purchase of a YELUS Mobility Prepaid Cellular Phone Prices vary depending on choice of phone. Offer expires September 39th, 2000. Other restrictions apply.

Airline honus with new activations only, and only one per customer. Other restrictions apply. See dealer for datalla



Visit one of these dealers or call 1-800-661-3681

MOBILITY CENTRES
Alberta Mobility Ltd.
101 St. & Kingsway
425-2355

Communications Group 5926 - 99 St. 436-5566

Edmonton Cellular 10309 - 34 Ave. (Calgary Tr. northbound) 439-3500

439-3500 14903 - 118 Ave. 453-3500 164 Kingsway Garden Mall 477-3700

177A Kingsway Garden Mall 471-3500 Southgate Shopping Centre 436-7800 West Edmonton Mall 489-2500

Edmonton Mobility 10620 - 178 St. 484-4546 13040 - 50 St. 478-5757 3739 - 99 St. 438-1975

Johnson Cellular Inc. #100, 10429 - 178 St. 487-8876

5206 - 86 St. 469-9623

Edmonton Centre Mall 423-3301 Save On Telecom Millwoods Towne Centre 462-7642 10603 - 107 Ave. 426-3888

Heritage Mall 988-8831 Northwood Mall 476-3009 10528 - 102 St. 423-2828

11150 - 149 St. 451-2773 Capilano Mall 440-3670 Bonnie Doon Shopping Centre

Westco Communications Inc 9951 - 170 St. 444-8880

4515 Calgary Tr. N. 437-0888 cell Communications 48, 9703 - 41 Ave.

APPROVED DEALERS
A&B Sound
3110 Calgary Tr. S.
433-6400 10232 - 106 St. 424-6000 International Stereo

Northtown Mall 478-6151 Kingsway Garden Mall 477-2535 West Edmonton Mall 487-2827 8055 Argyll Rd. 468-3141

Visions 10421 - 170 St. 444-7007 12745 - 50 St. 457-4888

4234 - 104 St. 438-6242 EDMONTON SURROUNDING AREA MOBILITY CENTRES

LEDUC

ommunications 2000 Inc 105A, 5904 - 50 St. 980-2355

ssociated Telecom 9914 - 103 St. 998-1505 ambridge Electronics 350, 10420 - 98 Av 998-9551

ST. ALBERT

SHERWOODPARK

SPRUCEGROVE

STONY PLAIN Starview Communicati 107, 5101 - 48 St. 963-9463

APPROVED DEALER ST. ALBERT ions 3057 Tudor Glen Pl

Prepaid Callular sirtime cards available at participating 7-11 and Mac's store



he Hingpost



SHANE Turgeon

elcome once again wrasslin' fans to another exciting edition of "The Ringpost". I have decided that, due to the timing of deadlines and such, I will not be able to post Monday night

Ooks Carry on a Tradition

GREGG Meropoulis Athletic Director

hen the final exams had been written and the marks had been compiled, last years' Intercollegiate teams established a new record for numbers of athletes on the honor role(> 80% avg.). Thirty-nine Nait student-athletes achieved honors status and will be recognized by the Alberta Colleges Athletic Conference with Academic Athletic Awards.

Since the inception of the ACAC Academic Awards, Nait athletes have established a "tradition of academic excellence". The thirtynine students-athletes on the honor role improved from the previous record of thirty-seven established in

The Nait Curling Team led all others placing nine members on the honor role followed closely by eight from the Women's Volleyball Team. The highest overall average of a Nait student-athlete went to Marlene Alexander, enrolled in the Personal Fitness Program. The team with the highest average was the Women's Volleyball with an overall average of 81.81%. Nait Intercollegiate athletes had a combined overall average of 71.41%.

Athletic Director, Gregg Meropoulis acknowledged with pride the latest accomplishments of the program. "All the same qualities that make one a good athlete such as personal commitment, discipline, time management and a strong work ethic can make the student-athlete a success in the classroom as well as on the field of play".

Nait winners of ACAC Academic Awards will receive a framed certificate at a ceremony to be scheduled at a Nait home game later in the first semester...stay tuned!!

news and rumors and - of course each Fed's monthly Pay Per View events. That being said, let's get into

News:

- Stone Cold Steve Austin and Debra McMicheal were married this week in Texas.
- Jerry "The King" Lawler and Miss Kitty will be wed sometime in the near future.
- Stone Cold will be at the "Unforgiven" PPV this weekend, but he will not wrestle until the end of October.
- Stephen Regal returned to the WWF last week on Smackdown. Expect a big push for him soon.
- The Road Dogg will not be around for at least two weeks due to the fact he will be spending time with his wife and family. His wife recently had surgery.
- Chyna's issue of Playboy will be out at the end of the month. The WWF recently signed a deal with Playboy that states any wrestlingthemed issues of Playboy can only contain employees of the WWF.
- Much to the chagrin of some

results and will instead focus on members of WCW, Disco Inferno now has some pull on the booking committee (booking is the planning of matches, storylines, and outcomes).

> Juventud is currently in contract negotiations with the WCW. Don't look for him to jump to the WWF as there is too much legit heat between him and the Rock.

Rumors:

- Vince Russo is toying with the idea of having Ric Flair be the father of the Miss Hancock's baby.
- Hulk Hogan may be on the way to New Japan Pro Wrestling. If he does go, it could lend credibility to the fact that he is on the outs with the WCW.
- Not so much a rumor, but Raven, a.k.a. Scott Levy, will be appearing in the WWF soon. Look for him to unite with Shane O'Mac and to feud with Steve Blackman for the Hardcore Title.

Well I guess that's all for now. Remember, "Unforgiven" is this Sunday, and it's shaping up to be a pretty decent card! See you all next week...

the scores form the last weekend's games.

SOCCER

NAIT 3

WOMEN NAIT 1

RED DEER 1

NAIT 2 **GRANT MACEWAN 4**

HOCKEY

MEN

NAIT 8 **AUGUSTANA 6**

UPCOMING THIS WEEKEND ON CAMPUS....

SATURDAY NAIT vs SAIT

SUNDAY

FRIDAY-SUNDAY NAIT BLUE/ GOLD PRE-SEASON TOURNAMENT

For all our sports fanatics, here are

MEN

RED DEER 1

GRANT MACEWAN 0 NAIT 0

SOCCER

2PM (M)/4PM (W)

NAIT vs MOUNT ROYAL 12PM (M)/2PM (W)

NAIT SOCCER FIELD

HOCKEY

NAIT ARENA

Voted Western Canada's

BOOK YOUR

"The Most Fun You Can Have With Your Boots On!"

AT COWBOYS AND

CASH

- GIFT CERTIFICATES

FREE LIMO RIDES

CONCERT TICKETS

AND MUCH, **MUCH MORE!**

FOR MORE INFO OR RESERVATIONS PLEASE CALL D.O. @ 412-9340 OR KENT @ 412-9298

10102 - 180 ST

\$50 gift certificate Valid any Tuesday before 11 pm . Some restrictions may apply.

99¢ DRINKS

10101 - 180 ST

SATURDAY

The Most Fun You Can Have With Your

THURSUAY

25¢ DRAFT

PH: 481-8738

The Official Student Newspaper of





www.cup.ca

Room E-128 11762-106 Street Edmonton, Alberta T5G 2R1

Production Office 471-7615

Fax 491-3989

nugget@ookmail.nait.ab.ca

Editor-in Chief **Curtis Comeau**

Sally Poulsen

Features

lames Olson

Sports Editor Travis Bannert

Entertainment **Kelsey Farnalls**

Photographers Amy Senecal

Steve Vigar **Typesetter**

Katrina Bensen

Production Manager Darrel Gregory

V.P. Communications Mike Oxamitny

Advertising Manager Linda Campbell

For Advertising Inquiries please call 471-8866

The Nugget encourages submissions

THE DEADLINE IS 12:00 p.m. on the first school day of the week.

