

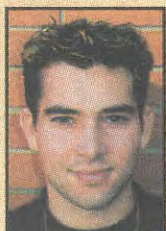
# THE NUGGET

Thursday, January 18, 2001  
Volume 38, Issue 15

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

## Destination: Mazatland



CURTIS  
Comeau

Last week I was fortunate enough to vacation in Mazatland Mexico. So I guess that it's safe to say that Kelsey's facts about the moose and me were a tad off, considering I wasn't even in Canada. Truthfully though, I think that Kelsey was just jealous. Either way, with spring break coming up, many of you may be considering to make Mazatland a vacation destination. Well if you do there are a few things that you should know about.

### The Locals

Despite the fact that the locals are trying to sell you everything and anything they are surprisingly friendly. One thing I did notice though is that the Mexicans in Mazatland are very laid back. When I say very I mean I have never seen a nation that lives by such a carefree attitude. Case in point - when we were leaving the airport on our way to the resort we saw a Mexican cop, relaxing with his gun on his lap while swinging on a homemade swing that was tied to a tree branch. More proof came a mere three blocks later when we saw ten men standing (and some lying down) around a delivery truck that was half unloaded.

### Food and Drink

First off we need to clear something up, Nachos are not traditionally Mexican!!! Really Mexican food mainly consists of seafood: lobster, shrimp and various other

deep sea fish. Fajita's and soft tacos are also very popular. Yes, the rumors are true - beer is cheaper than water. And depending on where you stay (three star hotel or better) the water is also relatively safe to drink.

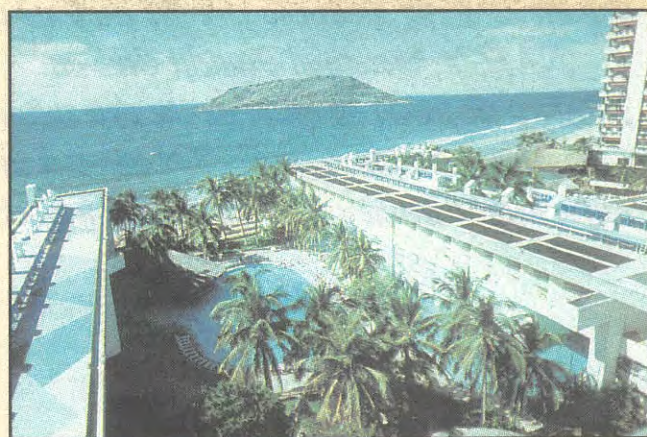
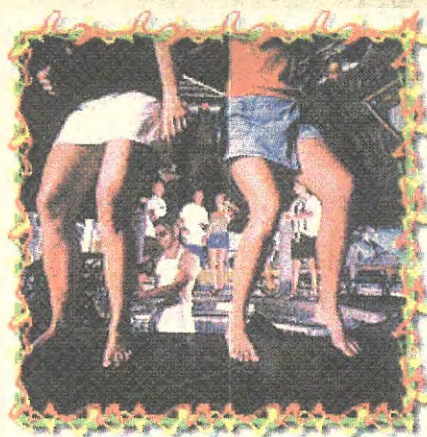
### Shopping

Rule number one, wait a couple of days until you have a tan to go shopping. Second rule, Do not shop on Thursdays or Fridays, because that is when the cruise ships dock. On those days the shop owners raise the prices and never give deals. Finally on the safe shopping days never agree on the first price. Barter with the shop owners. TIP- Learn how to ask "how much is this" in Spanish this way you look like you are an experienced shopper.

### Night Life

Let's face it what is a trip to Mexico with out getting completely sauced.

There are no limits in many of the clubs in Mazatland. The clubs are a place in which you will find people from all ages, nationalities and status, having the greatest time of their lives.



Mazatland through my eyes.





# NTV Begins February 9!



SALLY  
Poulsen

**D**id you see that episode of NTV last semester? Okay, well, did you see ANY episode of NTV last semester? Then smarten up and tune in: the program by the students, for the students, is starting up again. As a new class of NAIT television

students get fired up for production, there is much discussion of making this NTV's best season ever.

"We're willing to make some big changes," says NTV crew member Jim MacPherson. "I'm excited," says Herman Chau, producer of NTV's first episode.

According to MacPherson, you can expect some new sights on the Writer/producer class' segment, N-Vision. "Our producer, Tina Werner, and the rest of the creative team is revved up and ready to go."

NTV begins airing February 10 on Shaw and Videon. Check your local listings for times.

## Kids With Cancer Ski Trip March 2001

**T**he 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 un-

derstand 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](mailto:jvbowen@attcanada.net).



### 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

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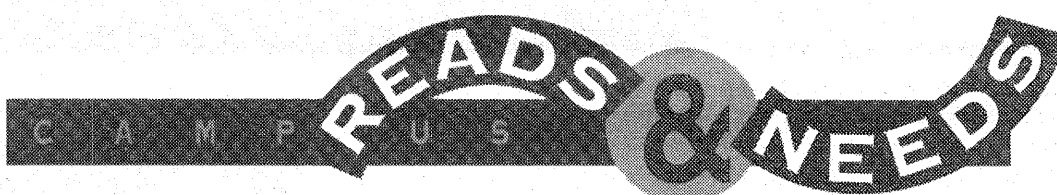
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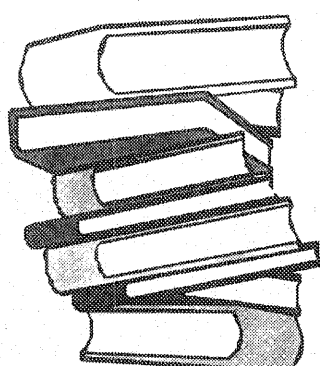
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# Odds & ends



**DARIA Morgan**

## Say Farewell To George

After the unfortunate death of John F. Kennedy Jr. in 1999, many have inquired if his political magazine, "George," would continue its run. Well, the publication has now announced that its March 2001 issue will be its last issue, and that issue will be a tribute to the late Kennedy. "George" had been losing readers even before Kennedy's death. It's parent company, a French publishing corporation, released a statement saying it wanted to wait a while before shutting down publication to show respect for its late founder.

## Who Can You Trust With Your Kids?

Kimberly Holsapple and Tanya Humbert of Albany, New York, have been charged with endangering the welfare of a child. The two bus drivers were fired after paying a 5-year-old boy to urinate in a cup so they could pass a drug test. Albany police say the kindergartner told them the two women gave him a plastic cup and told him to urinate in it. The women then kept the urine in a coffee urn with boiling water to keep it warm.

## The Man With The Crackerjack Box Licence

Police in England are calling a recent hit-and-run encounter the most cruel automobile incident they have ever seen. The hit-and-run driver continued without stopping after hitting a 70-year-old elderly man who was on his way to church. The victim was even thrown onto the roof of the driver's car for a bit, but the driver continued down the road, heading to meet his own father at a local pub.

