

THE NUGGET

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NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

For The

Anti-Lovers



JENNY
Thornbird

ent nothingness thinly disguised as a day to show that special loved one just how much you care while leaving those not in the throes of love to feel rejected, unloved, and down right inadequate.

You've finally had enough, and you want to take action this year, but you are at a loss as to what kind of action to take. In a stroke of rare generosity, I have compiled a few ideas of things you can do to make February 14th a tolerant, and even, perhaps enjoyable, day for those of you who refuse to be enslaved by commercialism and some-

Now, don't get me wrong. I'm not a single, young woman bent on giving grief to everyone else who is dating - I'm just a stark realist. I want someone to tell me if I'm

loved on their own volition,

not because some fabricated greeting card holiday

sponsored by

Hallmark or Carlton compels them. I mean, if someone truly cared about you, I think you'd want to hear it more often than once a year.

Even in years past when I had a boyfriend on Valentine's Day, I still thought the whole day was overrated and far over-hyped. Back in high school, all the girls would flock together like a bunch of starving Ethiopians around a bowl of rice to see who had gotten a flower from whom. Hell, one Valentine's Day, I even got proposed to, ring and all.

Getting a gift from your significant other on Valentine's Day almost seems dumb though. If it weren't a holy day of obligation for anyone within a 10-minute drive of a fuzzy heart to run out and buy it for their special someone, I might view it differently. I mean, everyone loves getting gifts, but it's getting a gift that really, really means something that touches the heart. More often than not though, the gift that you get on this day of sick public displays of affection is nothing more than a little something to say you've upheld your end of the bargain and deserve your promised nookie. It also shows your significant other you're well trained. Good for you!

The worst thing about this day is that people start anticipating it soon after New Year's. Once the new year hype is over, you know that for the next month or so, all you're going to hear about is this day in which Cupid, that fat, miniature angel wearing nothing but a loin-cloth, has pierced someone's heart with his little arrow of love.

Well, spare me. I think I'd rather see the darling cherub with a shotgun wound to the head.

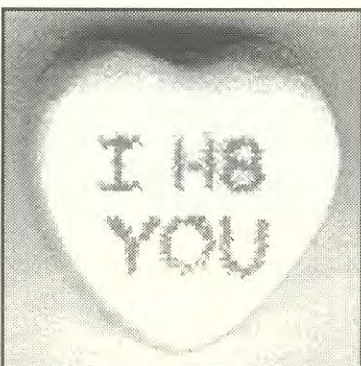
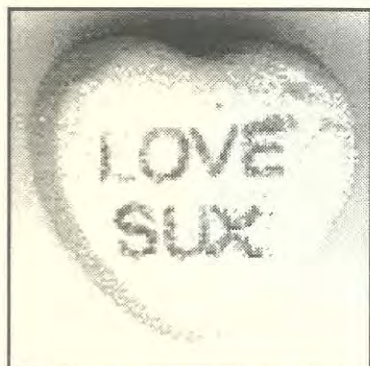
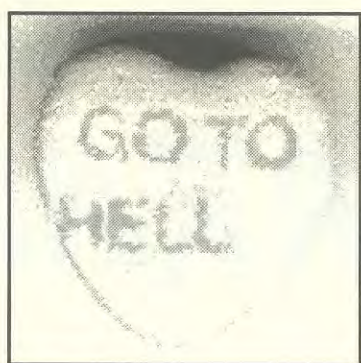
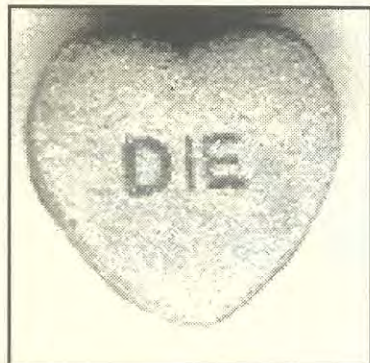
So, with the above happy picture in mind, I think for Valentine's

Day, I am going to go buy more of those oil-filled chocolates, nuke one of those "Grow-a-Man" dolls in my microwave, and be content with the thought that I may have given some

of you other anti Valentiners something productive to do other than mope around.

And if you need an alibi, I'm here for you, body and soul.

It's enough to make a free-thinking individual want to gouge their own eyeballs out with an old pair of rusty scissors.



of the impending spring thaw and the upcoming Reading Week break to boink each other's brains out.

It's enough to make a free-thinking individual want to gouge their own eyeballs out with an old pair of rusty scissors.

So you hate Valentine's Day. Every year, you scrunch your face up in disgust and draw a skull on the center of your February calendar. Every year, you glare in contempt and hatred at the ignorant people who buy into this money-making scheme of unabashed transpar-

one else's libido:

1. Firebomb all the Hallmark and Carlton Cards shops you can find.
2. Go on strike, sporting such slogans as "Have You Exploited Someone Today?" and "Fuck Love."
3. Go up to a starry-eyed couple and exclaim loudly to one of them, "Why didn't you call me? You told me our passionate night together was only the beginning!" By ruining their holiday of love together, you will be adding them to the ranks of bitter VD malcontents.



Is It the Great Ripoff?



SALLY Poulsen

How many of us gripe about the price of everything available on campus? Well, okay, maybe it's just me, but things are getting more and more expensive with each passing day. Instructor Harold Elliott over at NAIT's Patricia Campus feels the same way, apparently.

After receiving an E-mail message urging readers to boycott the Common Market's medium-sized soup bowls, Elliott decided to take matters into his own hands. The message, which states that the size difference between the Com-

mon Market's small and medium soup bowls is little more than two spoonfuls, prompted Elliott to perform a similar size test. "...We poured the medium size bowl contents into the small bowl [and] it did not overflow," says Elliott.

The price difference between the two sizes is 50 cents. The industrious Elliott did even further investigation. He says that his research found that food services felt that the previous medium soup bowl was too large, and the opportunity for over-filling was too great.

"We would like to see the original 12 oz. medium bowls brought back, so then we would have value for our money, which we work so hard for," says Elliott.

Congratulations and thank you to Mr. Elliott over at the Patricia Campus, NAIT's very own consumer watchdog.

Learning About Each Other

NASC Aboriginal Awareness Day Offers a Great Opportunity



SALLY Poulsen

Maybe you've seen the posters hanging around campus.

NAIT's Aboriginal Student Club is offering the student body a great chance to experience and learn about Aboriginal culture. This Fri-

day, February 9th, students are urged to join the NASC at their Aboriginal Awareness Day Celebration in the South Lobby.

The events begin at 10.45 a.m. and stretch through the day until 2 p.m. Aboriginal Awareness Day is slated to include presentation of the Senator Chalifoux Award, dance performances, and guest speaker Jed Roberts of the Edmonton Eskimos.

By the way, you'll also get fed. Come by and sample the bannock.

Kids With Cancer Ski Trip March 2001

The Kids With Cancer Society of Northern Alberta is holding a ski and snowboard trip for its members from March 10-12, 2001, in Jasper, Alberta.

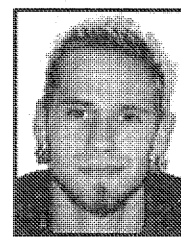
The Kids With Cancer Society is comprised of children and young adults (ranging in age from infancy to 20 years) who have been diagnosed with cancer as well as their immediate families, bereaved families, and other volunteers. The emotional, physical, and financial challenges placed on the members of these families can be exhausting and a constant test of their strength of will.

The purpose of this event is to:

1. Help families with a diagnosed child develop a support network of individuals who understand what they are going through and who can offer assistance and inspiration.
2. Provide a respite from the difficult routines of treatment and hospitalization.

If you would like to make a donation for this event, any assistance provided would be greatly appreciated by the Society. Cheques can be made out to **The Kids With Cancer Society of Northern Alberta**. There is no minimum donation, and a charitable donations receipt will be issued for all donations over \$10. For more information, contact Vince Bowen at (780) 431-1844 or jvbowen@attcanada.net.

Body Temple Closes

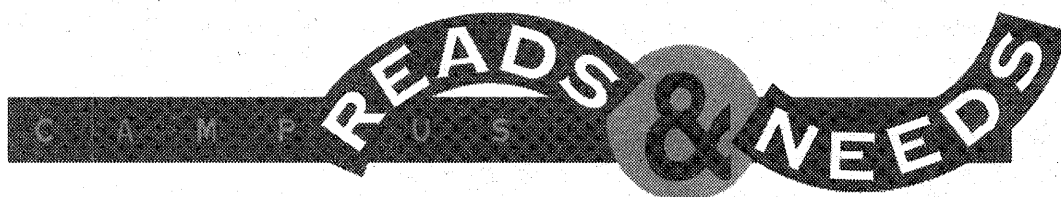


SHANE Turgeon

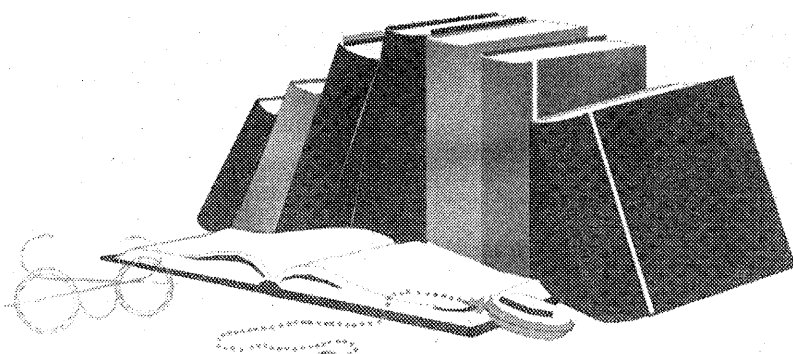
Due to circumstances beyond the proprietor's control, Body Temple Tattoos and Piercings has closed its doors. Body Temple's resident piercers Taylor and Tania can be reached at 3rd Eye piercings at 485-0888, and if anyone has need to contact tattooist Steve Hayes, you can do so by e-mailing me at theringpost@hotmail.com.

It's a shame that the shop has been closed as Steve is - hands down - one of the best artists in the city, and Taylor and Tania truly are master craftsmen when it comes to body piercing. I still recommend these three people when it comes to body modifications here in Edmonton so, if you are interested in modifications, you should definitely try to track them down.

The staff at Body Temple would like to thank everyone for their past support.



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Odds & Ends



DARIA Morgan

British Hospital In Hot Water Again

Alder Hey Hospital in Britain is under the spotlight yet again, facing charges that it sold parts removed from living infants during surgery. Published reports accuse the doctors of the hospital of removing infants' thymus glands during heart surgeries and then selling the glands to pharmaceutical companies - all without the parents' consent. In fact, one parent whose child died during surgery, states an autopsy revealed that her baby was minus its thymus gland. Needless to say, a full-scale investigation is underway, though the hospital is already under investigation for another set of charges that alleges it sold body parts from dead babies.

Spice Girl Bunton Nearly Gets Bunted

Spice Girl Emma Bunton narrowly escaped death while filming a BBC special on dolphins. Whilst riding on the nose of one of the dolphins, going about 50 kilometres per hour, the dolphin suddenly became disoriented and crashed into a pile of jagged rocks. Baby Spice managed to hang on and was not thrown onto the rocks. British reporters say she was shaken by the incident but stayed on to film the rest of the special.

It's Raining Birds In Vegas

Residents of Las Vegas, Nevada, got a shock last week when the sky started raining birds. Several pigeons fell from the sky, only to land on their backs and squirm and twitch. Some of the birds eventually died, while others vomited. The city's animal control agency suspects the pigeons were poisoned by a casino or high-rise building in an effort to get rid of them.

Censoring The Real Slim Shady

The University of Sheffield in England has banned all Eminem propaganda from its grounds. The ban includes the wearing of any Eminem t-shirt and any insignia relating to him. While the school's student newspaper is opposed to the ban, crying censorship, the head of the school's

women's division was quoted as saying, "We are trying to build a union for all students. Women and homosexuals should have the right to go out in the union without having to face these sort of attitudes." Eminem, known for his blatantly anti-female and anti-gay lyrics, is scheduled to perform at the British Music Awards.

The Vulcans Are Out To Get You

If you're worried about your brain being invaded by mind control techniques, if you go to <http://www.zapatopi.net/afdb.html>, you will find a site devoted to the creation of a beanie, entirely made of foil, that can stop someone from taking over your brain. The site provides plans and photographs on how to not only make a beanie for yourself to ward off those evil mind control signals, but one for your dog, as well.

Literally Busting Out On The Charts

Irish singer Samantha Mumba, known for her No. 1 hit "Gotta Tell You" on the radio airwaves, gave a group of young kids in Dublin some extra exposure. Whilst in the middle of rigorous dance routine, the bodice the busty singer was wearing popped open! Apparently, staying within the bounds of propriety was the last thing on the 18-year-old singer's mind before going on stage.

Frolicking With The Bats

The main zoo in Singapore has become the first zoo in the world to offer night tours. The purpose is to give zoo goers a look at the activities of animals that are peculiar to the dark hours. The night tours are winning international praise, and several other parks and zoos have asked for information on how to start their own tours. The main zoo in Singapore is one of its last remaining tracts of native habitat.