All submissions Must be accompanied by Your Name & Student ID Number

The opinions contained in The Nugget are the opinions of the individual 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.

Contributors

Gregg Meropoulis, Gord "The Big Mac" King, John Zazula, K. Kijek, Sharmz.



This Year Should be a Case of MEN vs BOYS

2000-2001 NAIT Volleyball

f we told you that this season's version of the Men's Volleyball team had over 25 years of experience in the league, you would probably think the coach has been around for a long time (he has been, but that is beside the point). Just counting the active players on the roster this season, this team has played a quarter century's worth of volleyball in the ACAC. Then, if you add the coaches into the equation, the numbers jump to over 45 years.

So, now you are asking yourself... "Are these guys pretty damn old?" For a college team, yes, we are, and that is a plus when it comes to volleyball at this level. Over the past few seasons, the NAIT Ooks fell victim to more experienced teams and intimidation.

This year, however, the tables are turned. Eleven of the thirteen teams in the league had a big graduation turn-over rate on their teams. As for us, we kept six players from last season and then we added three from the Grant MacEwan Griffins and one from the SAIT Trojans, "I do care when an 18-year-old has played before he gets to college as he still has plenty to learn."

The pre-season will send the team to Nanaimo to play in the Malaspina Invitational Tournament to play against the top BCAA teams and the National Silver Medallist from last year. The team will also be in the RDC Challenge Cup, which is considered a National Wildcard Tournament.

This group of athletes have paid their dues and are now ready to cash them in. It looks like the pressure is on the coaching staff to give NAIT a season to remember. If you know any of the players listed below, wish them luck during the season and come watch them on the court.

- Fernando Varela
- Marcel Beatch
- Chris Mellor
- Jeff Vikse
- Cole Lee
- Terry St. Amant
- David Faller
- Greg Eillis
- Colin Lea
- Dustin Auger
- Jeremie Maisonneuve
- Adam Ungarian
- Bill Blauel

FITNESS FAQ



TRAVIS Bannert

ell, the polls are in, and I've got the go ahead to continue giving you weekly tips and insights on the wonderful world of fitness and nutrition. So, as long as my faithful readers keep sending me questions and there is a demand for this information, I will give of my precious time to help my fellow students in need (has anyone else heard the rumors of a "Travis, greatest sports writer in the world fan club?"). After hours of reading through Email, I finally decided on an appropriate question for our second Fitness FAQ.

Moi: My most common question, John, was, "What advice do you have for someone just starting to Weight train?"

John Reeves: In most programs, you go through an area called the prepatory period. This is when you are preparing the muscles to take on a new load of weights it usually lasts between four and six weeks. It involves choosing the weight room activities you want to use (ie: bicep curl, flat bench press). There's usually 6-10 different activities that cover the whole body.

Next, set up a circuit training program. This is where you go from one activity to the next, alternating upper body with lower body during the same workout. Go through your ten activities, and if you have time, go through them a 2nd and, if possible, 3rd time. The number of reps should be 12-15 that set up a circuit. For example, you do a shoulder and tricep workout, then you go to quadriceps (upper front

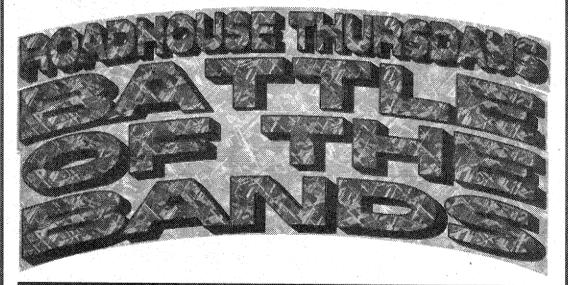
leg) then a chest activity, hit the hamstring group (upper back leg). You also add biceps, calves, and can add an exercise for your back (which also targets triceps). There's a new ab/ad workout machine in the NAIT gym that's a good workout for hips. Then finish with abdominals. Cardio can be at the start of your workout, or at the end, or even split it. When you get to the point that 12-15 reps is getting easy, just add more weight.

Moi: Thanks, John. See ya next week

John: Bye.

Thanks to John, our very own PFT coordinator, for his time and insight. If anyone has any more questions for John, you can Email me at <u>DUKES365@collegeclub.com</u> or you can submit questions (and/or phone number with profile) in the Nugget submissions box outside Room E-128.

LONGRIDERS SALOON PRESENTS



AT LEAST 2 ROCK BANDS NIGHTLY

EVERY THURSDAY FROM SEPTEMBER 14 TILL OCTOBER 26, 2000

25 CENT DRAFT ALL NIGHT 99 CENT HIBALLS 7 TILL 9:00PM 25 CENT DRAFT ALL NIGHT

LONG FREE VIP CARDS TO EVERYONE WHO LONG
PRESENTS THERE NAIT STUDENT CARD

LONGRIDERS SALOON
11733-78 STREET 479-7400
JUST 1 BLOCK SW OF THE SKY REACH



Fashion Jewelry & Accessories

Direct from New York

** Wholesale Prices**

Shop the Globe & save up to 45%

Call 1-888-WAVE-360 for more info

www.wave360.com



ENTERTAINMENT



CD review



SHANE Turgeon

Scratching Post

"This Time It's Personal" Beastmaster Recordings

emember that sound Sideshow Bob made when he stepped on all those rakes in the Simpsons? That is the sound I made on numerous occasions while listening to this record. This could very well be one of the worst albums I have ever heard. I'm not too sure whether it is the generic, Veruca Salt-type vocals or the ,"We wanna be trendy hardcore," style of metal that puts the feeling of ill ease inside me. What makes it worse is the fact that in their bio they were compared to "Slayer meets the Go-Go's." Whoever said that has obviously never heard Slayer. So, if you want a bland, whiny, wannabe



...if you want a bland, whiny, wannabe metal CD, you should rush out and pick this up.

metal CD, you should rush out and pick this up. If not, stay far, far away. The only saving grace was their album art - it was pretty cool.

CD review

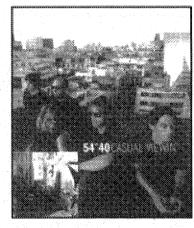
JOHN Zazula 54 40

"Casual Viewin'" (Sony/Columbia)

bum from these Vancouver boys. I admit that I wasn't too eager to listen to this record. 54 40's last studio album, "Since When," was not their greatest work. Given they are maturing as a band, it was still a little too mellow for me and too mellow from what I normally expect from them. Enough about 54 40's past.

To my delight, "Casual Viewin" gave me everything that I wanted to hear from them. The album demonstrates both the progression in their song writing and stays, more or less, true to their indie rock roots.

The title track on the CD really conveys the points I made earlier, with acoustic and electric guitar, a nice piano riff, and the rough sound of Neil Osborne. He, along with bandmate Matt Johnson, produced the record, showing that they are more than just rock n' roll guys.



The song which totally caught my attention is "You The One," because they are willing to try new things and still sound like 54 40. Beginning with a basic hip-hop beat, then kick in an organ and some female backup singers, and you have a really inventive love ballad. Throughout the album, they try out other things, like on "Roll Up Rule," a Moby-inspired harmonica loop is used to establish the mood of the song.