## Mission To Mars

The official site for the first anticipated Mars landing has been chosen by astronomers at the European Space Agency. They have pinpointed a smooth area on the surface to use as the key landing point for future Mars explorations. The European Space Agency is planning an unmanned mission to Mars in three years time. The mission will be called Beagle Two.

## Plowing Two For The First Of One

Residents in Hamilton County, Indiana are wondering if the county employees hired to plow snow from their country roads have been given the correct instructions. It seems the snowplow drivers have not only removed snow from the roads but have been destroying mailboxes as well. One citizen wrote the Indianapolis Star last week stating there was a double standard taking place. "If I ran over someone's mailbox, I'd have to replace it. Not so with the plow drivers, the woman wrote. One citizen had a \$50 designer mailbox trashed but was told it would only be replaced with a cheaper generic box.

## A Near Miss

Police in Topeka, Kansas are saying a 69-year-old woman is lucky to be alive after narrowly escaping death on a set of railroad tracks. The woman's car stalled after rear-ending another car, forcing it across the railway crossing - her car stalled on the tracks. The woman managed to get out of the car but forgot her cane and found herself standing helplessly as the train approached. The driver and passenger of the car she hit ended up running to her aid and helping her off the tracks just seconds before the train totalled her car. She was taken by ambulance to a nearby hospital and later released.

## Little Boy Stew Turns Into Murder Charge

A Great Falls, Montana man has pleaded innocent to charges of molesting, killing, and then serving a 12-year-old boy to neighbours for dinner. The career criminal, 43-year-old Nathaniel Bar-Jonah, is being held on a \$500,000 bond. Great Falls police say they found notes indicating Bar-Jonah called dinners he cooked for friends as "little boy stews." He could face the death penalty if found guilty of murder and several other charges, including impersonating a police officer.

## The Judge With A Sense Of Humour

Texas court Judge Sam Sparks tossed out a \$500,000 lawsuit by a prison inmate against Penthouse magazine. The inmate, who claimed to be the Minister of Law of the Mandingo Warriors prison gang, claimed "mental anguish" and "disappointment" over the nude layout of presidential mistress Paula Jones. Judge Sparks, who rendered his decision just before Christmas, wrote the following in his decision,

"T'was the night before Christmas, and all through the prison, the inmates were planning their new porno mission. The minute his Penthouse issue arrived, the Minister ripped it open to see what was inside. But what to his wondering eyes should appear - not Paula Jones' promised privates, but only her rear."

## Rubbing The Meat The Wrong Way

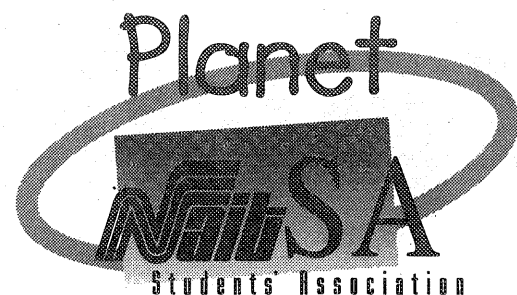
The local fire department in Myrtle Beach, South Carolina needs to find a different way to raise funds to purchase a new fire truck. For the past four years, firefighters have raised money with ham rubbing - that is, women dance on stage while their breasts are rubbed with a ham. When City Manager Tom Leath found out, however, he ordered the \$2,400 raised from this year's ham rubbing to be returned to the donors. "I guarantee this will be the last ham rubbing the fire department has. That's not a way we need to raise money," Leath says.

## Stupid Headline Of The Week

Say it loud and say it proud. This week's stupid headline of the week needs to be said aloud to truly be appreciated. As appeared in an AFP headline earlier this week, "Pope Lashes out at Sects."

## Cougar Mania

Wildlife officials were given a scare and then a laugh in Calgary last week when a woman called for help after mistaking a tom cat for a cougar. Conservation officer Paul Lupyczuk confirmed that the cat did look like a cougar when they approached the feline but that it turned out to just be a very large domestic cat. The feline even had a mouse in its mouth. "It definitely matched the description of the animal and was in the same yard, so we're confident it's the same one the woman saw," Lupyczuk told reporters. A series of high-profile cougar sightings have occurred in the past two weeks, including Alberta's first fatal cougar attack near Banff on January 2nd. Officials in Banff and Canmore have received numerous sightings on the edge of both towns since the attack, and officers tranquilized a large cougar roaming the streets of Pincher Creek last Tuesday.



January 9, 2000



**SALLY Poulsen**

A slow week as the Students' Association gets back into the swing of things. Sadly, I cannot report on the

events, because I fell asleep and missed the meeting. If anyone reading this can tell me what went on, please email me at [sallycyberr@home.com](mailto:sallycyberr@home.com).

# NAIT Dining Room

Come to the NAIT Dining Room and experience our brand-new menu. With every meal purchased before 11:45 a.m., receive a free non-alcoholic beverage (includes gourmet coffees).

121A) is located near the Fresh Express cafeteria. We offer great food at great prices. Entrees range in price from \$5-\$9. We hope to see you here!

This offer is valid from January 22-25, 2001.

The Dining Room (Room U-

## Looking for extra

# CASH?

NAITSA is looking for security guards and cashiers to work different events for the rest of the year.

To apply please go to the NAITSA office (E-131) or phone

Rob Ellis at

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Expires August 31, 2001.  
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# Nerf Guns:

## Harmless Toys or Grounds for Expulsion at NAIT?

JONATHAN Schnell

As a child, I was deprived of "cool" toys. My parents thought it was better to develop a child's creativity and imagination than to give them a new, expensive toy. I, however, disagreed. Lucky for me, I had a friend down the block whose uncle worked for Fisher Price. He had every toy imaginable.

Now, whenever I see a toy I like, I buy it. That is the right that I have as an adult. One toy manufacturer that I can never get enough of is NERF. Nerf toys are designed to be safe and harmless. They are wonderful toys because you can play with them indoors, which is a nice thing to have when we live in such a cold climate half the year.

Last Wednesday, I had an extended lunch. A few of us decided to go over to Kingsway Garden Mall. While shopping there, I ran across a Nerf toy that I didn't have yet. It's called the "Nerf Powerclip DX100." I fell in love with its ability to unleash a wrath of ten soft foam, suction cup-ended, harmless darts in less than two seconds. The concept is simple, you pump them up and air pressure launches the soft little foam darts. I own various types of the "Nerf Arsenal" ranging from single shot to ball launchers.

Now, remember. This is a child's

toy, so what harm can they be?

According to NAIT security, this device is considered a weapon. Using it on school grounds is a breach of the Student Code of Conduct and is grounds for expulsion. I found that one out the hard way.

I was showing my new toy to some of my classmates in a relatively empty hallway. I was shooting the little red darts in the air, at lockers, at windows, and at people (who were anticipating the barrage).