Stupid Crime Of The Week

After attempting to deliver drugs to a jailed friend, three youths were arrested in Saint John, New Brunswick. After tossing a bag of drugs over a fence and into the compound of the regional correctional centre, their car was stopped within minutes after police received a detailed description from jail guards.

Have any questions? comments? compliments? indecent proposals? E-mail them to me at virgin_state_of_mind@hotmail.com.

Running For Reason



SHANE Turgeon

As a young, healthy, fairly active 23-year-old, I can tell you that running a 26-mile marathon seems a little too challenging and, yes, I'll admit it, hard for me to do. For 37-year-old Carmen Wyton, however, that challenge was far more painstaking than most of us could possibly imagine.

Carmen is the Fund Director for the Alberta chapter of the Arthritis society and, at the age of 16, she was diagnosed with ankylosing spondylitis, or arthritis of the spine. Last year, Carmen and her husband ran in a 26-mile marathon in Dublin, Ireland to help raise money and awareness for arthritis research. Although the training and the marathon pushed Carmen's thresholds to the absolute limits, she, and many others like her, prevailed and finished the race. They provided inspiration to the more than 400,000 Albertans who suffer from arthritis and also to

marathon, an 18-week personal training program, round trip airfare, and hotel accommodation at the marathon location, along with race apparel and fund raising support. The only requirement for registration is the meeting of fundraising goals. The goals for the marathon in Lausanne is \$5,000 per person, and \$3,500 per person for the Disney run with the overall goal of more than \$650,000.

In its first year, the Arthritis Society Joints in Motion program raised more than \$2 million.

There are deadlines for registration in each marathon, with May 20, 2001, being the deadline for the trip to Switzerland and August 15, 2001, for the Disney run. Once registered, members are linked with an Arthritis hero who can be someone close to the runner or someone from the Arthritis Society family. The Arthritis hero will serve as an inspirational force for those who wish to challenge themselves for the Arthritis cause.

If this sounds like something you wish to challenge, there are several ways to get more information. You can call the Arthritis society at 424-1740 or visit their website at <http://www.arthritis.ca>

There are also two upcoming

They are looking for dedicated people of all ages and fitness levels who are interested in raising money and awareness for research into a disease that affects over 4 million Canadians.

information sessions; the first being at the Jaime Platz YMCA on February 15, 2001, at 8:30 p.m. and the other is on March 22, 2001, at the William Lutsky YMCA at 7 p.m.

What does the future hold in store for Carmen? Well, she plans on running in a triathlon this fall in order to continue pushing her limits. Also, as a prominent member of the Arthritis Society, she will continue to help others take better control of their arthritis and continue to be an inspiration to us all.



those who admire the tenacity of the human spirit.

That was then, however, this is now.

The Arthritis Society of Alberta's Joints in Motion Training Team is currently looking for people to run and help raise money for two marathons to be held in the upcoming year - one taking place in Lausanne, Switzerland, and the other in Disneyland in January 2002. They are looking for dedicated people of all ages and fitness levels who are interested in raising money and awareness for research into a disease that affects over 4 million Canadians.

The Arthritis Society provides to those people registered in the

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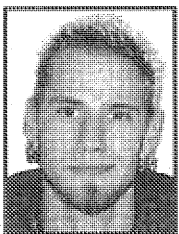
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ECCW Live In Vancouver



SHANE
Turgeon

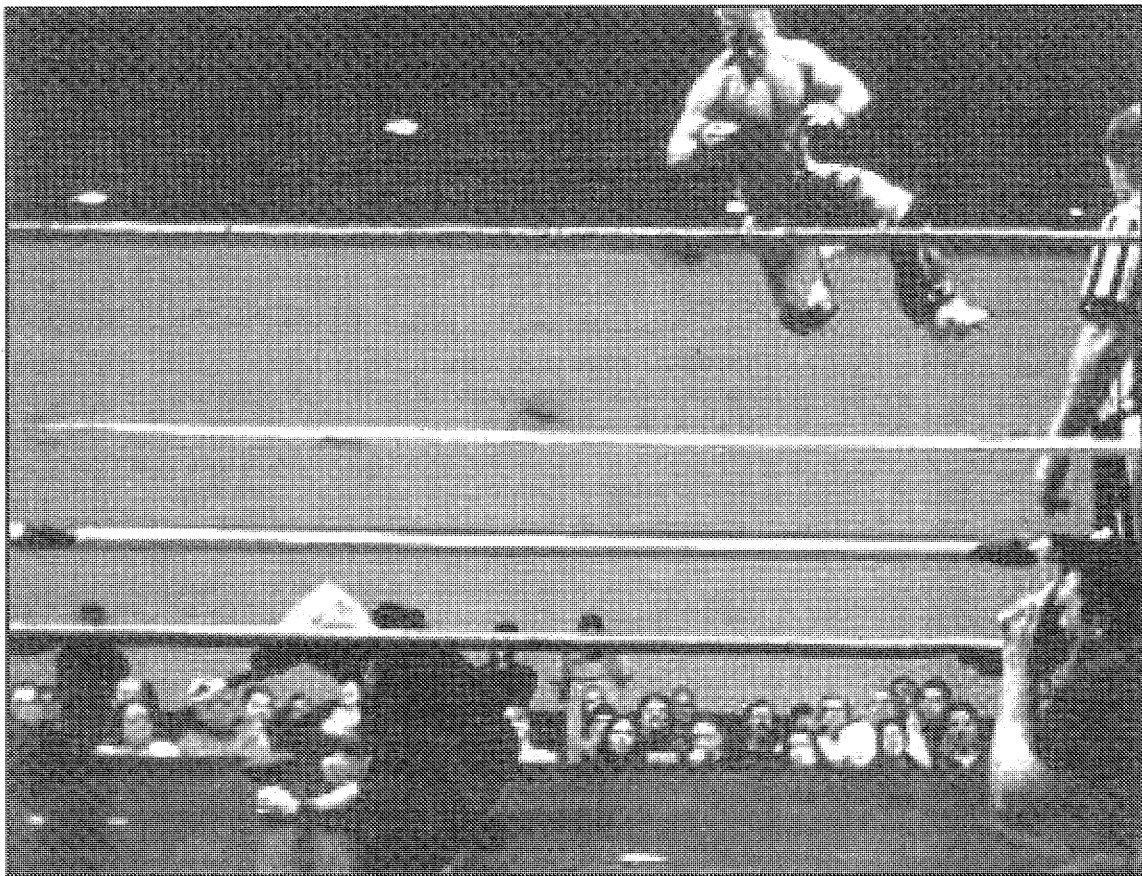
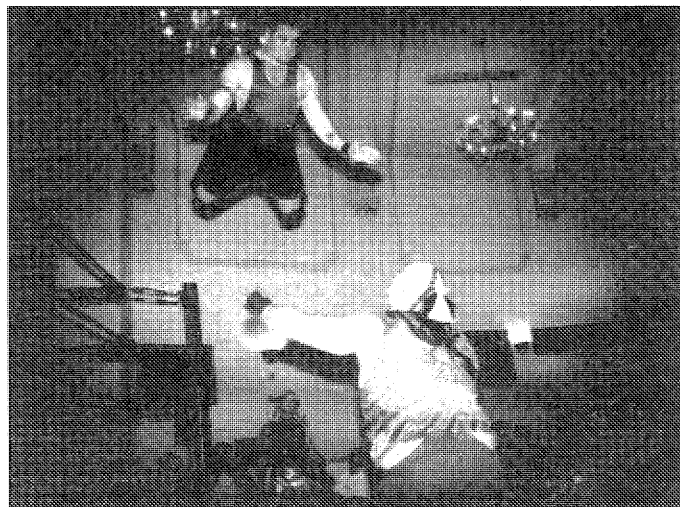
During my little sojourn to Vancouver at the end of January, I had the opportunity to check out Vancou-

Angel," Christopher Daniels, made his way to the ring and cleared it of the PBC.

The first match up of the evening was a four-way dance for the Jobber Title featuring Moondog Manson, Ray Brooks, Average Joe, and the Chinatown Gangster, Mike Lee. For a jobber match, it actually showed a lot of potential. Mike Lee and Average Joe showed a lot of drive and a lot of talent while Ray Brooks kept the audience enter-

been the finish when Havok's girlfriend, Buffy Republic, took a chain to the face and juiced pretty hard. Not many things can beat a talented female wrestler who is willing to Crimson Mask.

The highlight of the evening was the three-way dance for the NWA/ECCW Canadian Junior Heavyweight Title between champion Disco Fury, "The Tornado" Tony Kozina, and PBC member Chance Beckett. This match was



amazing as all three men put their bodies on the line for the crowd. Disco was the first to be eliminated, and Chance and Tony were left to battle for the title. There was a variety of CRAZY high flying spots in this match, but none were crazier than Chance's second rope asai moonsault into the fourth row of the crowd. Chance captured the title after he and Tony impressed the crowd with one of the greatest matches I have ever seen, indy or pro.

The second last match of the evening pit Edmonton's ECCW son Juggernaut and a less-than-memorable tag partner against Michelle Starr and Johnny Canuck's team known as G.O.D.

After much delay caused by the hi-jinks of G.O.D., the match got underway, and as the majority of men this match were 250+ pounds, it was mostly a power match. The highlight of this match, however, came when Juggernaut, who weighs close to 400 pounds, did a flying cross body block from the top rope to the floor, wiping out six men and three rows of the crowd. The move garnered a well deserved "Holy Shit" chant from the crowd.

The main event to an already impressive card was, as I mentioned before, current ECCW Heavyweight Champion Dr. Luther de-

fending his title against newly-signed WCW star Christopher Daniels. Much to my surprise, Dr. Luther was none other than Lethal Lenny Sinclair, whose name should be familiar should be familiar to local CanAm wrestling fans. Luther and Daniels worked a hard match that ended with Luther retaining his belt due to some interference by Abbadon, Juggernaut, and the PBC.

I must admit, after watching the incredible ECCW show, it's been hard to return to a city that has such a poor indy scene. The ECCW is miles ahead of both CanAm and the obscenely week CCW promotions that float around here.

If you are ever in the Vancouver area and you want to check out these guys, do it. You can find out more about the ECCW by checking out their website at <http://www.eccw.com>. If you are interested in learning the ways of pro-wrestling, they also operate the House of Pain wrestling school in Van that, I can assure you, is far superior to any "school" you will find here in town.

To close this, I would like to extend my best wishes to Havok who, one night after the Surrey show, suffered a broken hip after a moonsault into the crowd in Auburn, Washington.

ver's strongest and most promising indy wrestling federation, Extreme Canadian Championship Wrestling (ECCW). The ECCW, headed up by promoters Michelle Starr and John Parlett, boasts a talented house roster as well as several up-and-comers from other territories.

I checked out the impressive card that the ECCW offered up to Surrey fans on January 26th at the Bridgeview Community Hall. The action got underway at 8 p.m., and the building was well past sold out. The show opened with the Rockpit, which featured Rockford 2000 And One and the other two members of the Pretty Boys Club (The PBC), who delivered a strong message to recent WCW signee Christopher Daniels. Daniels, after having made a strong debut on Nitro the Monday before, was headlining this ECCW card against Dr. Luther. After several minutes of goading, the "Fallen

tained with hilarious ring antics. Moondog Manson ended up getting pinned and winning the highly coveted Jobber Title.

Next up was Rockford 2000 And One taking on Private Todd Kelly. Rockford was accompanied to the ring by the other two members of the PBC - Chance Beckett and Scotty 2000 And One. Rockford got the pin with the help of Scotty and a kendo stick.

Now, it was Scotty's turn in the ring as he squared up against PWI (Pro-wrestling Illustrated) Top 500 member Adam Firestorm. Scotty and Adam had a tremendously tight match that featured some high spots and a lot of technical proficiency. Watch for both of these guys to go places in the wrestling industry.

A Young Lions match followed when the crazed Abbadon took on Havok. Again, a tight match was had, but the highlight had to have



Anatomy of a Winning Resume

SHARON Brown
NAIT Career Advisor

It's the same old story. You've spent hours of your valuable time putting together a resume only to get the same results when you send it out to employers: No job interviews - which means no job offers! Maybe, it's time to stop and ask yourself what the heck is going on here. Why don't those employers know what a great asset you would be to their company? The answer is **Marketing!**

If the goal of a resume is to get you an interview, then you have to sell yourself to the employer as the person with the right skills, training, and attributes to get the job done! That being said, you have to, first of all:

- **Focus** on the types of jobs you're targeting.
- **Know** what employers want.
- **Be familiar** with industry buzzwords and lingo.
- **Decide** how you are going to make yourself stand out from the competition.

Once you've done all of your **dissection**, you should be ready to start putting together the **body** of your winning resume. Remember, you've only got about 30 seconds to make a positive impression, so your resume has to accentuate the positive, flow well from beginning to end, and focus on your strengths and how you meet the employer's needs.