"Casual Viewin" re-instated my faith in these great Canadian musicians, and if you are or were a fan, I guarantee that it will help you feel the same way. I hope that you all go and pick this one up because it is suited to nearly every musical taste. Plus, if we support our fellow countrymen, they will probably come and visit us in Edmonton in the near future.

Joke Of The Week



DARIA Morgan

Top 10 Bumper Stickers:

- 1. Your kid may be an honour student, but you're still an idiot.
- 2. I get enough exercise just pushing my luck.
- 3. Women who seek to be equal to men lack ambition.
- 4. Jack Kevorkian for White House Physician.
- 5. Reality is a crutch for people who can't handle drugs.
- 6. Where there's a will, I want to be in it.7. I don't suffer from insanity I
- enjoy every minute of it.8. Hard work has a future payoff.
- Laziness pays off NOW.

 9. Be nice to your kids they'll
- choose your nursing home.

 10. Cowboy foreplay get in the



Royal Bank's online poll



Make a visit to
www.royalbank.com/careers/
and you could come out a
winner. While you're there,
check out the great tools
available to help you prepare for
and get a job. Who knows, you
may just find Royal Bank is the
right place to start your career.

So give us a few minutes of your time, it could be the best investment you ever make.

you could win lots of



including

a grand prize of \$5,000. Talk about a

great rate of



royalbank.com/careers/

No purchase required to enter contest. You must be a Canadian resident over the age of majority registered at a Canadian post-secondary institution to be eligible. Only the first 3,000 eligible persons sending in a completed survey prior to Oct. 10, 2000 will be entered into the contest. Winners will be drawn at random and notified by email. There will be one grand prize of \$5,000 cash and there will be five secondary prizes of \$1,000 cash. Winners must correctly answer a mathematical skill testing question to claim their prize. For full contest rules, go to www.royalbank.com/careers/.



ROYAL BANK FINANCIAL GROUP





Bannert

s many of you know, this was Shinerama week. This is the week when a sample of the NAIT student body comes out to polish shoes and wash cars to raise money to help the struggle against Cystic Fibrosis. Well, there's a few new

more money in this year's fight than any other time in our thirty-year history. An added bonus for our hard work is that if we raise \$20,000 the NAITSA executives will shave their heads! Rob Ellis, the activities VP, TRAVIS was quoted as saying that he'll miss his hair.

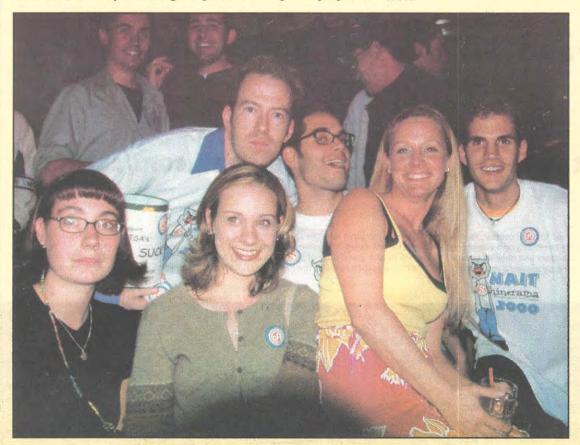
The event was this past Saturday, September 16, and started at 9 a.m. It began with a video presentation in the Shaw Theatre on Cystic Fibrosis showing children who spoke about living with the disease. At the end of the video when they mentioned that those children speaking had lost their fight, there was not



things to note this year: First, we creamed our competition, the higher educated and more enlightened U of A in fundraising. The second is that, at last count, we were on our way to making

a dry eye in the place. The shiners were given a free pancake breakfast and were sent to various malls and retail outlets. People had different reasons for getting involved, ranging from meeting new people, to

picking up girls/guys, but most participated because it was a good



Everyone was having a good time by thinking of creative and fun ways to raise money. The Nest girls came out for the car wash at NAIT and stood on the road talking to oncoming motorists, convincing them to get their cars washed or just make a donation. The President of BAS, Jay Anderson (being the proper NAIT ambassador that he is) entertained people at West Edmonton Mall by shining their sandals and feet when they didn't have boots. Some of the RTA girls working at the Royal Alexandra Hospital made signs and set up a wheelchair for people to sit in while they shined their shoes.

When I spoke with some people about what the NAIT students were doing, some of the responses I got were impressive. One woman went out of her way to tell us what a great thing we were doing to help out. A nurse at the Royal Alex even shared with us about how over 20 years ago, she participated in raising money for Cystic Fibrosis while she was in university. I spoke to Doctor Tahir on the matter, and he said that this program was a great opportunity for students to get involved and learn more about this disease, and that they make a huge difference by contributing their time.

The students were rewarded for their hard work with a complimentary pubcrawl. We started off at Ezzies, followed by the hard rock bar the Joint with a finishing bash at Cowboys. Shinerama was a huge success! I'd like to thank Veronica and her fellow RTA students for entertaining us; Amy, our own Nugget photographer for putting up with me all day; and all the NAITSA executives for coordinating this year's Shinerama and for contributing countless hours through the summer. Big thanks go to all the students and friends who got involved (your time and effort is greatly appreciated and we're all grateful). I also met a student whose friend had lost his fight with this disease the previous Tuesday. Our prayers and condolences go out to the family and friends of all those who have lost someone to this disease.

Good Showing for ACAC All—Stars

Ooks Split With AUC



DARRYL Hodgson

hat did you do this past week? If you weren't at the NAIT Arena on Wednesday night, you missed out. As I stated last week, it was the inaugural game between the Edmonton Oiler rookies and the ACAC All-Stars from the Edmonton-based colleges. The game did not disappoint anyone who attended. It was filled with hard hits, lots of shots, big saves, and some pretty nice goals. The game started out with a quick pace, and the Oilers dominated. I would have to say it was the nerves of the All-Stars (and maybe the size of some of the defencemen on the Oilers), and we had no idea what to expect. However, after about five minutes or so, the boys started to settle down and play some solid hockey, which is surprising to me because we had only had one practice together previous to this game.



Hodge and Eberhardt discussing strategy.

The Oilers continued to dominate after the fact our nerves were gone, but just were not getting as to fatigue because of the pressure. over.

We were able to hold the Oilers off the scoreboard for the first period without really testing the starting goalie of the Oil. Score after period one, OILERS 0 - ACAC ALL-STARS 0.

That was all for the game from Darryl "The Hodge" Hodgson. The highlight of the game for me was when one fan yelled "Hey, goalie, YOU'RE A PUSSY!" Gee, thanks, pal. Now I'm going to tell my mom

Okay, second period. I now got to sit on the bench and cheer on the other "fellas." Things started to open up a little bit more, and on a bad pass up the middle by a defenceman (not one of the Ooks, mind you) the Oilers opened the scoring. This is when things started to get chippy. The Oilers started taking liberties with the second goalie from Concordia, Dave

It was the line that consisted of Jeff "MMMM, 12-inch pizza" Ainsworth, Chuck "See La Bois" Beaulieu, and Alan "who let the dogs out" O'Toole of the Ooks that took exception and started to throw some left and right jabs. Even Dave Genio got some punches in there, which was funny to see. Things went on after the rough stuff, however, and the Oil managed to score one more time before the twenty minutes was up. Score after the second period OILERS 2 - ACAC ALL-STARS 0.