A man (who appeared to be staff) walked up to me and asked me politely what my name is. I responded with my first name. He then asked me politely what program I'm in. I told him. Then he wanted to know my last name. I started to get a little suspicious that he was not making polite conversation. I told him that I did not need to disclose my last name. He then told me that if I didn't tell him my last name, he would call security. So, I told him to call security, and he darted up the stairs of the nearby office. Meanwhile, I decided to head to my next class.

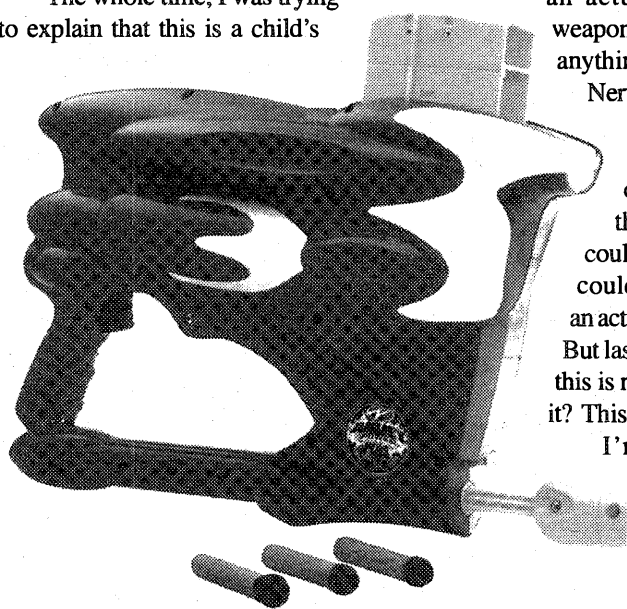
About fifteen minutes into my class, NAIT security came for me. I had to disclose the contents of my locker and produce the "weapon." I had a little sit down chat with the main man at NAIT security. He gave me the low down on how it was so

wrong of me to bring a "weapon" to school. Then, I had my toy taken away from me until the end of the day when I could pick it up.

The whole time, I was trying to explain that this is a child's

toy, not a weapon. Then he went on to tell me stories of people committing crimes with replica toy guns. Now, I have never seen or heard of

an actual killing weapon that looks anything like this Nerf gun. If this were Galaxy Quest or Aliens, then maybe I could see how it could resemble an actual weapon. But last I checked, this is reality. Or is it? This is just like I'm back in Grade Two. Nevertheless, I don't really blame



Cool toy or lethal weapon of destruction?

NAIT security for the whole thing.

The man who reported me to security wasn't very accurate. He told a receptionist to call security because, "There is a student in the hallway with a gun." He mentioned nothing to her about it being a Nerf toy gun that shot foam darts. Security had to dispatch three men to investigate the alleged gun.

When I went after classes to pick up my toy from security, I spoke with another security guard there. Apparently, she had heard a number of rumors about the whole situation. They all varied from someone in the school having a pellet gun to someone having a real gun.

So, now we have some students and staff in the school thinking there is an armed student about to go postal and kill someone... that's not very good.

I wish I knew who the man was that decided to notify security of my "weapon." That way, I could express to him the importance of "accurate" communications. If he had spoken to me like an adult instead of acting like an arrogant jerk, there would have never been a situation to needlessly worry other people. Furthermore, NAIT security wouldn't have had to waste their time with something so insignificant.

Personally, I think he was just jealous that he didn't have a toy as cool as mine.



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Fax: 486-8722  
Email: [cjacobso@medis.ca](mailto:cjacobso@medis.ca)

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# Reality Bites



TRAVIS  
Bannert

**H**ave any of you caught the new reality T.V. show they're throwing at us? Well if you haven't heard of it yet, it's called Temptation Island. I'll give you the official description given to the public via the Fox website.

"Temptation Island is a short-order unscripted series in which four unmarried couples travel to the Caribbean to test and explore the strength of their relationship. Once on the island, the couples are introduced to eligible singles and then separated from their partners until the final day of their stay. Over this period, each couple will get the opportunity to answer questions about themselves and one another and find out if what they think they want is actually what they do want." Sounds interesting, eh?

Well, I checked out the first episode and thought it was pretty funny how the single men available to the women were pretty good-looking guys

gorgeous women with some toting backgrounds such as an ex-Lakers girl, former Playboy model, and one bragged about how she's in the latest "Madonna" video.

Now, I'm not complaining, and I will probably

upcoming shows are right.

My main concern is how television is getting even more unintelligible. The entertainment level is increasing, but it seems that the best way to entice people to watch a program now is to shock them. The low budget and mostly unscripted

"Crocodile Hunter" is becoming one of the most popular shows on TV (it is somewhat educational - you learn what not to pick up in Australia).

Have you ever watch old episodes of "Leave it to Beaver?" That show sucked. In fifteen years, however, our kids will probably be telling us that "The Simpsons" sucked. How far are entertainment producers going to have to go to feign our interest? Will we have more provocative shows down the road? Or will, perhaps, a new medium be used?

Oh well. We can't do anything about it unless you want to join one of those fanatic conservative television groups who don't have any pull anyway. Might as well sit back and enjoy the show or just blame Fox.



with regular backgrounds (ie: actors, businessmen.) The choices made available to the men, however, were

watch it again, but the results are predictable. None of these couples will stay together, if the previews of

## The Students on the Bus go Waah, Waah, Waah!



KENNY  
Total

**T**he U of A has raised its tuition by over 3 percent, which works out to a yearly tuition rate of just over \$4,100. Students are pissed. Faculty and staff are pissed that the students are pissed. Even yer old buddy Total is pissed. I know that you're just beggin' to know why.

I'm watching the 6 o'clock news, and I see a group of university students at a board meeting of some type (Does it matter what kind of meeting? NO! Total can form opinions and draw conclusions with no facts at all!). They've got baggy pants, unkempt hair, and snappy signs that read, "If you think education is expensive, try ignorance!" On top of that, they were chanting some groovy tune that had something to do with them being sick of mac and cheese (how you could no longer wish to consume the cheesy goodness that is Kraft Dinner is beyond

me). The students then proceeded to heckle the faculty members as they tried to vote in a tuition hike of 3.25 percent. The U of A students were regular protesting machines. And you know what I was thinking? "Don't you kids have class to attend?"

The board members voted in the hike even with the presence of the unwashed-masses. The students were irate. The board members explained that the cost of living goes up. They explained that, as a top university in Canada, they must compensate their staff in order to keep them. Did this matter to the students? No. What did they respond? They think that the Alberta government should use its billion-dollar surplus to pay for them to attend school. You know, I could have sworn that the government just sent everyone over the age of 16 a cheque for \$150. I thought that I heard Ralph tell us that this was a bonus from the billion-dollar surplus. I was positive that I heard him say you could spend it however you want. Maybe I'm the only guy that watches TV, though.