Here are some format pointers:

- **Use bulleted sentences.** This format makes it easier to scan quickly, yet still effectively absorb the information.
- **Use action words.** Who are you and what have you done? How does it tie in to the kind of work you're looking for? Well-chosen action words create an energized resume!
- **Use industry buzzwords.** This will demonstrate your professional know-how and competence.
- **Accentuate the positives** and push the strengths that relate to your job search objective. Lead with your strongest selling points in a Highlights section at the top of your resume. Remember: 30 seconds! Tick! Tock!
- **Highlight what you know.** Don't go into overwhelming detail, save it for the interview.
- **Stick to 2 pages,** printed on lightly-colored quality bond paper.
- **Use the same print format** on both pages, put your name and phone number at the top of the second page. That way the employer can still contact you even if they misplace your first page.
- **Use a 12-point font** for your body, and 14 or 16 point font for your titles. Remember, some of us are older

and/or wear glasses, and easier to read - getting an interview! **Bolded** words scan or fax well. *Italics, underlines,* and columns **don't** fax or scan well.

The overall organization of your resume is a matter of personal choice that should be based on your knowledge of what works for employers in your industry. Here are some types of things you might consider including:

- **Chronological Information.** Dates, names, and locations of work history and educational training. This is the proof of the pudding for the employer in terms of providing the sources for the skills, experience and abilities you have listed in your highlights and skill areas.
- **Skills/Experience.** Based on the research you've done, phrase your skills, experience, abilities, and personal qualities as they tie into the type of work you want. Make sure to include related transferable skills (skills that you take with you from job to job). Remember to use action words to start each bulleted sentence. Usually, these are in past tense (ie: Developed, maintained, organized). Some may work better in present tense such as "Enjoy taking on new challenges and working in a fast paced environment."
- **Job Objective.** If you choose to use a job objective, use it as a focal point. Be brief and be focused. Highlight one or two of your strengths as they relate to the type

of position you're looking for. Your goal is to grab the employer's attention enough to make them keep reading. Don't use an objective if you have doubts about how you've written it. Go with your highlights section and you'll be fine.

- **Highlights.** If you choose to use a highlights section, it should go at the beginning of your resume. This type of section enables you to tell the employer your top selling points as they relate to the type of work you're looking for. It's usually a combination of your skills, experience, abilities, personal qualities, etc. Most people only include 4 to 5 broad points written in a dynamic energized way to attract the employer's attention and motivate them to keep reading. Be focused, clear, and make sure your points flow well. Try not to overwhelm the employer with too much information - save it for the interview.
- **Personal interests or additional information.** Sometimes, people choose not to include this on their resume. However, this is another section that you can **make use of to draw the employer's attention to your strengths/experiences as they relate to the job.** It can also help to fill out the employer's picture of you. Something you've said may result in being part of the reason why you got an interview. For example, you may say you're interested in farming and travel. Then, it turns out that the company looking at your

resume sees your wonderful qualifications and also happens to have agricultural clients and travel would be involved in the job. Or you were aware of these things and included your strengths that related to them. Either way, bingo! You've gotten an interview!

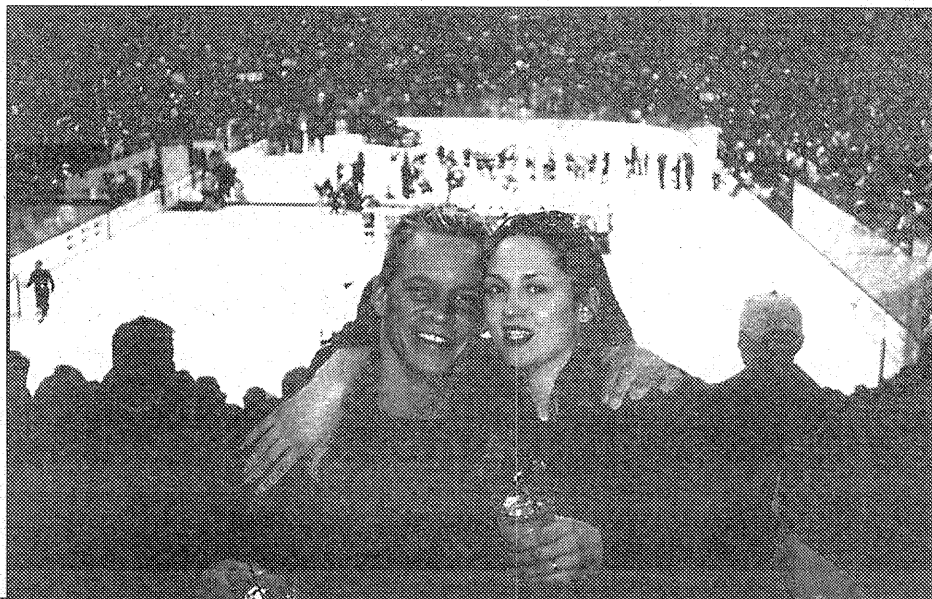
- **References.** This section can be a one liner stating: References available upon request. If you choose to do this, make sure you have your reference page ready to hand out at the interview. It should follow the same font and format as your resume. Many people choose this option because it saves valuable space, and it ensures you know when your references are going to be contacted so you can tell them about the job ahead of time (then they have time to plan some appropriate things to say about you).

When you're finished writing your resume, get people to proof-read it for content and style. If you need further help, check our website for further tips at <http://www.nait.ab.ca/careers>, or make an appointment to see a Career Advisor by calling 471-8874, or drop by Room 0-117 in the South Lobby.

Remember, a good resume is only a tool. It's what you do with it that will get you the interview! Watch next week for the next step in successfully marketing yourself to an employer: How to Create a Killer Cover Letter!

Labatt NHL All Star Game Giveaway

The Nest and Labatt gave away a trip for two to the NHL All Star game in Denver, Colorado on Thursday, February 1st. You had to be at the Nest to win. So the Nest and Labatt would like to say congratulations to Richard Zajes, who was our winner of the trip to the All Star game. We would like to say sorry to the suckers who left the Nest before the draw and lost their trip to the game. The losers names are Clayton Ernst, Kevin Walker & Derek Weder. So next time you see those people, laugh at them. Stay tuned to the next Nugget to here about Richard's adventure at the All Star game.



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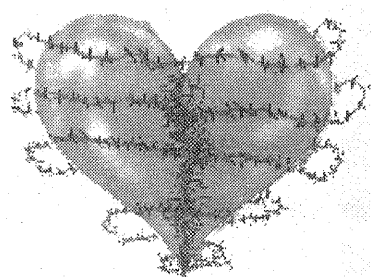
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Bah, Valentine's Day!



SHANE
Turgeon

Does someone want to tell me how the hell it is that a day where a Saint was brutally martyred became the day in which sappy people celebrate their sappy relationships? Yes, I've



heard all the stories about Saint Valentine giving a love letter to his jailer's daughter just before he died and all that shit but, come on, it's just a story that has led to a commercially profitable marketing event for greet-

...Do you really need one lousy day out of the year to tell your loved one how much you really do care and to give him or her some cheesy card or lame little present?

ing card companies, chocolate manufacturers and flower companies.

I say, do you really need one lousy day out of the year to tell your loved one how much you really do care and to give him or her some cheesy card or lame little present?

Whoa, speaking of presents, I can't wait to see what my Valentine gets me this year...



DON
(The Geado)
Gray

Some days, a person, of any age, can be an absolute fool. Today, this momentary lapse is referred to as having a "blonde moment." In my hey day, people would smirk, point, and laughingly remark, "That boy ain't all here today" (this

was a common occurrence for me until I learned how to turn down the hearing aid).

As much as I hate to admit it, one of those 'blond' moments happened, of all places, during a quiz in one of my classes. I knew the subject matter and was merrily chugging along, all the while growing more and more confident in the ultimate success of the endeavor. In fact, I finished with a flourish, did a quick check of the paper to make sure all the questions were answered, and handed it in. "This one is in the bag," I confidently told

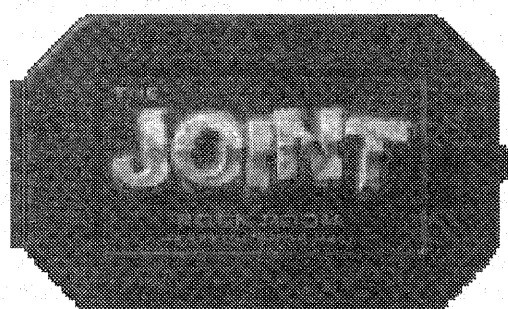
As much as I hate to admit it, one of those 'blond' moments happened, of all places, during a quiz in one of my classes.

myself, delightfully envisioning the three digit score.

As usual, a few of us gathered in the hallway to explore the finer points of quiz bashing. During this discussion (while hunting for my

Geritol bottle and rat-tail comb), I come to realize that my former confidence was ill-placed. I had read one of the questions incorrectly. Not just any question, but one that carried thirty percent of the mark. From three digits to just barely passing is like a toboggan ride down Mount Everest, and I felt every bump. Devastation became my sidekick as I berated myself with vigor while my old schoolmates, pointing and whispering, haunted my restless dreams.

There is a lesson lying hidden in this brief story of woe. Geritol.



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The Ringpost



SHANE Turgeon

Well, wrasslin' fans, it's been a pretty slow week in the wrestling world, so this week's report will be kept short and sweet.

The ECW talent jumps are continuing en masse, and the WWF's two most recent signees are Jerry Lynn and ECW Heavyweight Champion Rhino.

There has been no official word on Tijiri and Super Crazy; however, Super Crazy commented to fans that he should be showing up in the WCW in the next few weeks. What this means for Tijiri remains to be seen as Super Crazy and Tijiri share the same manager, who would probably keep them together.

The WCW recently released five of their female performers. Tygress, Paisley, Major Gunns, Leia Meow, and Daffeny have all been handed their pink slips, and they have apparently been scouting themselves to other companies. The releases come in the wake of Bischoff's restructuring and the elimination of many of Vince Russo's "degenerative" policies.

Shawn Micheal's will be selling his TWA wrestling school in San

Antonio to Rudy Gonzales. The reasoning behind Micheals selling the school is a great one... he will be concentrating on working towards his WWF comeback! While not

The WCW recently released five of their female performers. Tygress, Paisley, Major Gunns, Leia Meow, and Daffeny have all been handed their pink slips.

wanting to return to a full-time schedule due to his back injuries, Micheals plans on wrestling on the TV shows and at a few PPV's.

That's it for this short week, but if you're craving more wrestling news, check out my review on Vancouver's ECCW in this very issue of the Nugget.

If any of you have any wrestling questions that are burning holes in your little minds that you would like me to answer, you can e-mail me at theringpost@hotmail.com

ACAC Stats

HOCKEY

MEN

Nait 1 Mount Royal 4
Nait 5 Mount Royal 1

WOMEN

Nait 2 Red Deer 5

VOLLEYBALL

MEN

Nait 3 King's College 0

WOMEN

Nait 3 King's College 0

Last weekend marked the 2nd regional playdown in ACAC curling. The Winter Regional was held in Lac Le Biche and here are the results from your NAIT OOKS...

CURLING

WEEKEND RESULTS

Men 3-1
Women 2-1
Mixed 3-1

FINAL REGIONAL STANDINGS

Men 5-3 (2nd Place)
Women 5-1 (1st Place)
Mixed 6-3 (2nd Place)

All 3 teams have qualified for the Provincial Championships to be held February 16-18 in Camrose. Congratulations and Good Luck!

And here is what's coming up this weekend on campus...

Friday February 9

Men's Hockey vs
Grant MacEwan College
7:00pm Nait Arena
Fan Appreciation Night

Volleyball vs Portage College
6:30pm (w) 8:00pm (m)
Nait Gym

Saturday February 10

Women's Hockey vs
Grant MacEwan College
3:00pm Nait Arena

Basketball vs
Concordia University College
6:30pm (w) 8:30pm (m)
Nait Gym
Minor Sport Night

Bannert's Weekly...

FITNESS FAQ



TRAVIS Bannert

Moi: What is your advice for people who are coming back from a training-induced injury and want to start training right away? What route should they take to recovery?

John Reeves (PFT Program Head): The first thing you should do is go to your doctor to find out exactly what the problem is. Try to find a doctor who knows something about sports injuries, not just a doctor who says don't do what you are doing for a while, rest, until it goes away and take some Aspirin, Motrin, etc.

Most people who are training don't want to lay off for a long period of time. It took you too long to get to where you are now, so a long-term layoff is not what you want to hear. A good sports medicine doctor will recognize that and will help you with rehabilitation exercises or send you to a physiotherapist.

If you don't know a doctor that is familiar with athletic injuries, then go to your regular doctor and get a referral to a specialist, which may take a long time. The other route is to go directly to a physiotherapist. You do not have to get referred to a physiotherapist anymore and can usually just walk in.

The mistake athletes or seriously training individuals make is that they try to assess the injury themselves and work around it thinking that it will get better in time. They use a lighter weight or do less repetitions or cut back their mileage. If the injury is not serious, that method will work, but if you have been living with the injury for two to three weeks and it is

not responding to cutting back, then go and see your doctor about it.