In the third, this is when things got interesting, meaning this is when all the goals were scored. The All-Stars scored first on goalie Alex Fomitchev, a shot off the wing. This was as tight as it would get, I'm afraid. Third goalie Scott Reid from GMCC got a rude awakening as the Oilers picked up the pace once again. Shots were coming from everywhere, just like in the first period. Three quick goals in about five minutes deflated the boys in red. We tried to claw our way back into the game late as Ooks player Jeff Ainsworth fired a hard slap shot past Fomitchev to tighten the game up once again. But, again, the Oil many quality shots as before. This picked up the pace and buried two was to my delight, as I was starting more goals before the game was



Fernando Pisani throws a pass across the crease.

We were able to muster one more goal before time expired, a nice effort by Grant MacEwan's Dave Greenhahl. Ooks forward Cory "Swedish, no Finnish" Pecush had two glorious opportunities to score but couldn't bury the biscuit. The crossbar hindered one shot, a one-timer from the slot, a shot in which I am sure Fomitchev was happy didn't hit him in the head. Final score of the contest, OILERS 7 - ACAC ALL-STARS 3.

The two best defencemen on our squad were by far, the two guys who represented the Ooks, were Greg "Creep" Martiniuk, and Troy "Small Man" Eberhardt. These two gentlemen had fantastic games and were not afraid to lay someone out

if need be. Chuck Beaulieu also had the hardest hit of the game. It took the "Gibroni" that he hit about twenty seconds to get up after the bone-cruncher.

With all said and done, the Ooks had a great showing. Way to go, fellas. Confidence was high, REPEAT, confidence was high!!!

Well, after the performance on Wednesday, Ooks coach Terry Ballard gave the boys Friday night off, and then it was a road trip to Camrose to face the Augustana Vikings. The game was filled with

penalties and lots of goals. Goal scorers for the Ooks were Travis "MILF" Tipler with two, and Fielde "it took me five minutes to spell his name right" Pierterse. Unfortunately, three goals were not enough for our boys. Final score, VIKINGS 8 - OOKS 3. Ryan "Vladdy" Verhoeff, and Wes "Esmerelda" Schneider split the game in goal.

The re-match went on Saturday night, right here at the NAIT Arena. I understand that some people could not make it because of Shinerama, but for those of you who just didn't come, I just do not understand. Sat-

Pecusn takes a draw while Martiniuk and **Eberhardt find their checks.**

hold a late surge by the Vikings. Final Score OOKS 8 - VIKINGS 6. Ryan Verhoeff started the game in goal for the Ooks and was later replaced by Tyson "Frankie" LaFrance after a shot to the knee. Some of the goal scorers for the Ooks were Cory Pecush (2), Travis Tipler, Alan O'Toole, "Quiet" Syrovyak, and "Mr. Intense" Chmilar.

Next action is this weekend at the NAIT Arena for the Annual tournament held by the Ooks. Some teams participating are Red Deer College, Grant MacEwan, and



Every guy on the ice minus the goalie is an Ook. "Way to go boys!"

urday's game started out slowly and ended slowly, for that matter. Once again, goals weren't hard to come by. The Ooks got behind early but were able to come back and withConcordia. Come check out the action. The Ooks play Friday and Saturday night and then again on Sunday afternoon. Until next week, ciao from the chimp!

Doks Soccer Action



TRAVIS Bannert

aturday was the first soccer games for the Men and Women's team. I didn't know what to expect from these games since I've never been to a NAIT soccer game before. It was fun, though there weren't many fans out. However, the ones that attended made up for their lack of numbers with high spirits and Ook pride. The game started at 12 p.m., and the fans were treated to a complimentary BBQ with burgers and refreshments.

Our Ooks faced the impressive Red Deer college teams. The NAIT Men's Soccer team defeated the Red Deer men 3-1, and the one goal Red Deer had was from a badly called penalty shot. One of the more colorful quotes I received from a fan was that, "The Red Deer team ****** sucked."

When I spoke with coach Graham Wood, he was happy with the win, but said there needed to be some improvements defensively and with passing. One of the midfielders, Househ Rayes, said the Ooks need to work on consistency throughout but that they played a good game.

The Ook Women's Soccer team was up next to challenge the Red Deer Queens. The game started right after the men finished and was

fairly even on the whole. The game ended with the lady Ooks struggling with a 1-1 tie. The women's coach, Sue Melnyk, felt that they had some really bright moments, but they had some defensive breakdowns that they had to work on. Sue said that they have to work on offense and defense, but they are getting better.

So, if you want to see some high-caliber soccer action, check out our teams. They could go all the



Those boys didn't have a chance.



ENTERTAINMEN



Coneau's Cuisine



CURTIS Comeau

Jubilations Dinner Theatre

West Edmonton Mall Phase III, Upper level 484-2424

f the same old "dinner and a movie" is becoming too routine, then perhaps it's time to consider taking in "dinner and the theatre." After all, everyone likes a good meal, and I think that it's an understatement to say that live entertainment is better than anything you will see on the silver screen.

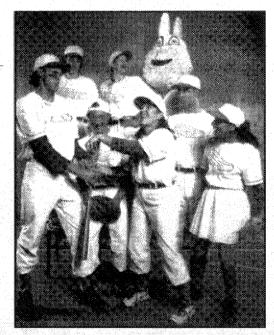
Located in West Edmonton Mall's phase III, The Jubilations Dinner Theatre proudly presents

Randy Apostle and Ron Ror's new musical comedy Ballpark Blues. "Ballpark Blues did very well in Winnipeg, and we are extremely excited to be presenting it here," comments general manager Georgina Thiessen.

Classic to Jubilation's style, Ballpark Blues is a completely interactive play where the cast actually plays a game of baseball in the theatre, and the audience plays as the outfield! Compliments once again go out to artistic director Randy

Apostle, who has cast and choreographed an energetic set of actors (Gerrad Everard, Lisa Dewitt, and Brenda Boonstra) who sing and dance to over twenty musical numbers including BTO's "Taking Care of Business" and Little Richard's "Rip It Up."

A night at Jubilations is never complete without their fabulous four-course meal, which is prepared by the Fantasyland Hotel and is served to you by the cast members who remain in full character throughout the entire evening! To accompany the soup and salad is a list of witty named entrees such as



the Strike Out (rainbow trout almondine), Pinch Hitter (spinach fettuccini) and Double Play (California chicken). There is also a choice of some decadent desserts, but I have decided that I won't tell you what they are... After all, I have to leave something for a surprise.

To describe a full Jubilation's experience is to say, "Prepare yourself for an evening full of fun and laughter from the moment you walk in the door."

HORRORSCOP



DARIA Morgan

Capricorn

(December 22-January 20) You are about to have an idea of mind-boggling brilliance. Try to remain calm.

Aquarius

(January 21-February 18) Several people, quite independently, will tell you moose jokes in the coming week. This is their subtle way of telling you that you're having a bad leg hair day.

Pisces

(February 19-March 20)

It's time to stop beating around the bush this week. Move on to beating around the ornamental shrubbery instead.

Aries

(March 21-April 19)

You will begin a bitter and drawnout battle with your locker this week (Psst! You don't stand a chance).

Taurus (April 20-May 20)

Nothing particularly remarkable will happen to you this week. You will get a strange urge to talk like a Calgarian every now and then, but the delirium will eventually pass.

Gemini

(May 21-June 20)

This is a good week to go for Mexican food - just don't drink the wa-

Cancer

(June 21-July 22)

It's a great week to skip this week. In fact, skipping is good exercise, and if you can get a few people to go along with you, you can start your own cultural revolution based entirely around skipping.