The nerve of these little bastards make me insane. I wanted to run over to the U of A campus, grab

one of those little fucks by the scruff of his/her neck, drag 'em back to my place, and then use their skull as a blunt instrument use to smash in the tube of my TV - figuratively speaking. These little pricks actually skip class to go to a meeting to complain about the high cost of attending university. How much tuition would you have to pay before you would consider it worth your while to attend the classes that you've paid for? Who the fuck do you think you are telling the people of Alberta that we should pay for you to attend school so that you can become an art major or an ancient language specialist? For all of you that thirst for knowledge or are yearnin' for learnin', grab a pen and paper and take a seat. Class is in session.

How much did a liter of gas cost five years ago? About 40 cents. What about stamps? Just under 40 cents. What did it cost to go to a movie? \$7. What do these things cost now? The simple answer is, "They cost more than they did five years ago." So, what other plain of existence do post-secondary students live on that they figure that tuition should stay the same as it was?

"But Total," you say, "Education is a right. We shouldn't penalize those without rich parents or a bitchin' summer job." I say, "Bah!" Education isn't a right. It's a privilege. A right is something that everyone has access to. The right to be safe. I don't care if you're the richest guy in town or the homeless bag lady on the corner, if someone attacks you, when you call the police, the police come to help you. Everyone has the right to vote even if they don't have a fixed address. Do stupid people get to go to university? No. Do people that don't attend college or university end up destitute? No. So why the hell should Joe and Jane Average get bent over when Lisa S. Poiledrotten decides she wants to study Sanskrit? The answer is that they shouldn't. If you feel so strongly about it, the best course of action is to attend your classes, get excellent grades, go out into the real world, make your fortune, and then create a scholarship for people that attend sit-ins and meetings instead of class.

Questions? Compliments? Insults? Sex propositions? Direct them at [kennytotal@mail.com](mailto:kennytotal@mail.com).

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THE DEADLINE IS  
12:00 p.m. on the first  
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All submissions Must be  
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The opinions contained in *The Nugget*  
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The Nugget reserves the right to edit letters  
and viewpoints for brevity.

## Contributing Writers

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Kenny Total, Don Gray, Chantal Eder.



## Men's Hockey Recap

Ooks Earn Split With SAIT  
Trojans

Lone Win Puts Ooks in Sole Possession of Third Place

DARRYL  
Hodgson

**O**n the weekend, the Ooks opened up a weekend series versus the hated rivals from the south, the SAIT Trojans. The first game was pitted in Calgary at the SAIT Campus Arena, a barn that opposing teams do not like to play in.

Interesting fact, for those of you that follow ACAC hockey, the SAIT Trojans were undefeated (in regulation time) going into Friday's contest.

The first period did not start off the way we wanted though as the Trojans scored early on the powerplay. This was not enough to hold the Ooks back, as we responded with two of our own before the period came to an end.

In the second, we exploded with four goals before the ten-minute mark, putting us up 6-2. Some notable single goal efforts were put on the board by Mark "Joker Smile" Chmilar, James "007" Seney, Devon "Second Helping"

Urynychuk, and Jeff "Reminisce About the Nuts of Young" Ainsworth. The Trojans were able to tally two times before the period was out to make the third period a nail biter.

On an ensuing powerplay in the third for the Ooks, the Trojans sent the puck down to our end on a harmless dump in. Before the puck reached me, I decided I would play it up to our forward but proceeded to miss the puck. Result: SAIT goal. We responded well though, and Tim "Salad" Donnelly scored his first goal in a NAIT jersey into the empty net to secure the win for the Ooks. FINAL SCORE: OOKS 7 - TROJANS 4

James Seney received player of the game honors, and I played the game in goal.

The next game put us right here at the NAIT Arena, a place where we have faired well over the season. But the Trojans would not be deterred by that fact and came out flying, netting two goals in the first period to gain the early lead.

In the second, Cory "Toe-Nails" Pecush got us to within one goal, but SAIT came roaring back and scored two more goals before the period ended. This is in part of

35 turnovers in the defensive zone alone, given up by the Ooks. This did not deter our efforts though and, in the third, we got a fantastic opportunity to get close as Trojan Bob Faktor high stuck Ian MacFarlane, earning him a game misconduct and a five minute major penalty.

This opportunity would go to waste, however, as a SAIT player was allowed in on a breakaway. The first and second saves were made by myself, but unfortunately, the late man coming into the zone put in the third whack at the puck, ultimately deflating the Ooks' sails. This is the way the game would end.

FINAL SCORE: SAIT 5 - NAIT 1

The split earned the Ooks sole possession of third place in the ACAC Standings, two points ahead of Red Deer.

Next action for your Ooks is this Friday and Saturday right here at the NAIT Arena as the Briercrest Bible College Clippers roll into town for a weekend series. Friday's game goes at 7 p.m. and Saturday's game goes at 2 p.m.

Come out to cheer us on. Remember, admission is free with your student ID, and bring a friend. Until next weeks two wins, ciao from the Chimp!!

## OPINION

## Geado's Corner

DON  
Gray

**L**et's get this straight from the start. "Geado" means "grandpa" in Ukrainian. Being a geado is the one thing I am most proud of. I am also a GIMP (temporarily) and an OLD GUY (permanently). First year (winter intake) Business Administration is where I hang my NAIT hat. That is enough about me.

A number of NAIT students and most of the staff are over the ripe, old age of thirty (a crime in many countries). So-called "mature students" are here for many reasons. Some want to upgrade their skills, others are seeking new careers, and a few are here for the pure fun of the challenge.

Every one of us has a story -

some sad, some glad, and some downright funny. Every one of us has concerns and issues that directly affect our daily existence within these walls. We are spread out throughout the entire school, in every area, and most every class.

This column is for us, the Geritol Generation (both student and staff) to spout our wisdom, air our grievances, and to tell it as we see it - or how we don't see it when we lose our glasses and teeth. Put your teeth in a glass, and your hearing goes to heck.

Go ahead, make my day. Drop a note addressed to Geado's Corner c/o The Nugget detailing your story or concern, and a future article may be built around it.

If you don't drop me a note, I will be forced to tell stories about when I was a poor, wee lad going to grade school - in the high arctic, without shoes, walking five miles uphill, both ways, while being chased by a pack of hungry, man-eating tigers...

Top Ten  
Misconceptions  
Mature  
Students Have:

10. These kids are smarter than we are.
9. Some of these kids must know one of my kids.
8. My clothes are in style, again.
7. I never dressed like that when I was that age.
6. I never acted like that when I was that age.
5. My kids never did the things these kids are doing.
4. These kids like the lectures I give and want more.
3. If I listen to their music, they will listen to mine.
2. These kids will seek my wisdom and respect my age.
1. I can drink/run/eat as well as I could twenty years ago.

COMEDY  
WEDNESDAYSJANUARY 24  
5:00 PMINDUSTRIAL STRENGTH  
IMPROVISED COMEDY



# WAYNE LEE

The H... ..

LIVE!

ENERG...

THE NEST

NÔ COVER CHARGE

Minimum charge in effect.