Another mistake we make is to have someone who is not qualified look at the injury and tell you what to do because they had that injury and say "here is what I did." Everyone reacts to an injury in a different way, or your injury might be slightly different or more severe than your friends, so get some professional advice.

If you get an injury to a muscle or joint, get some ice on it right way. The faster you do, the quicker the rehabilitation time. Use "RICE" - Rest, Ice, Compression, and Elevation. This controls the bleed-

The mistake athletes or seriously training individuals make is that they try to assess the injury themselves.

ing in the area of the injury and stops further damage. Keep the RICE treatment up for 48 hours and see how it feels. Go for a light workout and see if the pain gets worse or better as you work out. If it gets worse, stop, then ice again after your workout. If it doesn't get better after two weeks, then it's time to see your doctor.

While you are getting treatment for the injury, don't let the other parts of your body get out of shape. Change your exercise mode or work other parts of the body. Rest does not mean rest your whole body, it just means rest the injured part.

If you have any questions for John Reeves that you would like to see discussed in the weekly Fitness FAQ, they can be forwarded to me at Dukes365@collegeclub.com.

Protecting our natural heritage

Jean Fau is a chief park warden for Parks Canada. He and his colleagues protect the plant and animal life in our national parks. They also help Canadians explore and enjoy these special places. This is just one of the hundreds of services provided by the Government of Canada.

For more information on government services:

- Visit the Service Canada Access Centre nearest you
- Visit www.canada.gc.ca
- Call 1 800 O-Canada (1 800 622-6232)
- TTY/TDD: 1 800 465-7735

Canada



Men's Basketball Update



COLLEEN Penman

The season is almost over for our basketball program. With only two weekends of league play left, the Oaks are assured a spot in the provincial playoffs. If the team wins both of their games against Concordia college, they will host the best of 3 or 4 finals here at NAIT.

This past weekend in Grande Prairie, the Oaks swept the Timberwolves to gain two more wins in an outstanding second half of their season. Currently in second place in the North division, the Men's team have a good chance to take two more games this weekend. Head coach Mark Dobell says, "We are in a good position in the North division right now, and we are happy with our season overall."

The team meets with Concordia in our gym this Saturday where they hope to repeat their strong performance in Grande Prairie. Game time is 8:15 p.m., so come on out and support your playoff-bound Oaks.



PACK THE RINK!!!

**OAKS
FINAL**

REGULAR SEASON

FRIDAY, FEB 9

**HOME
GAME**

Cheap Drinks &
Free Giveaways at
the Game!

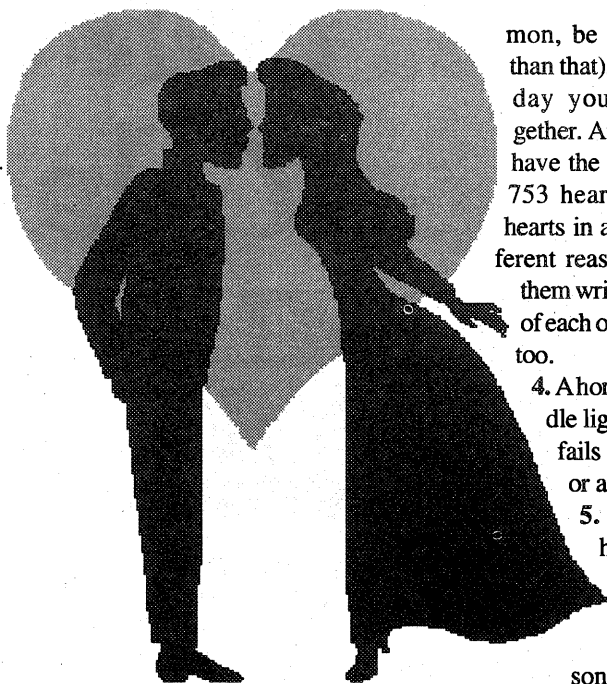
**FREE AFTER GAME CABARET AT
COWBOYS**

**GAME
STARTS AT 7 PM**

Be Mine This Valentine's



CHANTAL
Eder



Valentine's Day is approaching, and I'm sure some of you out there are wondering what you are going to do to surprise your loved one or to let that special someone know that cupid has hit you with his arrow. Aside from the flowers and candy, here are a few ideas that might help bring up the temperature:

1. Simply said, if you are going to buy her flowers, make them special. Find out what her favorite kind is. And remember, not every girl's favorite flower is a ROSE!!
2. Do you have lots of pictures with you and the one you love or have a

- crush on? How about a handmade collage? Be creative, make it big or put a love poem in the center.
3. Remember, it's the thought that counts, so try and think of something meaningful to your relationship. Perhaps a box full of hearts (not cinna-

mon, be more creative than that), one for every-day you've been together. And if you don't have the time to cut out 753 hearts, then some hearts in a box with different reasons for loving them written on the back of each one would work, too.

4. A home-cooked candle light dinner never fails to amaze a gal or a guy.
5. How about a

homemade CD with all your favorite mushy love songs that remind

you of each other, in a case featuring a cute picture of you two on the cover?

6. Are you an artist? How about a painting or drawing of the two of you, or a poem read aloud? If you're a good sewer, you could sew the poem onto a pillow so they'll have it always.
7. Twelve days of Valentines. On the first day of...well, you get the picture. A special little treat everyday

leading up to the big day.

8. Do you remember your first date with the one you love? How about a repeat of that very same day - same flowers, same restaurant, same movie, and most of all, that heart-thumping first KISS!!



*...Same flowers,
same restaurant,
same movie, and
most of all, that
heart-thumping
first KISS!!*

9. How about creating your very own spa for that special lady in your life? A hot bath surrounded by candles followed by a nice massage. Who knows, she might even be into the chocolate body paint!
10. You'll always win a gal's heart with a song made especially for her. It's a classic.

And, if all else fails...
Mistletoe in February? You never know, at least you'll get a kiss on this special day of love.

NASC Aboriginal Awareness Day February 9, 2001 South Lobby

*You are cordially invited to join the students of
NAIT's Aboriginal Student Club on
February 9, 2001 to celebrate the rich culture
of the Aboriginal community. Free bannock and
coffee will be served at the South Lobby kiosk.*

Agenda

- 10:45 - 11:00 Smudge
- 11:00 - 11:15 Opening Remarks
- 11:15 - 12:00 First Nation Performance
- 12:00 - 12:15 Presentation of Senator Chalifoux
Award
- 12:15 - 12:30 Guest Speaker - Edmonton Eskimo
Jed Roberts
- 12:30 - 1:15 Edmonton Metis Cultural Dancer
- 1:15 - 1:30 Hoop Dance Presentation
- 1:30 - 1:45 Round Dance
- 1:45 - 2:00 Closing

Jefferson Armoury Officers Mess

EMPLOYMENT OPPORTUNITY

Part-time Bar Staff

Experienced and reliable part-time bartenders are wanted to work at the Jefferson Armoury Officers Mess (located next to NAIT) on Wednesday evenings and selected Friday and Saturday evenings. Hours will grow as business grows.

Please submit a resume outlining experience to:

Captain J.P. Grebenc
Adjutant
The Loyal Edmonton Regiment
Brigadier J.C. Jefferson Armoury
11630 - 109 Street
Edmonton, AB T5G 2T8

Fax: 973-1460
Tel: 973-4011 ext. 5642
E-mail: mail987d@dnd.ca

V-Day Negatives



TRAVIS
Bannert

I'm hardly the person to give any guy advice and/or tricks for this time of year. Like most of the guys out there, I have made some big mistakes during the most romantic day of the year.

So, I felt that I should draw upon the experience of my associates (three very un-romantic guys) and myself to give you ten

things NOT to do on Valentine's day:

10. When picking up your significant other, don't forget a gift. This can be a plush toy, chocolate, or the standard, very popular, roses. Without at least one of these, your date will not be impressed (Hint: Having all three is a positive). If you want to know what the color of the rose means, check out: http://www.collegeclub.com/channels/channelarticle.asp?id=35&article_id=34027

9. Don't forget her name. That would make you stupid and rejected.

8. Don't take her to woman's oil wrestling. Check it out though, I heard it was cool. It runs every Monday night at the Cook County Saloon.

7. I know what you're thinking, and, no, the peelers are not an option.

6. Don't tell her after meeting her

parents that you want to invite them along on the side.

5. Additional note: More importantly, don't tell your date that her mom is hot; even if she is (I actually know a guy who did this - yep, he's an idiot!)

4. Don't drop her off early because you forgot it was V-Day and you already made plans to go meet your buddies. (This one's mine - Yep, I'm an idiot.)

3. Don't hang out with a friend that is of the opposite sex. This is a dou-

ble negative if it's your ex. If you perform this act, you might as well pick up a shovel.

2. Don't even think about taking her to that special place you went with your ex, unless she doesn't know you guys used to go there and there's no chance your ex might "accidentally" show up.

1. Suggesting that inviting one of her girlfriends to join you after dinner to help "make the night complete" is a definite "no" (unless you guys are down with that. In which case, I urge you to do that as much as possible and tell me the stories).

Well, that's my advice, but you have to admit most of this is pretty standard stuff. Still,

every V-Day, I hear familiar stories like these from girls and guys, so don't be a meathead and plan a little.



How To Get Nookie Online OR Valentine's Hope for Ugly People



KENNY
Total

Online etiquette. Most of you have it, some of you don't. Do I know it all? No. Do I even know most of it? Have you ever read my work before? Truth be told, I'm a loud-mouthed, foul-tempered asshole. So how does this give me the authority to write a how-to guide for online manners? One simple fact: I know what the ladies like. Pimp daddy Total gets more ass than a toilet seat, and while I rarely ever use the internet for lovin', I feel that

you less attractive folks in the population get shafted this time of year. So, here's lookin' at you.

First rule: Ditch your johnnylovenuts@aol.com E-mail address. AOL sucks, I'm sorry. There is no way around this. People

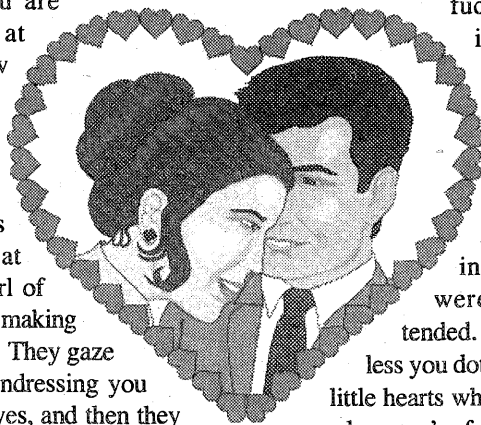
First rule: Ditch your johnnylovenuts@aol.com E-mail address.

see an E-mail address that ends in @aol.com, and they will instantly assume that you are a pylon. Only people whose intellect has yet to progress beyond the world of point and click use America Online.

Next, when messaging your

online target, please do not type in capitals. When you see SOMETHING LIKE THIS, everyone will assume you are screaming at them. How would you feel if Monday morning you went to class and saw that sexy guy/girl of your dreams making eyes at you. They gaze longingly, undressing you with their eyes, and then they approach you...and start SCREAMING IN YOUR FACE?

And for the love of GOD, at the very least TRY to use 'there', 'they're' and 'their' in the proper fashion.



Furthermore, these things => ;) :) :P ARE NOT cute or funny anymore. They are just highly fuckin' annoying. Your hands should be severed at the wrist for using these keys for ways in which they were never intended. That is, unless you dot your i's with little hearts when you write, or unless you're four.

Heed my words friends. May you find love on the internet this holiday. And if not, may you find some really raunchy porn to tide you over until the real thing comes along.

Rose- coloured Glasses



KAT
Benson

Why are single people so bitter about Valentine's Day?

Whilst flipping through various radio stations earlier in the week, I heard several people call in to gripe and bitch and moan about how much they hate Valentine's Day. "It's a biased day geared entirely toward couples!" they're whining. "It's unfair!"

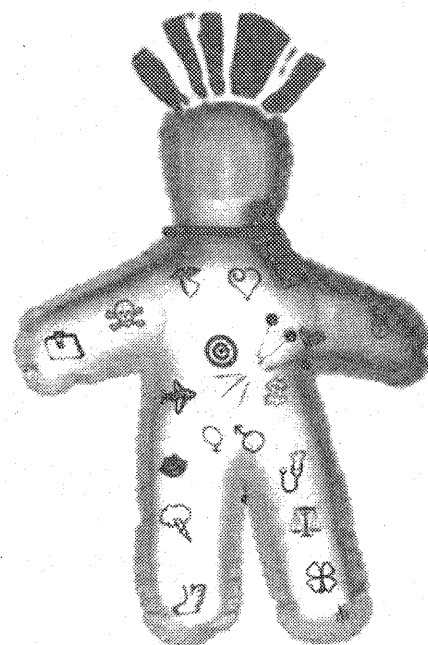
But is it really that way at all?