Leo

(July 23-August 22)

Most people know that it is good luck to toss a pinch of salt over your left shoulder. This week, you will learn that it is even better luck to toss a container of yogurt over your right shoulder.

Virgo

(August 23-September 22) Relationships are likes tables. One leg is love, one is trust, one is shared pleasure, and one is shared dreams. In your case though, you'll never get rid of that annoying wobble.

Libra

(September 23-October 22)

This week, you are the gum and everyone else is the really big shoe. Your goal: Don't be noticed this

Scorpio

(October 23-November 21)

Everyone around you will act silly this week - whacking each other, calling each other "snuggle buns," and doing Bantu war dances in the hallway. The most likely explanation is that there's a nitrous oxide leak somewhere.

Sagittarius

(November 22-December 21)

You will discover this week that you can wiggle your butt like Tina Turner and will actually become quite good at it. People will invite you to parties because of this and stick money in your undies for good measure.

If Today Is Your Birthday:

Fortune will smile upon you today actually, it's more of a smirk.

Have any questions or comments? E-mail me at:

virgin_state_of_mind@hotmail.com

Westwood Girls have a Male Visitor!



KELSEY Farnalls

the girls of Westwood were

all aquiver with excitement when Jon Ljungberg made his appearance on Thursday of last week. It's not very often that the nearly all-girl campus of NAIT is blessed with the presence of a guy, especially such a funny and entertaining one. John took over the lounge during the lunch hour, and the room was packed so full you could cut the estrogen in the air with a knife. I don't know if this charming comedian was worried about how his routine would go over, but it's my suspicion that he may have altered it somewhat to prevent a mass onslaught of disgruntled women from attacking him on his little stage. Whatever the case, he did a wonderful job. He kept us in stitches the whole time with his stories about lingerie shopping, tampon shopping, why men aren't romantic, and of course, sex. The lunch hour certainly flew by in a hurry, and it was disappointing to have to return to class and mostly to bid adieu to one of Westwood's first guy visitors. I think I can speak for us all when I say, send over more guys!

Project Factory Help Desk Position

Hours:

Monday-Friday, 10:00 - 2:00 Tuesday & Thursday evenings 4:00 - 9:00

Duties:

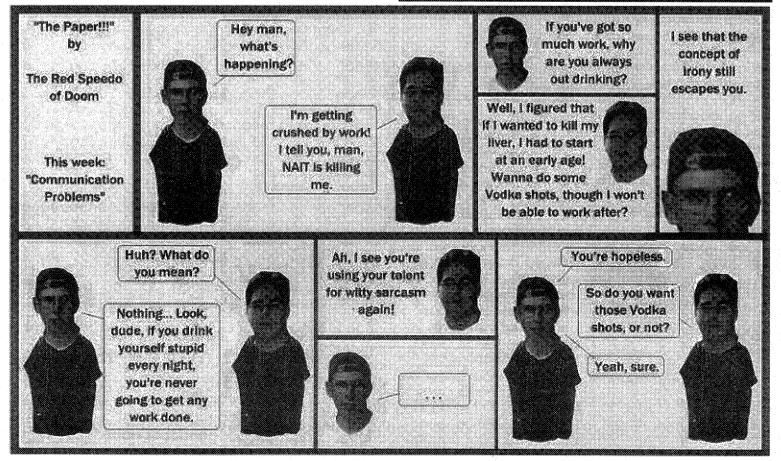
Assist customers in their use of computers on the floor, provides one-on-one assistance on how to use scanners, graphic software, photocopiers.

Requirements: Working knowledge of network printing, scanning, and troubleshooting Windows 95, Microsoft Office, PhotoShop, and scanning packages an asset. Excellent interpersonal skills and customer service focus.

Closing Date:

FRIDAY, OCTOBER 6, 2000

Please drop off your resume in the Project Factory, Rm U-210, attention Rebecca Thompson or Ken Jones.



Come An



TRAVIS
"The
Duke"
Bannert

kids, you've finally settled into your classes, got into groups for projects, started to meet new people, and the school work is starting to pile up. Don't fear, though - I have the solution to your impending stress problem. And what is this solution, you ask? Well, it's time for the first BAS cabaret. Some of you might be asking what a BAS cabaret is. First, a BAS is not a fish, it's the Business Administration Society. Second, a cabaret is a huge party that BAS throws at various bars throughout the year.

Now, everyone knows that the Business faculty throws the best parties at NAIT; this year's first festival of beer frenzies and orgiastic fun is going to be held at Cowboys, the best country/dance bar in our beloved capital.

Now, you want to know where, when and how much are tickets. The cabaret is happening on Friday, Sep-

tember 22, and the address is 10102-180 Street. If you're reading this, then you only have today and tomorrow to get tickets. The cost of a ticket is the one low price of \$5.00. That will cover your admission if you arrive before10 p.m. You also get a free drink, and if you want a good deal, then come before 9 p.m. and get 99 cent drinks. You can get your tickets in Room T-114A (that's in the Tower on the main level).

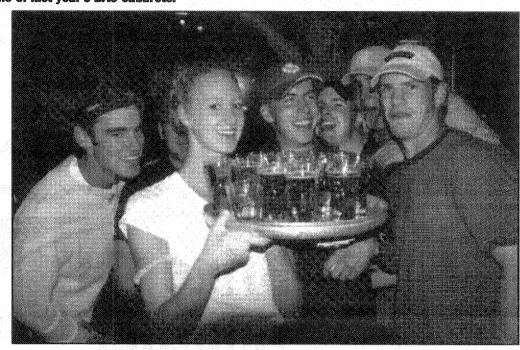
Let me remind you that the cabaret is on a <u>FRIDAY</u>, which means that the Cowboy's regulars will be attending as well. Anyone is welcome to purchase a ticket to this party.

A special message for you guys in the Engineering Annex: the girls that attend the Westwood Campus are part of Business and go through over 30 hours of class a week without seeing any men so, come out and buy them a drink and tell them how much you'll be making when you finish at NAIT (it's a sure thing).

If any of you have questions, don't be shy. Just come ask me or any of the other BAS student council. We're either in Room T-114A or can be found roaming the Tower halls. You can also call the office at 417-7873. You have two days left to buy your ticket for the biggest and best cabaret of the year. Hope to see you there!



One of last year's BAS cabarets.



"Hey, you got my beer?"

AUTOM(N)ATION (Chapter 3)



K. Kijek

"This is not a concept. This is an enigma" - Ian Curtis

Jose fulfilled his task for his superior in second's time. Click.

Vrrrrr0000000000-

The left and right wall panels slowly began elevating upward at a less than moderate rate.

00000000000000000

Zap.

Fading in on each frame was a sheet of aqua, which illuminated my - what, became claustrophobic-surroundings.

00000000000000000

The wide cinema screen above and center of my optical range joined in on the ultra vivid greenery momentum.

00000000000000000000-tick.

Mechanical motion ceased. A silhouette of Jose's bulging face came forth upon all of the screens. "Well done, Jose!" Mr. Hamsley exclaimed with content approval. Jose solemnly nodded and slothfully fell out of frame.

Stunned, I stood as still as a statue. An arctic cold chill seeped up my spine. My eyes open, and incapable of closure due to a foreboding awareness. I was struck with a symptom of incommunicado.