THURSDAY, FEB 8

Doors 3 PM  
Show at 5 PM

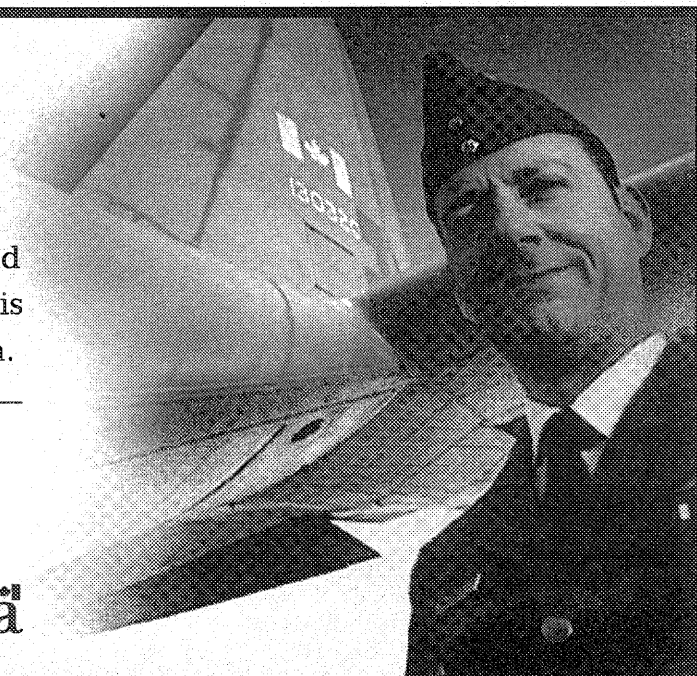
## Helping save lives

Captain Bruno Castonguay coordinates air rescue for the Canadian Forces. He and his colleagues and partners help Canadians in danger. They respond around the clock to emergencies on land or at sea and help save lives. 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](http://www.canada.gc.ca)
  - Call 1 800 O-Canada (1 800 622-6232)
- TTY/TDD: 1 800 465-7735

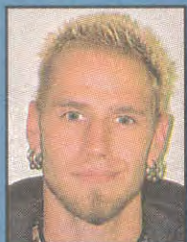
Canada





# Pain or Pleasure

## The Joys of Body Piercing



SHANE  
Turgeon

**B**ody piercing, like tattooing, has been a part of human history for thousands of years.

Traditionally, body piercing was done tribally as a rite of passage, but the adornment was also used to instill fear in one's enemies. Different piercings have had many purposes throughout the years and within different cultures. Norse warriors often pierced their nipples to show their enemies their bravery whereas it's rumored that Egyptian warriors pierced their nipples to hang their capes from the rings.

Common facial piercings have also been practiced for years. In India, the nostril piercing of women was done as a sign of submissiveness, and as the women's rights movement gains momentum in that area of the world, many women are opting not to have the piercing done.

It's somewhat strange that, in our culture, such a piercing has been adopted by women as a sign of independence. Standard earlobe and lip piercings have also been practiced for many years in a variety of cultures around the world.

Contemporary piercings have two primary purposes: body adornment and sexual stimulation. Some piercings are one or the other, and some serve both roles.

The tongue was primarily a sexual piercing, but as that piercing gained popularity, it fast became a trendy fashion statement.

Modern facial and genital piercings are relatively new practices, and they have their origins from the San Francisco gay leather scene.

If it wasn't for the works of the Fakir Musafar, Doug

Malloy, Jim Ward, and other early practitioners, body piercing may never have achieved the status it has in our contemporary world. These pioneers can be credited with the experimentation and creation of proper aftercare, proper tools, and the proper technique/placement for modern body piercing. They have also trained some of the world's finest body piercers and modifiers who are continuing to find new and innovative techniques for more efficient body modification.

Now that you have a brief history of the wonderful world of body piercing, the big question is: what can be pierced? That's a pretty simple answer. If it sticks out... it can be pierced!

It doesn't stop there. Modern piercers and piercees are also doing surface piercings, which basically entails a flat piece of skin being stretched until pierceable. Surface piercings tend to be more temporary, as the body will eventually push the piercing out.

With dealing with surface piercings, there are three basic areas of the body that have pierceable parts: the facial/oral region, the torso, and the genitals.

On the face, there can be several pierceable areas, and a lot of them are involve oral piercing. There are three oral-specific piercings that cannot be seen on the exterior of the face.

One, of course is the tongue, and the second is the frenulum. The frenulum is the piece of skin above your upper front teeth that connects your lip to your gums.

Ladies, in your nervous system, the frenulum is directly connected to the clitoris, making this a fun little piercing!

The third is the uvula. The uvula is the hangy-down, punching bag thing in the back of your throat. The uvula is a very tricky piercing to perform for both experienced piercers and piercees.

### On the face, there are several pierceable spots:

#### 1. Madonna

This is just above the upper outer lip areas. They look similar to a beauty mark, and a person can

opt to have one side or both sides done.

#### 2. Labret

This is a piercing done on the lower lip in middle of the face.

#### 3. Medusa

Done opposite to the Labret on the upper lip.

#### 4. Earl

Right between the eyes.

#### 5. Cheeks

Further out than the madonna's, the cheeks are usually done near the dimple area.

#### 6. Ear

The ear is a section unto itself. See the picture to find out all the different types.

#### 7. Septum

The middle of the nose between the nostrils.

#### 8. Nostril

I think you know what I'm talking about!

On the torso, there are only a couple spots:

#### 1. Nipples

Pretty self explanatory!

#### 2. Navel

Again, I think you understand.

The genitals are a frequently pierced spot and, of course, piercings will vary from men to women!

### Male Genital Piercings:

#### 1. Prince Albert

Through the bottom of the head and out the front of the urethra.

#### 2. Apadravya

Through the bottom of the head and out the top. It is vertical and trans-urethral. It can also be placed behind the head, but it is a difficult piercing to perform.

#### 3. Ampallang

Above the urethra, place horizontally through the head. Can also be placed trans-urethral, although it is not as common.

#### 4. Frenum

This is a surface piercing that runs along the shaft. Can be pierced multiple times to create a "ladder."

#### 5. Scrotum

Pretty self-explanatory.

#### 6. Guiche

A little piece of skin between the scrotum and the anus.

### Female Genital Piercings:

Unfortunately, your piercings

don't have clever names, so I'll just run them down straightforward-like.

#### 1. Hood

#### 2. Inner and Outer Labia

#### 3. Clitoris

There you have it. These are your basic body piercings. I'm bound to have missed a couple, but those are the basics; and if you know of any others, well, you're probably well ahead of this article. The placement and quantity are, of course, strictly up to the piercee.

Once you have decided what it is you want to have pierced, you have to decide on a piercer and a studio. This is the most important decision to make, pure and simple. There are several people who claim to be body piercers who can't pierce to save their lives. The research you do should be very thorough.

First, the shop should be immaculate! If it's dirty, leave, and never, ever go back.

Next, talk to a piercer. Ask them as many questions as possible. If they aren't friendly, knowledgeable, and understanding, they should not pierce you.