People who are single can still have a lot of fun on Valentine's Day. It's our day to celebrate, too! When I am single, I buy Valentine stuff for other people. Right now, for instance, I am putting together gift baskets for various friends of mine and having a ball doing it. As well, there are great things out there you can buy for yourself. For instance, my favourite commodity this year are the heart-shaped pillows at Spencer's that say "Bite me" on them.

For the single women out there, make Valentine's Day a ladies night out. Rent some anti-man movies like "Thelma & Louise" and "Foxfire" (1996 version). Make homemade voodoo dolls of ex-boy-

friends. Tell man jokes. Visit anti-man websites like <http://www.heartless-bitches.com>.

For the single men out there, go to a strip club and make some girl happy by slipping her fiver. Have a few drinks and tell embarrassing stories about your ex-girlfriends. Rent testosterone-filled action movies.



Visit eye candy websites like <http://www.jennicam.org>.

Valentine's Day, especially if you're single, is a day to celebrate, not a day to get all bitter and upset about. Embrace your singlehood and count your lucky stars you're not trapped in some relationship where, chances are, your significant other is either going to forget all about Valentine's Day, give you hell for you forgetting all about Valentine's Day, or else get you something really cheesy that will eventually get buried in your closet out of embarrassment.

So, to all you single people out there who are having urges to run up behind mooshy, disgustingly cute couples in the hallway with water balloons and sabotage them, instead, you should run up and tap them on the shoulder and tell them you pity them that they're not single. The single people have it good, and Valentine's Day is just another reason to celebrate how good. Therefore, on February 14, instead of being stuck at home alone moping over why you can't get a man or a woman, go out and have some fun with those people who don't have one either. And who knows? You may even enjoy yourself.

PLAY review

WIT



KELSEY Farnalls

Martha Henry's performance in "Wit" was absolutely flawless. This is her second appearance in the MacLab theatre of the Citadel, the first being Diana Leblanc's production of "Three Tall Women" in 1996 for which Ms Henry was honoured by the Edmonton community with a Sterling Award.

In this thought-provoking production, Martha Henry plays the role of Vivian Bearing, a 17th-century English literature professor specializing in the works of John Donne. Her performance is astounding. She

embraces her character in a seemingly effortless manner, bringing her to life and revealing her philosophical quandaries.

"The Holy Sonnets" are a body of literary work by John Donne, a 17th-century metaphysical poet. In these works, Donne wrestles with questions about faith, God's mercy, and the immortality of the soul, sin, damnation, absolution, and salvation. Vivian Bearing, having spent her whole life researching Donne's "Holy Sonnets," is forced, herself, to explore the very same questions in a search for the meaning of life. The source of her psychological turmoil is her diagnosis and subsequent treatment of fourth-stage metastatic ovarian cancer.

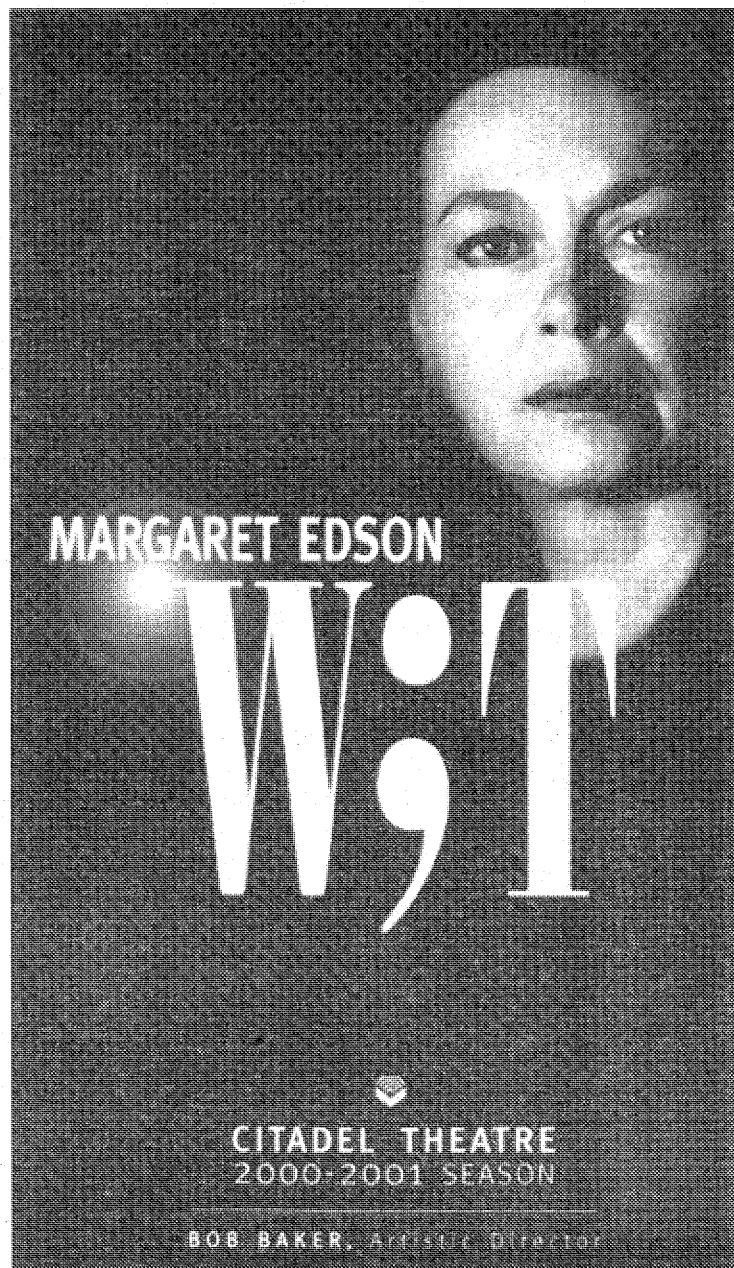
With little hope for a cure for such an advanced case of cancer, Vivian opts to undergo an experimental treatment of full-dose chemotherapy in conjunction with

a combination of drugs. During the eight months of treatment, she is confined to a hospital room for long stretches of time. Faced with a battery of undignifying medical tests and treatments, she experiences severe side effects and learns what it is to really suffer.

This masterful production draws its audience in and begs it to explore life's eternal questions along with its characters. I was moved and mesmerized. Vivian Bearing's character is so real and believable that, at some points, I was almost uncomfortable myself for the pain and indignity she was suffering.

"Wit" is perhaps my favorite of this season's Citadel plays so far, and I highly recommend seeing it if you can. Although the subject matter would seem to be somewhat morbid and dreary, the play itself is certainly not. On the contrary, it manages to be witty, as well as uplifting and enlightening. During the Renaissance, the term 'wit' referred to intelligence or wisdom. As applied to the metaphysical poets, it has the connotation of intellectual and verbal ingenuity. I would say this poignant play flaunts intellectual and verbal ingenuity, making its title highly appropriate.

"Wit" will be playing at the Citadel until February 17th. Go see it!



CD review

JAY Archibald

Joi

We Are Three
Virgin Music Canada



It is a really sad state of affairs that North America is so blind to the music coming out of Asia. British pop tends to be more swagger than substance, and the French still think Jerry Lee Lewis is God's gift to music. As in North America, Europe can, and does, rely on formulas that have worked in the past, rarely throwing anything new up the pop charts.

Joi is a band consisting of two brothers, Haroon and Frank Shamsher, who seem to have gotten it right. Since 1983, they have been mixing traditional Bengali music (when was the last time you heard that?) with funk, reggae, and dance vibes to create a sound that has sustained them for almost 20 years. Throughout this musical journey, they have encountered such talent as the KLF, Bjork, and the influential Peter Gabriel of Genesis fame. Hell, they even opened for the Eurythmics on a European stadium tour.

Joi sounds like nothing I have ever heard. If Fatboy Slim had been born in Bangladesh and then married into the Daft Punk family, this is what they would have sounded like. Kind of. It is truly unique,

dance-based music.

"Don't Cha Know That," one of the few English vocal tunes on the album, is cool. It is a solid, upbeat dance floor track and would get your mojo workin'.

"Triatma," track six, is apparently about spirituality. I didn't get that part (damn public schooling!), but it does have some serious flow and is almost hypnotic, blending guitars, beats, and an assortment of various other instruments.

"Prem," track two, features vocals by a 14-year-old girl from Bangladesh and, although I did not think it was a great tune, it caught my attention just because I was so different.

I don't know if Joi will ever make it in North America, but if you want something that will allow you a glimpse into Asia's music scene, which is untapped thus far, this would be a good start.

I will listen to this album again and again simply because, every time I do, something new appears that I have never heard. It's good stuff for you dance clubbers and for those who just want to hear a hypnotic, entrancing sound that nobody else could duplicate.



The
University of
Lethbridge

U OF L INFORMATION EVENING
WEDNESDAY, February 21st 7:00pm
Delta Edmonton South - 4404 Calgary Trail
Imperial Room

U of L representatives will provide information on:

- admission requirements
- programs and course selections
- scholarships and student finance
- academic advising and student services
- housing

For more information or an application form, please contact:

U of L Student Liaison & Recruitment
4401 University Drive • Lethbridge • AB • T1K 3M4
Tel: 403.329.2762 • Fax: 403.382.7110
Inquiries@uleth.ca • www.uleth.ca

Everyone Welcome • Students & Parents

HORRORSCOPES



DARIA
Morgan

Capricorn

(December 22-January 20)

This is a good week to buy chocolate for someone you love (like me).

Aquarius

(January 21-February 18)

When your heart was an open book, you used to say "live and let live." If this world which we live in makes you give it a miss this week, however, you should say, "I'm going to beat you to death with this nifty spatula." Or something.

Pisces

(February 19-March 20)

This is a good week to doodle erotic pictures on desktops. When you return to class, you will find someone has added to your kinky mural.

Aries

(March 21-April 19)

A strange package will appear in your locker with handcuffs, lotion, and AA batteries this week. Either your catalogue order arrived, or it could be a sign that you're gonna get some nookie.

Taurus

(April 20-May 20)

You haven't been sleeping well, but this will change this week. You will develop the knack to fall instantly asleep whenever you want to. Just don't fall asleep during any "hot" parts - or else you're gonna get kicked.

Gemini

(May 21-June 20)

This week, you will be seized by inspiration and shaken like a toy in the jaws of a pitbull. You will wax poetic, assuming that "poetic" is the name of your significant other.

Cancer

(June 21-July 22)

You will meet someone from your past this week whom you have not seen in a very long time. In fact, you will barely recognize them - at least, not without the spiked collar and the whip.

Leo

(July 23-August 22)

If you want to do a self-portrait, this is a great week to do so. Or, if you're in a hurry, do what I do - just spray paint all over yourself and run into a large canvas. Art is easier than you think!

Virgo

(August 23-September 22)

You will be detained by the police this week on suspicion of having removed a tag from a mattress you earlier broke in. Eventually, they will let you go with just a warning.

Libra

(September 23-October 22)

Your morning grumpiness and sluggishness will vanish this week after you try Herbal Essences' new body wash. Soon, you'll be stepping out of the shower grinning like an imbecile!

Scorpio

(October 23-November 21)

This is a good week to great everyone with great enthusiasm in your best phone sex operator voice. For example, "Bob! You're still alive! Now what are you wearing under those pants, big boy?"

Sagittarius

(November 22-December 21)

Things haven't been going well for you this week, and you're sinking into an ugly bit of self-pity. You merely need to count your blessings! For starters, you've got tremendous talent in your tongue which, some day, may be in demand...

If Today Is Your Birthday:

When you walk, shake that tushy! People will be in awe of your incredible ass today - or so the little paper in your fortune cookie says. Oh well, either way, it's your birthday, and you can shake your booty if you want to.



READING BREAK

PARTY

Wednesday, February 14

Doors open at 3 pm

NO COVER CHARGE

Drink Specials All Night

*If you don't have a Valentine,
come find them at the Nest.*

If you're drinking...who's driving.

A Gala Event



KELSEY
Farnalls

I am about to divulge to all of you the details of what will probably go down in history as the most eventful and sinful cabaret of the year. The cabaret I am referring to is the combined Court Reporting/Construction Engineering cabaret on Friday night. There is a condition though, and that is that you must agree to remain silent on the matter, especially if you are ever questioned by the Feds.

Okay, here goes...

The night started off innocently enough at Red's with free pool and cheap, cheap drinks. The billiards room was jam-packed with young men and women all eager for some fun. One scantily clad young lady took it upon herself to get the party jumpstarted by hopping up onto a pool table and dancing erotically. After much cheering and fanfare, this young tigress (whose name shall remain a secret) was convinced that a striptease was definitely an appro-

priate next step. Well, before we knew it, she was buck naked on the pool table and the guys were awe-struck.

Anyway, things progressed from there, and after being dishonorably discharged from Reds, we wound up at an exclusive party at a location which I could probably never find again even if my life depended on it. It was a huge and elaborately decorated mansion made of marble and trimmed in gold. There were ice sculptures in the entry way and what seemed to be about a 50-foot ceiling. I was overwhelmed. It was like something out of the movies.