A soft sigh eliciting blissful proportions wavered from Mr. Hamsley's mouth. I slowly arched my head around and caught the sight of my amiable host intoxicated with subdued anticipation. His mouth hung open. His blue eyes intensely fixed upon the cinema screen. His gut resonated gusts of voluptuous breaths. It was as if an invisible ghost misuse had entered the room and bestowed Mr. Hamsley with a first-rate back rub

"Aaaaaaaagh yes", Mr. Hamsley said in a soft-spoken manner without lifting his gaze away from the screen . "Here it comes my boy. Here. It. Comes" RRRRRRRRRRRREEEEEE

EEEEEEEEEEEEEEEEEE

A sharp piercing high-pitched wail assaulted my audio senses with an unrelenting motive. I hastily inserted my fingers into my waxed lobe sockets, which only warranted my defense tactic as utterly futile. The insides of my head pulsated and pounded like a spastic carpenter madly hammering a nail into a board with the pace and timing of a scissor beat drummer exceeding the limits of 4-4 time.

I turned my head toward Mr.Hamsley displaying a desperate facial plea that would hopefully indicate the excruciating discomfort I was enduring.

To my amazement, Mr. Hamsley did not flinch from his statue like posture. He was a very happy Colonel.

Finally- though it seemed like an eternity-

The ring rang off along with the aqua vivid scene.

A shade of gray glimmered upon the screens: SWITCH.

TO BE CONTINUED...





ENTERTAINMENT



CD review

SHARMZ

DO OR DIE

"Victory" (Rap-A-Lot 2K/Virgin)

ake no mistake, gangsta rap will never die. However, groups like Do Or Die make it seem as if that statement is true. The Rap-A-Lot trio has released their third album entitled "Victory" produced by J Prince, also the producer of Scarface, the Outlawz, and Yukmouth. This latest album from Do Or Die is a barrage of "Dirty South" beats, fast rhyming skills, and a handful of featured artists.

As most gangsta rap CDs contain lyrics about money, power, respect, women, violence, and smokin' trees, so does this album. However, don't let that statement throw you off, this CD lacks good production all around. Right from the start, I was bored with this album. The first track entitled, "Victory" sounds like a three fake ass geez trying to sound like Bone Thugz "N" Harmony. Trying to sound like another group can be really annoying to a hardcore hip-hop junkie, which was not a good first impression on me at first.

As the CD progresses on, it gains a little respect and strength. The second track, "If u scared" featuring Synpaz is a very unique track containing dope beats and hardcore lyrics that try to imply the raw street power of Do Or Die. After track 2 on "Victory" the album goes straight into da gutter. The album doesn't have a strong tack until track 14, which features the ever thuggish rhymes of a murda mofo Ja Rule.

The song, "Murderers, Pimps + Thugs" also is produced by a Ja Rule AKA. Irv Gotti himself. The song is just a straight up thuggish ruggish track. Its got all da thangz to make a song good, attitude, a dope beat, and great production. "Thuggin it out", with its hardcore dirty south gangsta style and Fatal spittin out lyrical landmines makes for another high point on "Victory". Fatal of The Outlawz, once headed by Tupac Shakur, shows the listener his raw skill and and his ridin thuggin attitude. While Do Or Die show that they can get rock da mic if they get a dope enough beat to back them up.

The main problem with this album is the production. The beats throughout the majority of the album were very whack! A handful of songs on the album contained some dope beats and good production. Another problem with "Victory" is the fact that it lacks originality. These guys sound way too much like Bone-Thugs "N" Harmony. If Do Or Die actually sat down, wrote some original lyrics, changed their production team and that whack name, they might actually be effective in selling some records.

I would recommend in downloading the 3 good songs on



this album - definitely peep them! Unless you're a hardcore "Dirty South" rap lover, you probably won't feel this album. You might as well pull out a little liquor for this album cuz its pretty much dead.

Do or Die's new album entiltled, "Victory", gets 2.5 bottles of O.E(old english) out of 5 in my hood. Peace out!

CD review ____

JOHN Zazula **Wheatus**

"Self-titled" (Sony/Columbia)

ve never really heard too much of these guys before, except for hearing a couple of song on CJSR. That kind of explains what they are, not really mainstream music. They do use elements of many different types of music. For example, they scratch up some records, play some good rock music and sing about goofy stuff like a glamour punk band. Kind of what I thought of the first two Bloodhound Gang albums, they actually are quite simi-



lar lyrically. With that set up, I have to give a sample of what I'm talking about.

The first song, "Truffles," is very well put together musically with hard rockin' guitars, catchy drumming, and even some bongos thrown in there. However, it's lyrics like (and tell yer girl ta quit buggin me, 'cause I saw her outside suckin' dick in the bathroom of the

bus of the Iron Maiden cover band) which causes them to lose credibility as musicians.

Next on the song list is "Sunshine," with all the music potential as "Truffles" and the very interesting use of the banjo, the lyrics again kind of ruin the song. When you hear (there's a rocket I built, it's under my kilt, it's coming to blow you away) in a very musically sophisticated song just doesn't fit.

That style of song continues through the remainder of the disc-good music and dumb lyrics. The only song which isn't offensive is a cover of "A Little Respect," which really says a lot when the only good song an album was already recorded by someone else. If you are into pointless lyrics that are only funny the first time that you hear them, this is your record of the year. If not, simply pass this one by.







Western Canadian NEW MEANS SILI TIPE

December 29 - January 2nd KELOWNA - BIG WHITE

\$355

+\$50 damage deposit TOTAL OF \$405

\$100 non-refundable deposit due immediately to reserve your spot.

BALANCE REMAINING DUE NOVEMBER 1ST

For more info or to make a payment come to the NAITSA office (Rm E131) or phone

MIKE ANDERSON @ 471-7603 or

ROB ELLIS @ 471-8725

INCLUDES:

4 nights accommodation
Coach transportation
Lift tickets • T-shirt
Complimentary beverages

Presented By:



and





TERIAINMEN



BAIT'S NOT BAD

.An Action Flick Even the Ladies Will Like



SALLY Poulsen

oes anyone else remember "The Last Scout"? C'mon, think back. Hard. 1991, Bruce Willis, Damon Wayans? Alternately battling against crime and 'the man' in an effort to bring a very bad man to justice? While the idea has been rehashed time and time again, "The Last Boy Scout" proved that all it takes to make an action movie entertaining is a director with attitude and some good-looking leading men.

Bait delivers on both counts. Director Antoine Fuqua (1998's 'The Replacement Killers') has designed a hypnotizing onslaught of music-video like imagery, from the film's ultra-hip, matrix-like opening credits to the big, exploding fireball climax. Jamie Foxx is a big ball of lovable goof as Alvin Sanders, a hapless petty thief who is arrested for stealing seafood and inadvertently becomes a test case for a new human tracking device. There's even a cameo from Robert Pastorelli (Eldon on TV's Murphy Brown) as a would-be bank robber. Who could ask for more?

No, this film isn't particularly smart, and yes, plot holes abound (the U.S. Treasury Department goes through all this trouble to find \$42 million? How much must it have cost for that new, state of the art human tracking device? Or the 24 hour surveillance team?) but Bait is still an awfully fun ride. Foxx shows a surprising amount of acting ability, and Doug Hutchison (The Green Mile, Con Air) is wet-your-pants creepy as rampaging-psycho-kindof-looks-like-Chad-Lowe bad guy Bristol.

In short, things blow up, people drive fast, and our hero even gets some nookie. But be rest assured that Bait isn't going to change your life, make the world a better place, or offer anything in terms of spiritual/emotional growth. But then, isn't that what "The Last Boy Scout"

The Citadel Theatre says "Go Live!"