Ask about their sterilization procedures, where they were taught, and about their jewelry quality. DO NOT buy piercing jewelry from the little stands in the mall. Even if the person running the booth claims it's piercing quality, it probably isn't. Only buy jewelry from trained body piercers. Yes, it's a little more expensive, but these people know what should and should not go in you.

Most importantly, DO NOT get pierced by a gun in a hair salon. These people are hairdressers, not body piercers, and guns cannot be properly sterilized. Ears are commonly done with guns, but nothing should be done with a piercing gun, especially anything other than the ear. Body piercers are trained to know the body and how to pierce it properly. Hairdressers cut hair. Who should they be putting jewelry in you?

After you have your new piercing, taking care of it is next. How you take care of it will dra-

matically affect how it heals and your healing time. Aftercare will vary from piercer to piercer, but there are some very important guidelines to follow:

1. DO NOT touch it. If you do touch it, do it only with very clean hands.
2. Don't rotate your jewelry or play with it. Doing so will only irritate it and prolong healing.
3. Do not use soap to clean it. There are still shops recommending cleaning it twice a day with anti-bacterial soap, but all reputable shops recommend a saline solution and will give you all the instructions you need.
4. Do not use peroxide or anything not natural to your body. This will only create scar tissue, not a clean heal. Most reputable shops will send you home with a handout on proper aftercare. Be sure to ask your piercer any and all questions. No question is stupid because it is your body and, if you need to know about it, ask.

So, if piercing sounds like your cup of tea, you now have the basics. The rest is up to you. If you're interested in learning more, check out q.com <http://www.bme.freeq.com>, [www.safepeircing.org](http://www.safepeircing.org), or the books "Modern Primitives" and "Return of the Tribal."

Remember, yes, it does hurt. After all, you are sticking a needle through various parts of your body but, once you've healed up, the rewards are well worth two seconds of pain!

I have taken the liberty of making a list for you of the only shops and piercers worth checking out in town. Call and/or visit these shops to see where you feel comfortable before you make your final decision.

Taylor and Tania at Body Temple  
107268 - 124 Street  
Phone: 454-5203

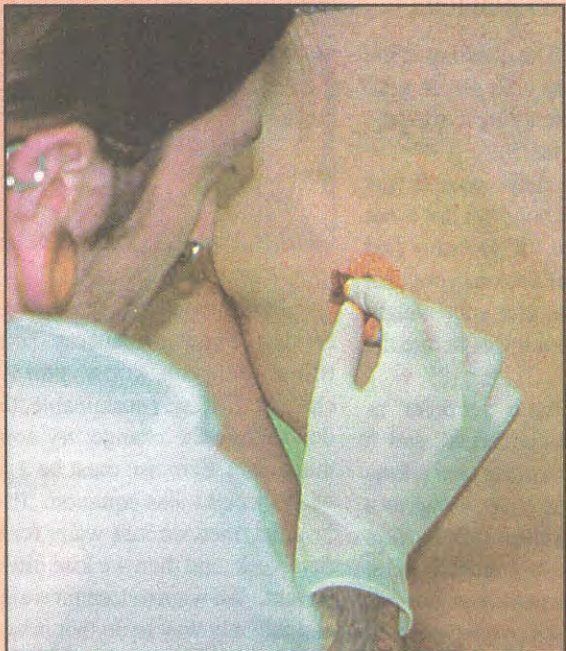
Corey and Aron at 3rd Eye  
7258-101 ave.  
Phone: 485-9546

Lisa at Ritualistics  
10627 - Kingsway Avenue

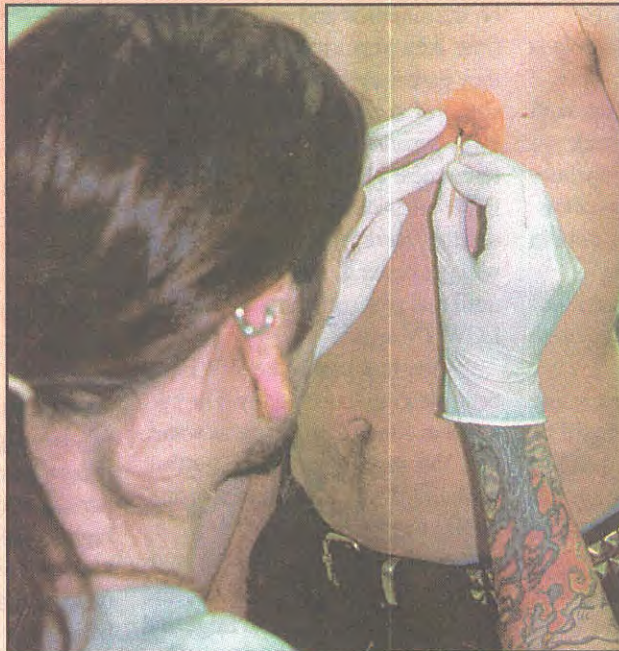


## Your Step By Step Photo Guide To Nipple Piercings

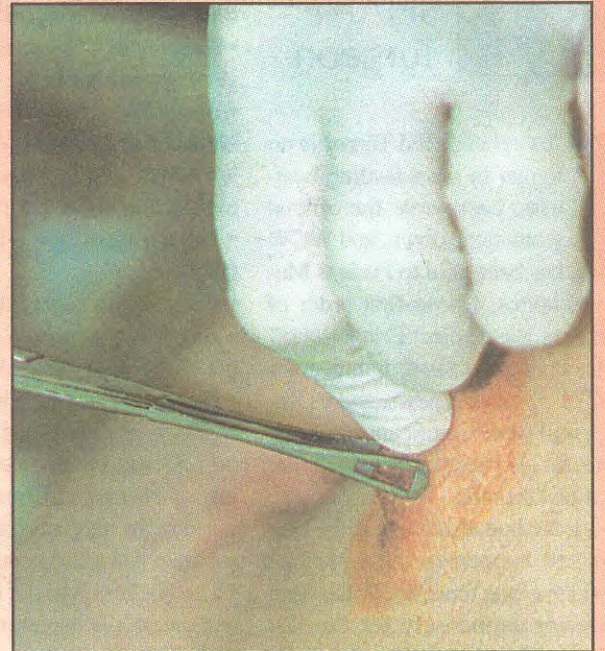
This is a comprehensive set of pictures detailing a nipple piercing procedure.  
The piercing was done by Taylor Bailey at Body Temple, and the piercing was done with a 10 gauge needle.



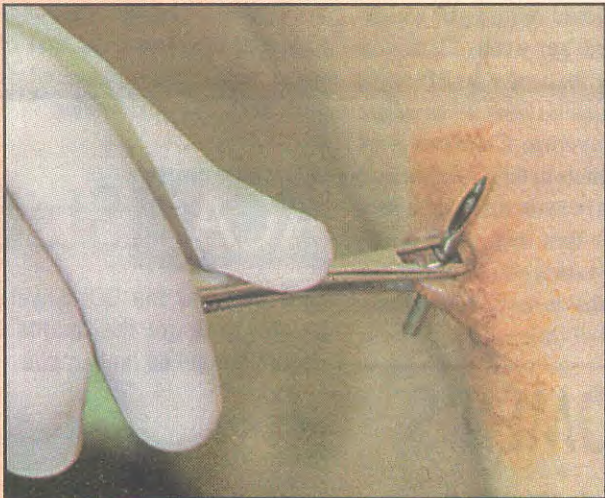
The cleaning.