Okay, so we head into one room, which is really more like a casino. We were each given \$100 worth of chips to play with, and the gambling commenced shortly after. Some lost, some won, but that was far from the highlight of the evening.

The next stop was the ballroom, where people were dancing to the musical stylings of none other than U2. I know it sounds unbelievable, but keep reading, it gets better.

Before we know it, we have all taken a dose of some illicit drug or another, and this is where the party takes a definite turn. We move into the black room. It's called the black

room because it is dark, but warm and muggy. So warm and muggy, in fact, that it suddenly seems like a good idea to remove layers of clothing. Within 15 minutes, every man and woman was naked. I have a hunch it had something to do with the drug everyone took prior to entering the room, but much experimenting was soon under way.

Unfortunately, this is where the details get a little foggy. I think about an hour or two passed. The next thing I can remember clearly is the swimming pool. We were all swimming around - still naked, of course. An entourage of waiters streamed in and served up breakfast with champagne and orange juice and handed over fluffy white robes for everyone. We were just sobering up when the cops busted down the doors and dragged our hungover asses down to the station, where we all gave a statement and underwent questioning for about four grueling hours.

As it turns out, the mansion was owned by the Italian mafia.

Anyway, all I can say is it was a night I'll not soon forget, and those of you who opted to go to some other cabaret that night should regret your unwise decision now.

Better luck next time...

So, you think you know accountants?

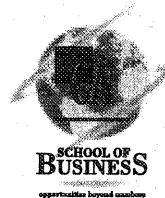


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Home Woes Continue for Ooks

Split With Cougars, Now Look Forward to GMCC

Photos: Steve Vigar



DARRYL
Hodgson

Friday night, your Ooks were playing host to the Mount Royal Cougars, another hated rival from the south, and a team which possess the best offense in the league. That don't "fret us none" though as we were prepared for the team which, we will most likely meet in the playoffs. Mount Royal still has a bitter taste in their mouth's from last year's semi-final beating.

Friday, the bitterness showed as the Cougars started the game like bus legs were a thing of the nineties. Fatigue was not a factor as the game started out fast-paced, which is expected of the top teams in the league.

On an early powerplay, the Cougars struck first on a bank shot from the corner - another great goal for the highlight reel. Minutes later I received a dislocated shoulder - the work of one of those "damn dirty" Cougars. Tyson "Second Effort" LaFrance replaced me in goal for the remainder of the game.

Unfortunately, it seemed Tyson was one of the only guys prepared to battle for the entire sixty minutes as the Cougars dominated the game from the point of the first goal. The only goal we could manage was in the third period, a brilliant "coast-to-coast on buttered toast" effort by Ian "Britney Spears" MacFarlane.

The Cougars managed to beat LaFrance three times during the game, making the **FINAL SCORE MRC 4 - OOKS 1**.

This dropped the Ooks home record to a dismal .500 percentage, making home ice advantage during the playoffs a non-factor. Tyson LaFrance received player of the game honors as he kicked out 41 of 44 Cougar drives.

Well, seeing as our home record is not so pretty, we must be winning games somewhere else to be in the upper mews of the league standings. This meaning, our road record is much better than our home one. Winning at the Olympic-sized ice surface at the Centennial Arena in Calgary would be no easy task, one that few teams have accomplished. We have had only three losses on the road this season, and it was apparent as the Ooks brought their A-game to the stage.

The first two periods were tight checking, as the Ooks held a one-goal advantage going into the dress-

ing room for the second intermission. Then, the floodgates opened in the third period as we bulged the twine three more times, burying the "cocky" Cougars for good. **FINAL SCORE: OOKS 5 - COUGARS 1.**

Scoring singles for the Ooks were Jeff "Sucker Punch" Innes, Steve "Mullet" Reade, Troy "Nordic Track" Eberhardt, and the two leading scorers for the Ooks, Cory "Gonna Be Top Five" Pecush, and Travis "Lebowski" Tipler. Captain Jeff "Hard Nose" Ainsworth chipped in with three assists.

Tyson LaFrance once again played the game in goal and played outstanding once again. He received player of the game for the second night in a row. This sets up our last two regular season games, and who better to play than the lowly Grant MacEwan Griffins.

After reading what their student newspaper (you know who, Emmanuel) said about our Ouk Pride, I would love nothing less than to lay a savage beating on our cross-town rivals. I hope you can come cheer us on, or simply come to boo and hiss at the Griffins, as this is the last time you will see this team in the NAIT Arena this season.

Home game puck drop is at 7 p.m. on Friday night, so go on down to the Nest after your classes and enjoy libations, or wobbly pops (if you will). Craig King and his great staff would be happy to serve you. Then come on up to the rink for more cheap beer, and (goodness gracious) great dogs of fire! Zane and his wonderful concession staff would be happy to get whatever you need to make you experience at the NAIT Arena a pleasant one.

Who knows, you might even like to watch the hockey. The surprises are definitely endless, so come on out to support your Ooks. A full arena would just add to the effect of beating up on the Griffins. Till next week, ciao from the Chimp!!

One Final Note:
BONNIE BOYKO
(A.K.A. The Manager),

Okay, you can keep playing your flirty grade nine

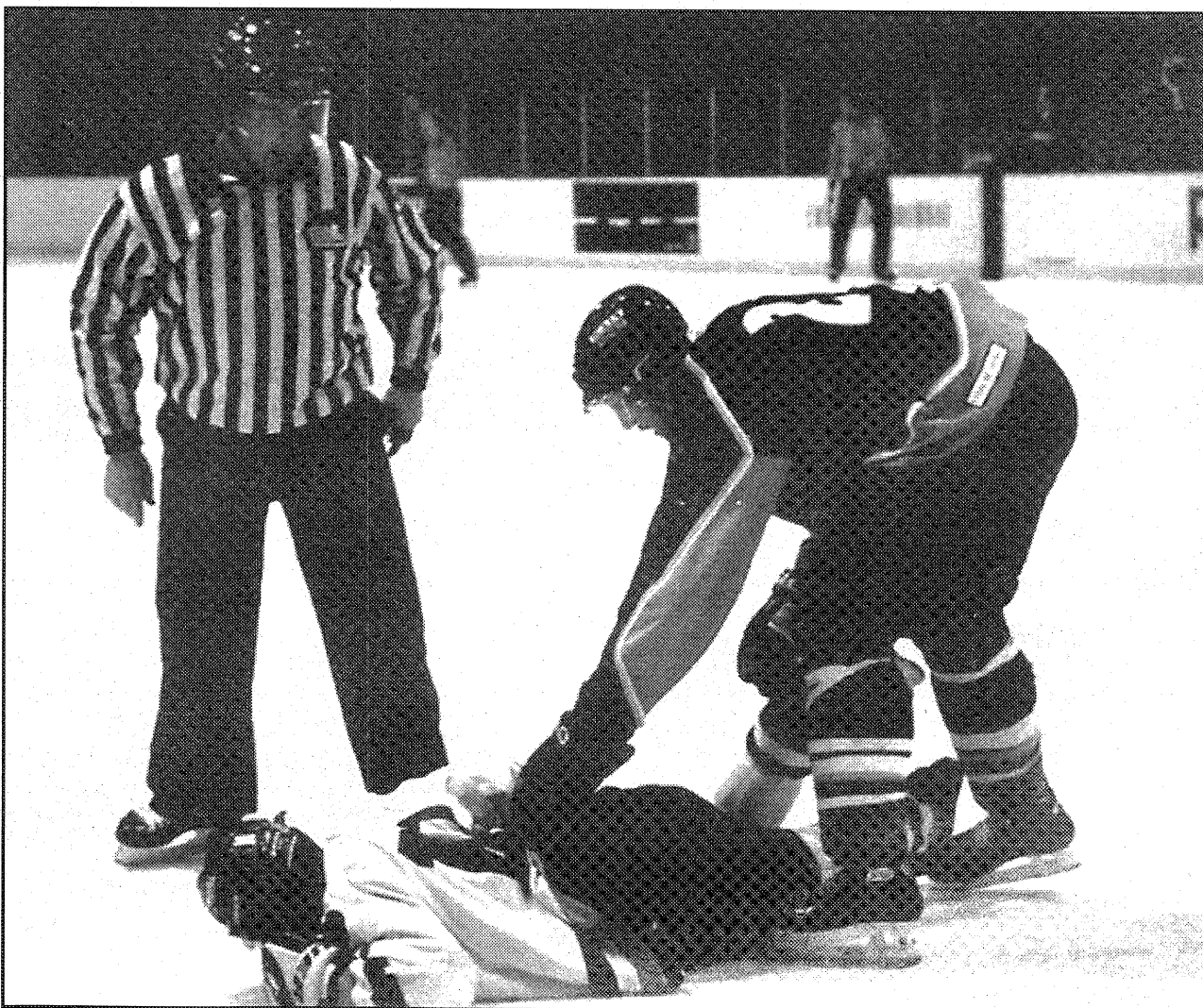
games with me but, I will not be responding any more of your shit talk after this. You can call me Chump or Pudgy (apparently I'm a fat mess), or whatever you want - I've been called worse.

And when you write things to me, can you do it in English, please? What is "without the league's best defense, you would be the league's confidence goalie" supposed to mean? I don't understand what that means, so I can't respond to that. I hope you know every player in the Ouk dressing room plays with confidence, which is what makes us successful.

The Cougars did not hurt my pride, but they sure did hurt my shoulder (I hope you're happy). Keep me informed of your hockey school times and dates. I look forward to attending.

Oh yeah, what is "keep smiling #10, you're next" supposed to mean? Does that mean that Mark "Shoot It" Chmilar is going to be sadly lipped off, too? Good, get off my case and stop wasting my time.

Ciao.



Now that's how you win a faceoff.

The XFL Has Arrived!

It's real football!



TRAVIS
Bannert

This past weekend was both exciting and tedious. On one hand, you have two all-star games, the NHLs and the NFLs, but the most prolific event was the arrival of Vince McMahon's (owner of the WWF) new brainchild, the XFL.

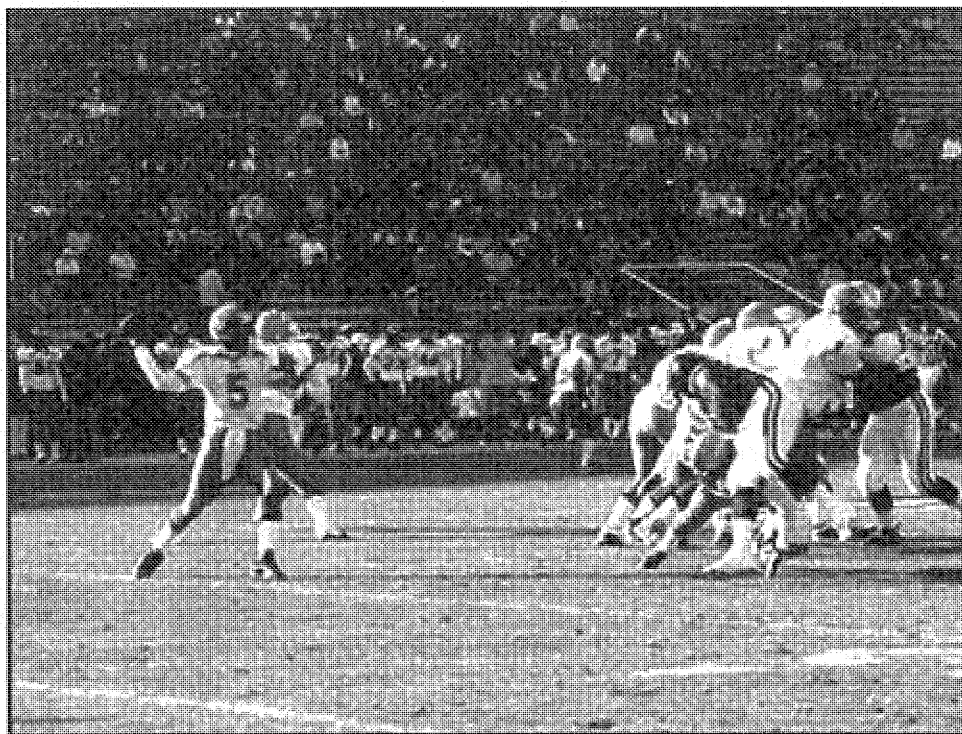
I'll give you a brief outline on the first two events. In the NHL all-star game, North America beat out the World team 14-12 in the largest score in all-star game history. There were many notable performances, especially from our very own Oiler's captain Doug Weight. Even more surprising was the games MVP, Bill Guerin, with a hat trick and an assist. Also worth noting is that Billy was on Doug's line, and it was the best offensive teaming in the whole game. However, my article isn't about this so, for more info, you can go to <http://www.nhl.com>.

Now, I can handle a hockey game with minimal hitting, but a professional football game where the players pull their punches is a waste of time. All the best football plays include some kind of amazing tackling or blocking. This was not found in the NFL all-star game. For anyone who cares, the AFC beat the NFC team 38-17, but this is also not what I'm writing about, so more info can be found at <http://www.nfl.com>.