KELSEY Farnalls

iust received the new season's play list for the Edmonton Citadel Theatre, and it's ripe with comedy, drama, and music. What better way to spend a Saturday night than getting yourself a bit cultured and breaking out of your usual routine...

The first play of the season is the timely classic "To Kill a Mocking Bird." The classic novel set in rural Alabama in 1935 is brought to the stage in a stunning adaptation staged by Dennis Garnhum. More than a play about racism and injustice, this "To Kill a Mocking Bird" explores the power of standing up for the truth, even if standing alone.

"Betty's Summer Vacation" is up next and promises to be a shockingly hilarious piece of work. Set in a summer beach house and populated by a group of wildly incompatible people, this play is, in turn, amazing, uncomfortable, and unpredictable.

Next up is the holiday tradition "A Christmas Carol," which, of course, everybody knows and loves around that time of year.

To start the 2001 year is "Wit," described as a brutally human and beautifully layered play.

Another fun play, targeted for an audience of us students, is "The Number 14." Six actors perform 60 characters in this fast-paced, satirical look at a day in the life of a downtown bus ride. "The Number 14" is part physical comedy, part Monty Python, part Mr. Bean, and wholly engaging. The following is an extensive list of this season's play list for the Citadel:

- Sept. 16 Oct. 8 "To Kill a Mockingbird"
- Oct. 10 21 "Wit's End" Oct. 14 – Nov. 12
- "Betty's Summer Vacation"
- Nov. 25 Dec. 24 "A Christmas Carol"
- Jan. 13 Feb. 3 "The Number 14"
- Jan. 27 Feb. 18 "Wit"
- Feb. 8 13 "Beatrice Chancy"
- Mar. 10 April 8 "Camelot"
- Mar. 31 April 29 "Romeo and Juliet"
- May 5 May 27 "ART"

So pick one of these plays and get yourself and your date a ticket and enjoy. Students receive a discount, and if you're really gung ho, you can subscribe to the whole season (seven plays) for \$139. You can also call the Citadel Box Office at 425-1820.

WHAT'S BIGGER THAN YOUR LUNCH BOX AND MORE AFFORDABLE THAN YOUR TEXT BOOKS

the OA get the grade sale



ABIT VT6X4 Motherboard | Intel Celeron 533MHz Processor | ATX MID Towercase 3D-105 speakers w/subwoofer Windows Millenium Edition 10GB Fujitsu Hard Drive Fujitsu 8725 keyboard | Logitech 1st mouse | 64MB PC 133 SDRAM

52x CD ROM Drive HIS TNT 16MB video card 56K PCI Modem Floppy

\$1888 +GST or pay **\$69**.95/month, Cash only

Also includes these added features

- 8x4x32 Panasonic CD writer
- Epson 670 USB color printer
- ACER 640u color scanner
- Microsoft Works Suite 2000
- \$20 Gift Certificate to OA Books
- 17" Xtreme monitor

FREE 15GB UPGRADE and 32MB VIDEO CARD TO FIRST ONE HUNDRED CUSTOMERS

Upgrade CPU to Pentium 3-600EB... add \$165.00 Upgrade CPU to Pentium 3-733... add \$215.00 Upgrade memory to 128 MB ... add \$115.00 Upgrade CD Drive to 8X DVD Drive... add \$90.00 Upgrade HD to 15 GB (5400rpm) drive... add \$45.00 Add EIDE ZIP 100 Drive (+1 disk)... add \$88.00

Option Pak Bundle

20 Blank CDR disks • 25 Blank Floppy Disks Logitech Wingman Attack Joystick » Power Bar (6 outlet) Labtec Stereo Headset with Boom Microphone

Bundle Price \$98.00 +GST, CASH only

ask about our \$99/year unlimited internet villa system pardon e only

www.oagroup.com

Calgary #5,6 2015-32Ave NE (403) 291-6833

Edmonton Downtown 105030-Jasper Ave. (780) 425-5151

Edmonton South 4907-99St.

(780) 430-0811

Edmonton West 10122-149St. (780) 484-1800



OA Comb Inc. Part of the OA Group

*36 month term OAC. Does not include GST. Special pricing ends Sept. 30th. Prices subject to change







SHANNON MICKELSON!

You have won tickets to Yuk Yuk's. Come to the Nugget office, located in Room E-128 on Main Campus, and collect your prize from our esteemed Editor-In-Chief Curtis Comeau. Have fun and enjoy your prize!

BAS is throwing a cabaret this Friday at Cowboy's. Get your tickets at Room T-114A. They're \$5, which includes admission and a free drink. It's always a great party, everyone's invited!

CHEAP BEER at the Annex. Come one, come all on September 28. Hosted by Geomatics Engineering from 3:30 p.m. till the beer runs out.

To all NAIT students,

I am looking for any persons that may have witnessed a bicycle theft by parking lot G in front of the main NAIT doors on Tuesday, September 12, from 8:40 a.m. to 4:40 p.m. It is a Yellow Gary Fish piranha. Reward offered. Please contact Jim in the main cafeteria.

To the son of a (BEEP) who stole my

I saved up all y ear for that and worked hard for it. House insurance does not cover the bike due to my deductible. It was my main mode of transportation, and you left me stranded without even bus money to get home. If I find you or my bike, I will maim you.

Jim in the cafeteria

Do you think that your life as a NAIT student is unusual? Wanna tell your story on camera? N-vision (NAIT Television) wants you on their show. E-mail nvision7@hotmail.com or call us at 471-8527. If we think your story is worthy, it will be aired on cable television.

Ditto (closet NKOTB fan).

Remember the drive-thru from Monday? \$5 for how long of a look? Scaaaary, especially if that was Aaron one was paying to see in the window! Anyway, when are we doing lunch next?!

Signed, Olivia Newton-John lover PS: I can still drink more iced tea than you.

Tasha in Photographic Engineering, I saw you on the Shine-her-ama pubcrawl and you looked awesome. Your blond hair looked better than an Herbal Essence commercial. You are so hot and gorgeous that you turn everyone's crank!

Signed, CENSORED

Guess who's back? By popular demand, the sLiCk one has returned, and I know how much you love – Zzzzzz... (typesetter fell asleep – try again next week) sLiCk NiCk

Yes, yes. "The Doc" is back once again, and again "The Doc" will run his – (typesetter went to the bathroom and never came back).
Until next time, Dr. PPG

Attention All Students

Get your BAS Cabaret tickets down on the 1st Fl. of the Tower and remember, BAS VIP cards are not valid at this event. Thanks, BAS

The Ocean (puddle),

Just wanted to check in with you that you are okay and back in school. After your magic carpet rides this summer, I am worried you haven't landed yet. Call me and clean up your apartment. I care. Honda Lover

Come down to the NAITSA office (Rm E-131) and put your hands on a set of Teets and one hell of an ASS. From Monday - Friday, 11-1. Help me put paint all over my body for donations to the United Way.

Luv Jessica Jersey

Alania,

(Forgive me if I got your name wrong). I just want to say a big THANK-YOU for dropping me off at the impound yard Thursday evening. Your kindness brightened up an otherwise bad day. Thank again, darling.