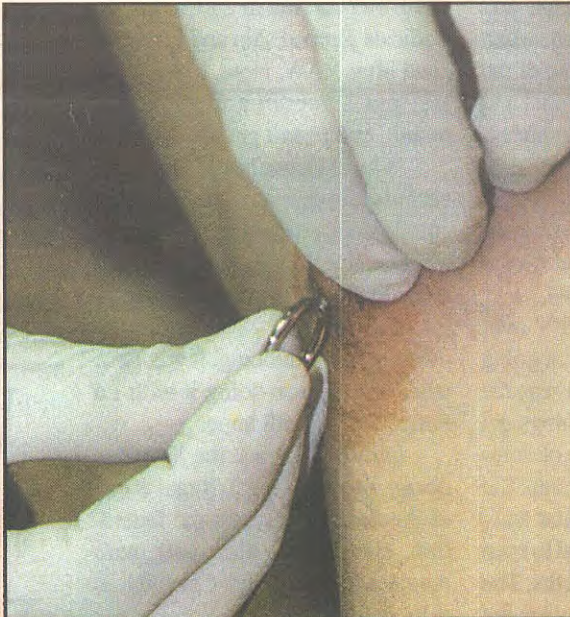
The marking.



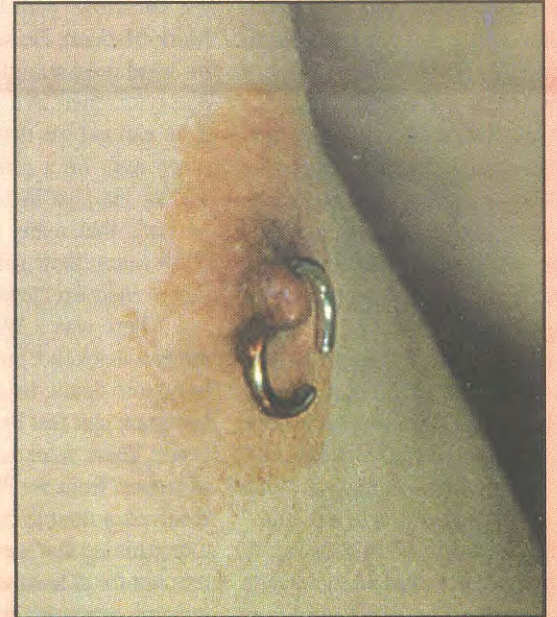
The clamping.



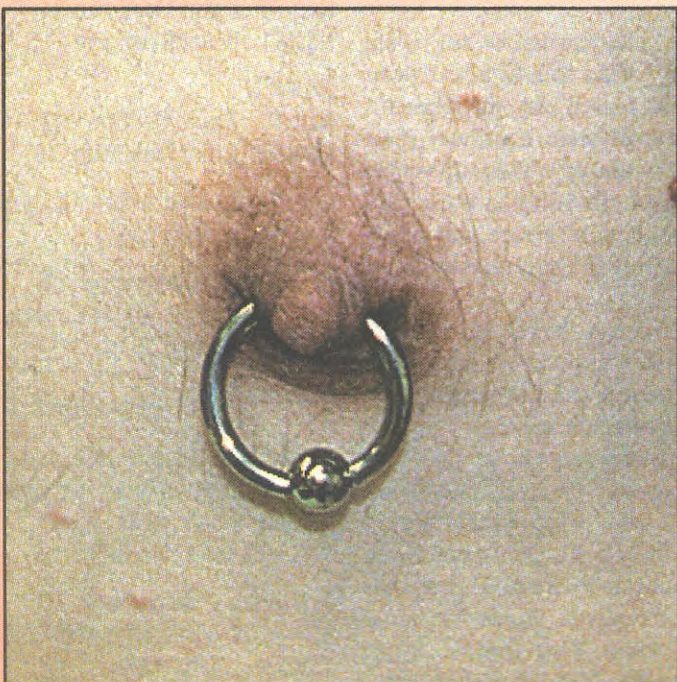
The needle has penetrated.



Inserting the jewelry.



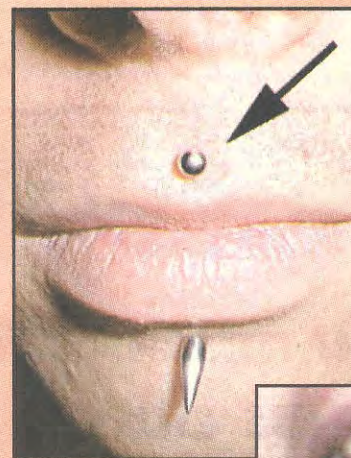
BLOOD!



The Finished Product!



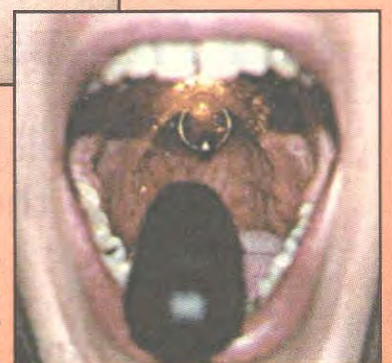
Ear Piercings



LEFT: Standard Medusa (upper) and Labret (lower) piercings

LEFT: Various Ear Piercings

RIGHT: The hangy down thing in the back of your throat.





# The Ringpost



SHANE  
Turgeon

**I**t's official. Ted Turner is no longer in the wrestling business. Last week, the official word came down, and WCW has been sold to Fusient Media Ventures, whose first order of business was to elect Eric Bischoff as the President of Entertainment for WCW. This is big news, and its impact will have significant ramifications for all wrestling fans over the next few months.

I, for one, think this is the best thing to happen to the wrestling world in a long time. WCW has been suffering immensely for the last year, and that, in turn, has led to the suffering of wrestling fans. The WWF has had no competition since the WCW crashed and their product has since become stagnant. When Eric Bischoff had control of WCW before, he brought them from the brink of disaster to actually having significantly higher ratings over the WWF for a long period of time. Eric knows wrestling, and now that he has full control over the WCW again, we can expect to see things change for the better.

Don't expect things to change right away though. Eric has stated that there are a lot of problems to be dealt with and that it will take some time before things get fixed. What does this mean in the big picture? Bischoff will take control of WCW and the talent and start to revamp the company. The WWF will now have direct competition again, and they will have to increase the quality of their programming. Wrestling fans will now have two high quality shows to choose from instead of one

mediocre show and one that just plain bites.