Now, as most of you know, I am not prone to writing mainstream sports articles, but the advent of the

"XFL" is spine tingling. Some might just pass this up as another football league, which is true except for all the added sex, hype, and action not found in the duller NFL or CFL. Just imagine a utopian sports league where all the players are paid about the same, except for the quarterback who gets a little extra and the kicker who has a reduced role and therefore receives less. Additionally, players are paid bonuses on performance (e.g.: Touchdown pass = \$5,000, game winning field goal = \$5,000). The biggest rule change though is the "no fair catch" rule.

You might say, what's the big deal about a couple of rule changes? Well, these are only a few of them, and when you include shots of cavorting cheerleaders, rowdy fan-cams, and the ability to listen to correspondence from coach to QB during huddles to include some aspects, it managed to get my attention. Unfortunately, the only game I managed to see was the LA Xtreme against the San Francisco Demons, and I'm already an avid fan (LA Xtreme won that game). Check out their website for extra info at <http://www.xfl.com>.



Expect to see a lot more passing in the XFL.

XFL owner Vince.



XFL Notes!



TRAVIS
Bannert

- An XFL team will consist of a 38-man active roster and a 7-man reserve.
- In the XFL, players are paid to play, but are paid more to win. XFL base salaries for most players are \$45,000 for the 10-game regular season.
- Quarterbacks are paid slightly more (\$50,000) and kicking specialist slightly less (\$35,000).
- Each regular-season game will feature a \$100,000 bonus pool to be divided equally by players on the winning team.
- The bonus pool for "The Big Game At The End" will be \$1 million.

NEW & EXCITING RULES

- No fair catches are permitted, but the returning player is granted a 5-yard protected area or "halo" where a member of the kicking team may not encroach until the ball is touched.
 - **POINT AFTER TOUCHDOWN:** There will be no kicking of extra points. Teams will run a play from the two-yard line, and will receive one point if the conversion is successful.
 - **ONE FOOT INBOUNDS:** As per the current collegiate rule, a receiver/defender needs only one foot inbounds on a reception/interception.
 - **SHORTER PLAY CLOCK:** Teams have 35 seconds to get a play off after previous play is ruled dead and 25 seconds following any clock stoppage.
- HOW DOES OVERTIME WORK?**
EACH TEAM WILL GET THE BALL AT LEAST ONCE:
Each team will have four downs from the opponent's 20-yard line. Team A may not attempt a field goal until fourth down. If Team A scores a touchdown in less than four downs then team B must score in the same number of downs. There will be PAT attempts.



A lowly cheerleader from the XFL.

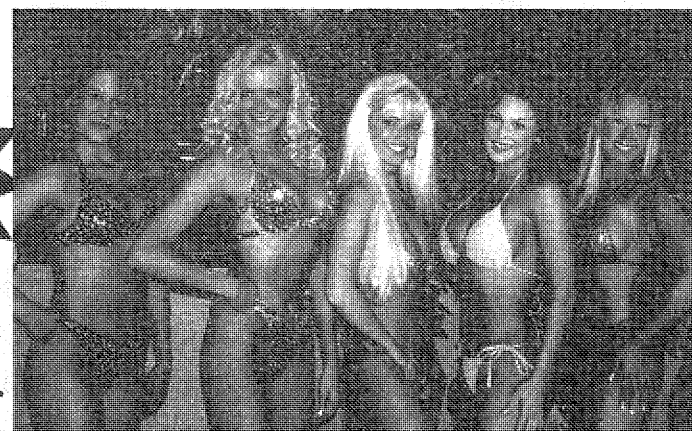
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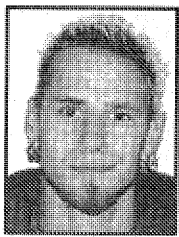
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**Power Hour
(8-9)**

\$1.75

**Highballs
(1oz.)**

COC PLAYS REDS



SHANE
Turgeon

On Saturday, February 3, Reds played host to a memorable metal show. Metal veterans Corrosion of Conformity co-headlined with the ever-popular Clutch.

We arrived to an all but packed house at the end of the first opening act, Clearlight's, set. I wish I could have caught their whole show, because what I saw was enough to leave me wanting more. Clearlight combined slower melodies with a heavy jam that seemed to separate them from the new wave of trendy, mediocre metal.

Speaking of trendy wannabes making less than mediocre music, Canadian act Scratching Post was up next to play. We found this to be the perfect opportunity to leave and get food. Sadly, we returned before they were done, and we had to suffer through their atrocious brand of lackluster music.

Next up was Clutch, and I honestly think more people were there to see them than COC. Clutch got the crowd mad hyped and sweatier than a Louisiana whorehouse on hot summer Saturday. They blasted out a super tight set of crunchy tunes, both old and new, for about 45 minutes. They also treated us to a couple of new tunes - tunes off their upcoming album which should be out sometime in the summer.

Corrosion of Conformity was the last to play as they were supporting their newest album, "America's Volume Dealer." COC was nowhere near as tight as Clutch, but they still managed to impress. Sadly, they only played one song that pre-dated their last three albums, but seeing as how it's been almost four years since they were last in town, COC fans were eager to hear anything the band had to offer.

Yes, contrary to what frontman Pepper Keenan said, COC has been here before as they opened for Metallica back in 1997 with a shameful 20-minute set. Thankfully, they played for an hour or so this time around and the crowd loved them for it. This show takes the cake for the weirdest things I've ever seen in the pit as a midget and a guy in a wheelchair were ripping it up with everybody else!

The next big metal show to hit town is on February 21st when a couple of hometown boys return. Flybanger plays the Rev with Amen. If you haven't seen Flybanger or their previous incarnation of Jar, I highly suggest you check this one out...

CD review

SHANE Turgeon

Godhead

2,000 Years of Human Error

I don't love this CD; however, I don't hate it, either.

Godhead blends typical radio

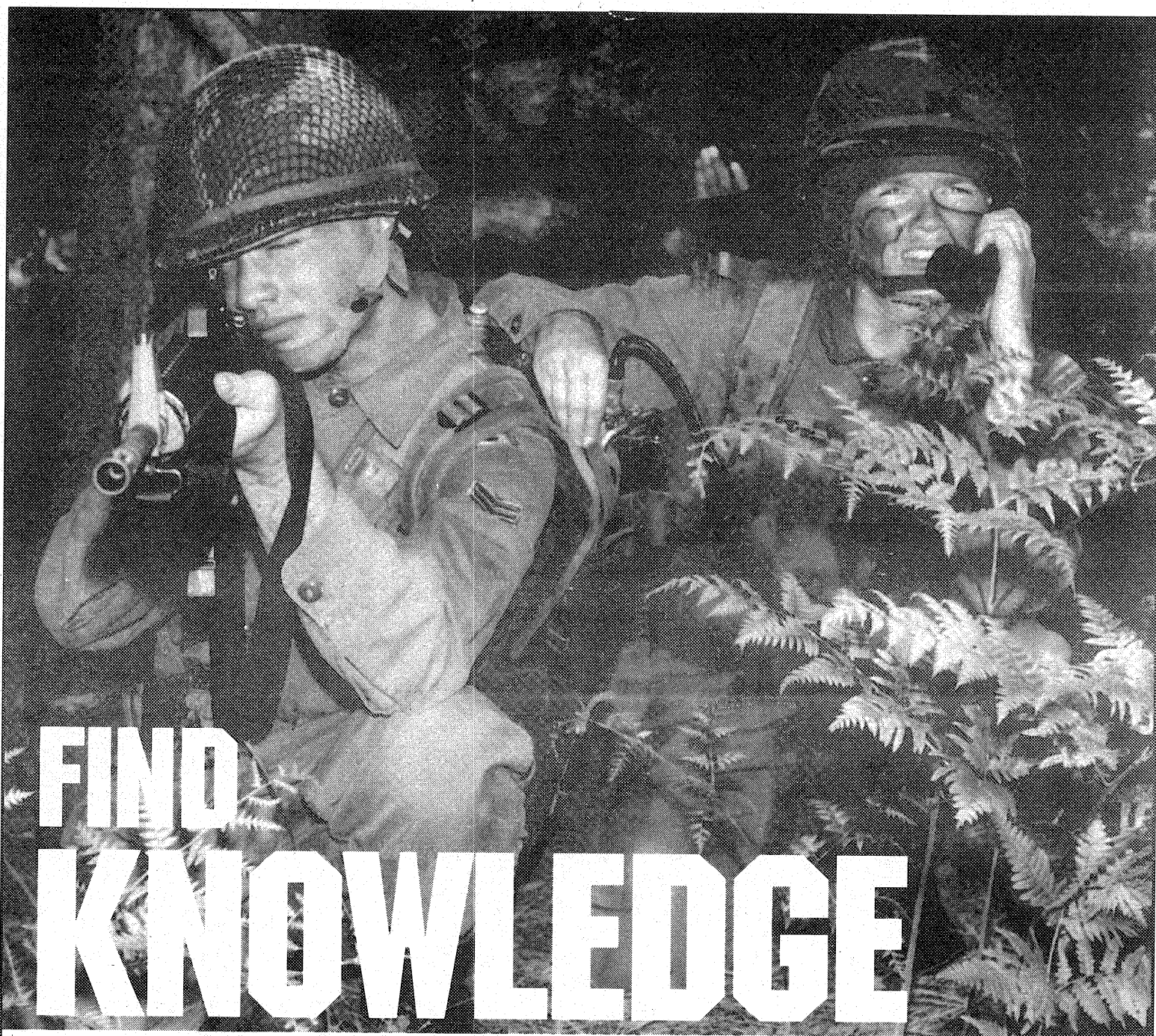


rock with some very heavily watered down industrial sounds, creating a CD that is simply a decent listen. There are only a couple outstanding tracks on the album, tracks 2 and 9, and the rest of this outing simply fades to background noise.

I listened to this disc numerous times, and nothing outstanding really stood out each time I listened. That's not to say that this isn't a good

album, though. The band is really tight, and they do show some semblance of talent. So, before I keep talking myself into crazy circles, I'll simply say this: Godhead is not for industrial purists. "2,000 Years of Human Error" is an album created for the radio, and it should stay there.

If you like bands like Orgy and Three Doors Down, you should like these guys.



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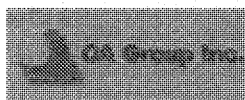
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Comeau's Cuisine



CURTIS
Comeau

Your Best Bet for Valentines Day Is...

While attending an art exhibit, I was once asked to compare two very similar paintings, a Monet and a Renoir. Then, I was asked to choose which one was better - I couldn't. I mean, how does one choose which one is the best when they both have such superior qualities? This past Sunday, I was faced with the same dilemma. For this week's Comeau's Cuisine, I had to choose between either Plantiers or Café Select.

Both specialize in authentic French cuisine (we all know that French is the romance food of choice) and they are both relatively unknown to the general public. Both restaurants also share one other defining characteristic - both are owned and operated by husband and wife teams, so naturally a lot of care goes into everything.

I have to be brutally honest, both restaurants have such outstanding qualities, I can't pick a winner. So, you can be the judge as to which one is better to visit on Valentines Day. However, I can safely say that these are two of the best dining establishments in Edmonton, whether it's Valentines Day or not.

Café Select

10018 - 106 Street
423-0419

Café Select definitely has the advantage when it comes to the romantic atmosphere. As soon as you walk in, you can't help but feel dreamy. The dimly lit room, as well as the candle light, enhances the intimate atmosphere to new heights, which will captivate most couples. Decorated with what may be called renaissance art with a modern twist, the décor of Café Select is definitely eye candy for the soul.

When it comes to food, Café Select, again, comes in strong. Some of their signature dishes are the Mussels "Mariniere" which are, of course, flown in fresh, and a Grilled Romaine Salad with a zany Dijon vinaigrette and pecorino romano cheese. Another unusual, yet brilliant item, which Café Select introduces on their menu, are three different Fondues. The types of Fondues you can choose from are tasty Swiss Cheese, Tomato and Herb, or Herb and Spice - all of which are

perfect for sharing.

Keep in mind that, for Valentine's Day, Café Select will offer a special 34.95 three-course meal. You will start off by choosing either an aromatic tomato soup or smoked steel head trout wrapped around hearts of palm. Once your apps are finished, it's time to choose between either a Spinach or Caesar salad. Entrée choices include - a light puff pastry filled with seafood covered in a lobster sauce or a hearty curried chicken breast and finally, lean grilled beef served in a Madeira sauce. During a Valentine's Day meal, wine is a must and Café Select has a well-equipped wine list, which will definitely meet anyone's needs.

Plantiers

10807- 106 Avenue
990-1992

The interior of Plantiers reflects more of an elegant ambiance rather than Café Select's romantic atmosphere. Plantiers still does have a hint of romance with the soft French music playing in the background. Well spaced out tables also sees to it that diners get quite a substantial amount of privacy.