The Guy in the Hat

Turbo Sloth,

Our little, red-head spitfire of a sister is coming back to town. We should plan something special, something enormous. Something like a repeat of a certain party that happened a few years back – maybe even just for the sisters. Whatcha think? Chainsaw

Hey everyone, We're heading out this Saturday at 11 am to play paintball. It's only \$22, so if you're interested in coming call me @ 461-7168 or email me at

curtiscomeau@hotmail.com The Editor, Curtis Comeau

Media often gets a bad rap. You tune into shows like Cops and watch someone get arrested on camera. You have no qualms watching someone get rescued by jaws of life, but when you're the victim, you don't want your story told. Last week in the Grapevines, the media was attacked. One thing we pride ourselves on is that we do get all the facts before we publish a story, and the fact is we were there to help. Paramedics and security asked us to turn on our camera so they could use the light in order to assist the injured person. Signed, Get the facts

To Iva (1st Year Chem Tech),

Remember me? We drove to Southgate for Shinerama last Saturday. I think you are really, really cute, and it would be great if we could go out sometime. Please meet me on Friday between 11 a.m. and 1 p.m. at the Tower lounge on the 8th Floor.

Signed, 3ushin 2yuu

To CPS/Akuma/Ken/Ryu,

Akuma, Ken, Ryu. No skill involved. Try to use characters other than *them* because they are SO overused. Beat the game with R. Mika, and I'll have a little respect for you.

Signed, No respect for Akuma/Ken/Ryu, SDL. – "Waruku omou na..."

To our readers,

Last week, we ran an article and some pictures about Captain Sam Shaw and his 3rd place win in a raft race. Mistakenly, we got the name of the race wrong – it was not Sourdough, but rather "Soughdough." As well, the author of the article would like to thank Patricia Campus, of which he accidentally left out of the credits. Once again, congratulations to Captain Sam, and your school looks forward to hearing about your 1st place victory next year!

On September 18, 2000, Leo Tanguay of Edmonton passed away at the age of 74 years. Leo was employed by the NAIT Students' Association as the Games Room Manager for several years before retiring in 1994. A Memorial Service will be held at Connelly-McKinley Funeral Home on Wednesday, September 20, 2000, at 7:00 pm. Friends who so wish may make memorial donations directly to the Heart and Stroke Foundation of Alberta, 10985 - 124 Street, Edmonton, T5M 0H9.

Classifieds

NEED A PARKING SPOT? There are two parking spots up for rent for the school year for only \$100. The spots are located behind the Polish Church right across from both Main Campus and the Annex. If interested, phone Carmen at 461-1098 or 909-8992. Or, you can even Email Carmen at RiceRocket3@hotmail.com.

Amazing International Youth Program

Do you want adventure, challenge, education, practical work experience? Dreaming of seeing Asia, Africa, Latin America, the Caribbean, Central/Eastern Europe? Canada World Youth may be for you! CWY has a variety of programs for enthusiastic, energetic youth 17-29 who are eager to learn, work in a team. Volunteer in education, I/T, business,

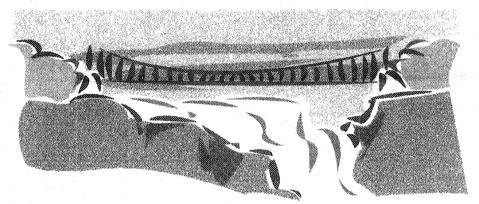
social services, agriculture. For application information, contact Canada World Youth at www.cwy-jcm.org/prairies or in Edmonton 432-1877 or toll free 1-877-929-6884.

LOST: Necklace with the initials "DU" on it. Not worth much money, but has more of a sentimental value. Was lost on Thursday of last week. If found, please contact Devin at 417-6628.

LOST: Other end of ignition key for car on Saturday during Shinerama pubcrawl. Need to get car running again!

Men and women required for The Clansmen Rugby Club's ongoing programs. No previous rugby experience required. The Clan Clubhouse and Fields are nearby at Airways Park (behind the RCMP building). For information call 476-0268.

CONSTRUCTION ENGINEERING PRESENTS... BRIDGE BUILDING 2000



COME OUT AND STRETCH YOUR ROPE!!

Date: September 30,2000 Place: Whitemud Creek

Time: 9:00 a.m.
Contact: 471-7066 or e-mail
ckrieg007@hotmail.com

Cabaret to follow at Red's \$5.00/ticket being sold at the Annex.

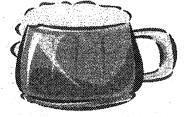
BEER GARDENS KICK OFF TO THE BRIDGE BUILDING CONTEST

Date: September 29,2000

Place: The Dock at the Annex

Time: 3:00 p.m.

DON'T FORGET TO SWALLOW!!!
(EVEN THOUGH THE BEER IS CHEAP)



Web Slinging to a Theatre Near You

CURTIS Comeau

tions of

gran-

deur.

These

rumors

were

laid to

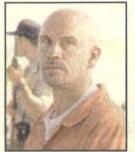
rest

when a

spokes-

person

nfortunately, for the past ten years, there have been many rumors surrounding the Spider-Man movie, which has lead to asinine specula-



Actor John Malkovich

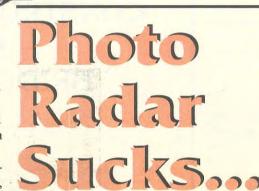
for Columbia Pictures announced that Sam Raimi (Evil Dead and Army of Darkness) will be directing the film, and the script is just going through it's final draft.



Toby Maguire of "The Cider House

Confirmed facts about the film:

- Release date is May 2002.
- Shooting begins January 2001 in New York and then will move on to L.A.
- The original script that Canadian director James Cameron (T2, Titanic) wrote was re-written by Spider-Man co-creator Stan Lee (there is a god).
- The villains in the film will be the Green Goblin and Doctor Octo-
- Mary Jane will be in the film, but she will have a more "real





CURTIS Comeau

ike everyone, I really hate paying for speeding tickets; however, I can somewhat tolerate paying for tickets I get from speed traps. This is for two reasons: First, the cop's laser gun is usually set very high, usually 10km - 17kmover the posted limit; and two, the cop has to risk his ass by jumping in front of your car just to pull you over. Now, that's what I call earning your keep.

But paying for those damn photo radar tickets - now that's a real piss off. Think about it. How does taking a picture of a speeder and sending him a ticket in the mail three weeks later solve the problem? The only time photo radar is effective is for about five seconds when the traffic slows down just enough to pass the "mysteriously parked vehicle" on the Whitemud freeway. Then, just as the vehicle is in the rear view mirror, drivers begin to haul ass again. I know this because I am one of those drivers

Photo radar pisses me off so much that I have a few ways to deal with them. You see, I always carry a camera in my car, so when I see a parked photo radar vehicle I pull over, get out, and start taking pictures of them! It really pisses off the

model she is portrayed as in the comic books.

- 6. Uncle Ben and Aunt May will be there, too.
- 7. Tobey Maguire (Cider House Rules) has been signed on to play Spider Man's true identity Peter Parker. His contract specifies that he will also do two more sequels.
- 8. John Malkovich (Con Air, Of Mice and Men) is in the midst of contract negotiations for the part of the Green Goblin. Nicholas Cage is

the second choice.

9. Julia Styles is in the top running for playing Mary Jane.





"Nah, it's a Volkswagen."

ticket, I was sort of in a lousy mood, camera operators, not to mention it's as funny as hell. As for the speed so I parked my car, and hung out traps, well, I like I said, they're just cops risking their asses jumping in front of cars that are really hauling ass, and to me, that's really cool! Take last week, for example; I was driving home from school and,

watching the cops give other people tickets. After about 10 minutes, I really found myself feeling better. So, next time you get nabbed at a speed trap, park the car and hang out with the cops, and really, watching other drivers get tickets will make



Shaft has nothing on this traffic-directing dynamo.