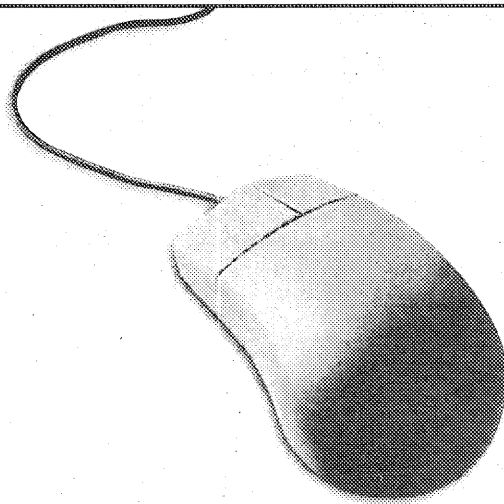
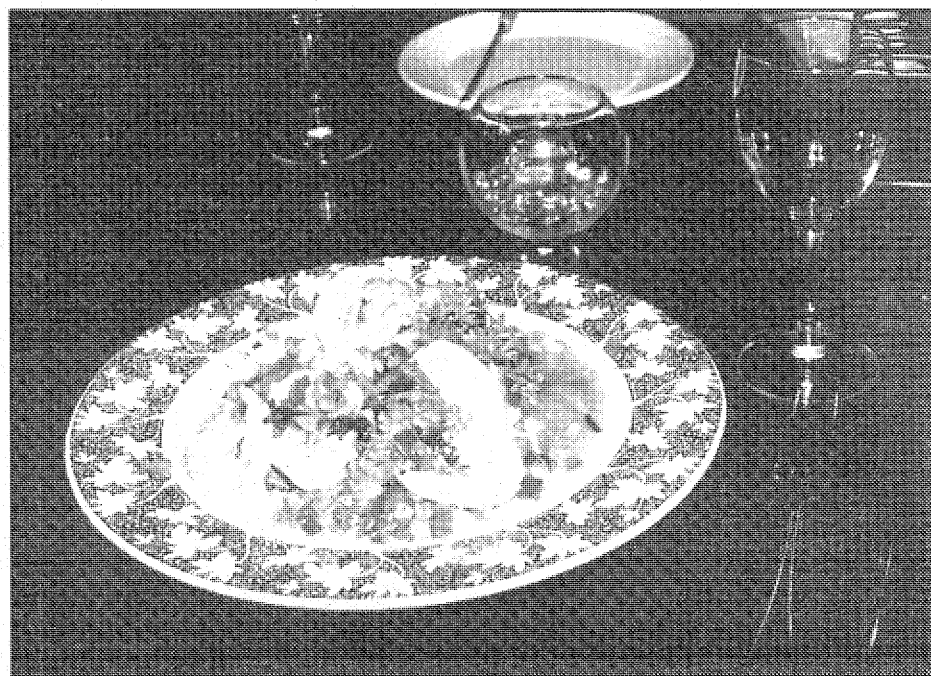
Master Chef Eric Plantier who was, in fact, born and raised in France runs the kitchen. And as many French chefs do, Mr. Plantier believes that the presentation of the food is what makes it taste just that much better, and he may be right. Mr. Plantiers' meals can be compared to works of art - every appetizer, entrée, and dessert is undoubtedly a feast for the eyes.

Although Plantiers' menu may not feature as many items as Café Select's, I can assure you that Mr. Plantiers has chosen an excellent variety, which will please almost anyone. Some of the harder to find dishes that Plantiers menu tenders to are lean duck and fine cuts of lamb, both of which are very succulent and well worth the price.

Plantiers also the upper hand when it comes to desserts. Mr. Plantier has compiled an all-impressive dessert list which contains several traditional French desserts like the enticing mille-feuille (puff pastry filled with blueberries, strawberries, and whipped cream) and the phenomenal mi-cuit (a warm baked soft-centered chocolate cake with a side of chocolate mousse).

So, there you have it. The choice is not so simple now, is it? The passionate ambiance of Café Select, or the masterful food creations of Plantiers? I guess it's all up to you. Does an atmosphere make the food, or does the food create the atmosphere? Like I said, either way, you can't go wrong. I just wanted to take this opportunity to thank Donna from Café Select and Madame Plantier from Plantiers for making

I can safely
say that
these are two
of the best
dining
establishments
in Edmonton,
whether it's
Valentines
Day or not.



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WAYNE LEE

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THURSDAY

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Doors 3 PM
Show at 5 PM



To our faithful Nugget readers,
Just a quick reminder that there will be no paper next week due to the Reading Week break. The next issue of the Nugget will be out on Friday, February 23.

The Nugget needs a poetry section! If you'd like to have some of your work published in a future issue, drop it off in the submissions box located outside the Nugget office (Room E-128) with your full name and student ID#.

Jay A.,
Thank you for the CD reviews you've been submitting - they've been great! If it'd be easier for you to mail them, however, stop by the Nugget office to acquire our typesetter's E-mail address. The Nugget

Dragon,
If you're looking for people for your practicum, a friend of mine is willing to be one of your guinea pigs. You know how to reach me.
Foxglove

To the guy who gave us his CD to play at the pre-tech beer gardens on January 18,
You can pick your CD up in the pre-tech office at Room E-123.

Attention all ladies,
We would like to announce our Bach-

elor of the week - Ryan in Section 38. Congratulations! Stay tuned for next week's stud.

To Sharla in 1st year Business,
I read the letter Cellar Boy wrote to you last week, and I am sorry that he lacks the endurance you and your roommate require. Next time Cellar Boy experiences a bout of impudence, give me a call.
Love, Squints

The first NTV news show airs February 23 on Shaw cable. We want to hear your story ideas about anything happening at NAIT or anywhere in the city. Call the NTV newsroom at 471-8629.

To the NAIT student who purchased fuel at Hughes (Yellowhead and St. Albert trail location) on Sunday, February 4,
We owe you money! Come to the same location, and we will give you your money.

Slick Nicky,
Thank you for the kind fan mail. We love you, too. We're disappointed in you though - no KKK pictures this week?
PS: And if you want a date for Valentine's Day, Kelsey Farnalls is interested - we hear she puts out!
Hugs and kisses, The Nugget

To Kevin the WFF All-star,
I haven't seen you since the Hawaiian Hanger Banger. You looked hot. I want to get banged by your hanger. You can feel my coconuts anytime.
Flash

Interested in a chess face-off? Join me in a chess match. If you're interested,

call Mike at 488-2302.

Curtis Comeau,
Your Toy Line of the Week seems to be a Toy Line of the Month if you can ever get it out on time. It's a shame that you seem to be prostituting your position at the Nugget to get more toys. By the way, your column is always full of glaring mistakes.
Signed, A Real Toy Collector

To Real Toy Collector
Although you are my best friend, it's a pity you have to take a shot at me in the Grapevines just because you're jealous that I have a toy column and you don't.
Curtis Comeau

To First Semester RTA Girls,
Friday was fun! Let's do it again.

Classifieds

Between 17-21? Looking for a challenge? **Katimavik** offers a unique educational program for you to gain work experience, develop leadership skills, and explore Canada while having the time of your life! Costs related to travel, food, accommodation, and group activities are covered. \$1,000 bursary awarded upon program completion. For program/application info, call 1-888-525-1503 or visit <http://www.katimavik.org>.

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ing for roomies. Call us at 488-8673. Rent will be about \$300 a month.

Looking for cheap rent? Our large, 3-bedroom apartment located in the west end is the perfect affordable living space. You pay a one-time damage deposit of \$180. Your rent is then \$175 each month, your phone share is \$15, your power share is \$15-\$20, and your share of cable is \$20. We have ADSL internet which your own computer can be connected to for a nominal fee. We all buy our own groceries. If you have a car, we are less than 10 minutes from downtown and 10 minutes from NAIT. We are also a block away from the Jasper Place bus terminal. If interested, call us ASAP at 443-1346.

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RUGBY ANYONE?
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.

Struggling with homosexual feelings and searching for answers? Email our Christian support group for info: help_ualberta@yahoo.com

Sikh Student Socieity is a new program for Sikh students, helping them know more about religion and culture. We have started the SSS at university which is very successful. We are now looking for people interested in helping the SSS at NAIT. If interested, email me at rajgahir@hotmail.com or visit the website at www.iamsikh.com.

International Exchange for Women 21-29

Develop your capacity to work at a community and international level on a 6-month volunteer educational exchange in Alberta & Ukraine. Some fundraising required (training provided), living and travel expenses covered. Contact Canada World Youth at 1-877-929-6884 or e-mail: amcd-pra@cwj-jcm.org. Application deadline Feb 9, 2001.

EVEN IF YOU'RE AT THE
BOTTOM OF YOUR CLASS,
WE CAN HELP YOU GET ORGANIZED.
**BUT YOU'LL STILL BE
A DUMBASS.**

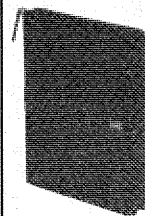


STUFF FOR SCHOOL SALE



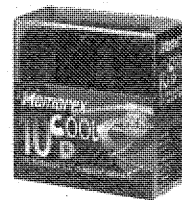
\$100⁰⁰
Includes \$50 airtime
voucher

G310 Fidomatic handset



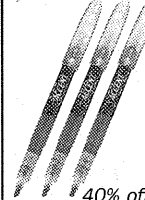
from
\$16⁹⁹

Five-Star zippered binders



\$3⁹⁹

Memorex 10-pack cool disks



69¢

40% off assorted
Major Accent highlighters

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STUFF FOR SCHOOL

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To enter, deposit this completed entry in the specially identified ballot box at participating Grand & Toy retail stores. No purchase necessary. One entry per person. Must be a resident of Canada, excluding Quebec, and have reached the age of majority. Selected entrants will be required to answer a skill-testing question **Contest closes February 25, 2001. Draw date: March 5, 2001.** Complete rules and regulations in store. Approximate value \$229.99.

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MOVIE review

Scream 4 I mean, Valentine



KELSEY Farnalls

It's the timeless story - geeky guy gets rejected and ridiculed in junior high, grows up and turns psycho, and begins methodically exacting revenge on his childhood tormentors. Or so you are led to believe.

One good thing about "Valentine" is that it will keep you guessing about who the culprit is until the end - unless you're extra perceptive like myself. I figured it out with about 15 minutes left in the movie.

It was a gory movie, but not exceptionally so. "Valentine" fits nicely into the "Scream" genre of

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scary flicks, so plot and acting caliber are compromised right off the bat. If you're male, you are inferior in almost every way. Whoops, I digressed a little there. I meant to say if you're male, you'll enjoy Denise Richards. If you're female, you'll enjoy almost nothing.

Overall, I received relatively

little satisfaction from this movie. I was hoping for some originality, but I was disappointed. I was hoping to not be subjected to a gratuitous killing spree encompassing the usual elements of gore, blood, and guts. Once again, disappointed. I was hoping there would at least be one good-looking guy to focus my attention on. And again, disappointed.

Anyway, I would give this movie a rating of 1 1/2 stars out of 5. It's an entertaining little flick if you don't want to view anything of substance or anything that will stimulate you intellectually in any way. Also, if you've never seen any of the "Scream" or "I Know What You did Last Summer" movies, it will seem clever and suspenseful. Enjoy!

INTERESTED?

This year is flying by and soon it will be time for the

Students' Association Elections

Nominations

will be open on

Monday, Feb. 26th at 8 a.m.

and will close on

Friday, March 2nd at 4:30 p.m.

The benefits of getting involved in student government are too numerous to mention here. (Check out next week's Nugget for details!) For more information see Chris Lupaschuk (Chief Returning Officer) in E131 or call him at 471-8877.

VOLUNTEERS FOR ELECTIONS

If you are interested in being on the 2000 Election Committee or Counting Committee call Chris Lupaschuk at 471-8877, or see him in E131.

Toy Line of The Week



CURTIS Comeau

Dallas



Although some people claim to have seen the Dallas figures, the only known proof that they existed are here in this photo.

This week's toy line is one that thankfully never made it to the retail shelves. Remember the 80's prime-time hit soap drama Dallas? Well, back in 1981, the legendary toy company Mego was a mere seven figures away from becoming the laughing stock of the entire toy collecting market.

Mego ended up producing seven prototype figures (see photo), but decided to hold their release date. They were waiting to see if their Dallas card game and Dallas dart game were successes.

As one would expect, both the card and dart games found themselves in the bargain bins faster than they hit the toy shelves. The geniuses at Mego determined that the Dallas action figures might suffer the same fate as the games and decided that the line be pulled before any other financial loss was to be incurred.



JR is still wanted.

Gary Masyk
for Edmonton Norwood
PC Alberta

GARY MASYK

Gary is honest, has integrity, Christian values & wants to ensure Norwood is a safe & prosperous community.



Gary lives in Norwood. He cares about his neighbors and his community. Gary knows the importance of funding for education, being a former NAIT student himself.

PEOPLE PARTICIPATION PROSPERITY

Campaign Office
Ph: 918-3857

10127 Princess Elizabeth Ave.

Paid for by the Edmonton Norwood PC Association.