#### Things you can expect from a Bischoff-controlled WCW...

- Hogan will be back, but his role is yet to be determined.
- Bischoff has been in contact with New Japan Pro and with luck we will see the return of more Japanese high flyers and Mexican Luchadors.
- The wrestlers egos will be kept in check.
- Vince Russo is probably jobless.
- Bischoff will tighten things up to get things back on track.
- Turner will still have broadcasting rights so programming will still be on TNT and TBS, however the filming of Nitro and Thunder on the same night may stop and return to separate dates and venues.
- The bookers will not be wrestlers and the people in control will know wrestling.

Bischoff also commented on the situations with Scott Hall and Mark Madden. He says Hall, when his head is on straight, is one of the best performers in the business; and if he can get his demons in check, there may be a place for him in WCW. He also liked Madden, but he feels that many commentators don't know their roles, and that is where Madden currently sits.

There was a WCW PPV over the past weekend, but I'm not going to go into detail, because it was the last great shit fest before things get better. There were a couple of notes of interest from the PPV though. Sid received a double compound fracture in his leg that is expected to keep him out for at least six months. The mystery opponent in the main event was Animal from the Road Warriors.

The current situation with the ECW is worsening. At a recent house show, several ECW wrestlers

gathered in the ring at the end of the show and, to many fans, it looked like they were saying their good-byes. Lil' Spike Dudley commented on the situation and said that every time they perform in a new town, they gather in the ring, but this time some of the wrestlers got carried away because of the company's current woes. Most of the wrestlers in ECW are sticking by Paul Heyman, and they have high hopes that things will get better. I, for one, can't wait until this gets sorted out and we get ECW TV again.

**One last note** - the WWF has been sucking severe lately. The current storylines are as weak as water, and the wrong guys are getting pushed. When Austin was gone, HHH, the Rock, and Mick Foley carried the company, and the mid-carders like Angle, Jericho, the Hardy's, the Dudleys, and Edge and Christian, filled the gaps, creating consistently solid shows. I think of the WWF just under a year ago when there was no Austin and when the Radicals jumped ship and I was excited after RAW. Now, I feel like I just put something dirty in my mouth, and I can't get the taste out.

Why is Debra back? Oh, yeah, because she married Austin. Debra couldn't cut a decent promo to save her life, and her makeup is eerily reminiscent of Doink the Clown.

Kai en Tai? Please, please, please stop the dubbing. It was lame when WCW was doing it with La Parka, and it's still lame.

One good thing the WWF is doing - pushing Regal. Regal is one of the funniest guys in the federation, and having him work with Angle and Edge and Christian is solid gold.

The WCW sale will bolster the industry as a whole and will make the WWF pull up their socks. It's going to be a very interesting 2001!

## Bannert's Weekly...

# FITNESS FAQ



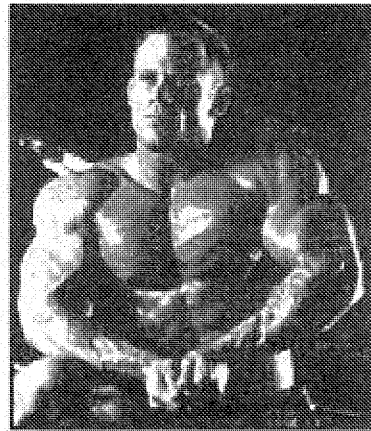
TRAVIS  
Bannert

**Moi:** Hey, John. The question of the week is, What are your recommendations for people trying to shed the holiday pounds fast?

**John:** Shedding those pounds that were put on over holidays fast is not a good idea. You will probably find that once you get back to your pre-holiday schedule that your weight will return to what it was before the holidays.

Your body has a "set point" as far as weight is concerned, and it takes a lot of overeating over a long period of time to change that to a higher level and, unfortunately, also to a lower level. If you want to reduce weight because you are too heavy, however, that is another story.

If it took you a number of years to put the weight on, then it will take some time to take it off. Realistically, we should reduce our weight by one pound per week. That will eventually become a lifestyle change, which is really what we are after. The average Canadian goes on thirteen diets in their lifetime and still ends up heavier than when they started their first diet. This is because they want a quick fix and not something that is sustainable over a long period of time.



Make small changes in your eating and exercise patterns - something that you know you can change. If it isn't sustainable, then don't make the change; try something else. Exercise must be a part of the weight loss equation. If we just diet, then we lose water for the first week, and then we lose muscle weight. We want to lose fat weight, and the only way to do that is to eat a balanced diet and burn more calories than we are taking in.

As for if it's easy to lose weight, no, it's damn hard and requires commitment, determination, and often some help from a registered dietician and a personal trainer.

## ACAC Stats

Last weekend the OOKS were in tough. Here are the results and upcoming games on campus...

### HOCKEY MEN

Nait 7 Sait 4  
Nait 1 Sait 5

### WOMEN

Nait 2 Mount Royal 4

### BASKETBALL MEN

Nait 76 Grant MacEwan 84  
Nait 81 Grant MacEwan 115

### WOMEN

Nait 45 Grant MacEwan 92  
Nait 56 Grant MacEwan 78

and here's what's coming up this weekend on campus...

**Thursday January 18**  
Basketball vs Red Deer College  
6:30pm (w) 8:30pm (m)  
Nait Gym  
\*\*TECH CHALLENGE NIGHT\*\*

**Friday January 19**  
Men's Hockey vs Briercrest College  
7:00pm Nait Arena  
\*\*Guaranteed Win Night\*\*

**Saturday January 20**  
Men's Hockey vs Briercrest College  
2:00pm Nait Arena

**January 19-20 (Friday-Saturday)**  
Badminton Interlock Tournament  
Nait Gym

## WOMEN'S VOLLEYBALL SECOND HALF BEGINS

**A**fter having the last month and a half off from regular season play, the Women's Volleyball team continues their quest for the playoffs this upcoming weekend, travelling to Caronport, Saskatchewan to face two strong teams from Briercrest and Medicine Hat.

This past weekend, the team played a couple of exhibition matches and enjoyed success, winning both of the matches.

After losing two players from the first half, the remaining twelve ladies have practiced and played extremely well, and it seems the team chemistry is the best that is has been all season. Look for strong play from Kim Bilida, Vicki Morrison, Tamara Schuurman, Breanne Moir, and Kerri-Ann Russell this second half that to lead the team to a playoff spot.

## CSW Registration

### Did you miss the Recreational and Fitness classes registration?

You can still join most classes by going directly to the class and speaking to the instructor.

If you have questions call 471-7713.





# Finger Eleven to hit Dinwoodie



KELSEY Farnalls

**A**fter their debut album - "Tip" sold more than 100,000 copies in the US and Canada and won them invitations to tour with the likes of Days of the New, Our

Lady Peace, Fuel, and labelmates Creed, Finger Eleven returned this summer with a new album, "The Greyest of Blue Skies." Described by Hit Parader as "having a special affinity for creating poignant and powerful rock messages," Finger Eleven revel in heavy-handed guitars and catching you off guard with their surprisingly melodic songs.

The certitude and raw power of their live shows became one of the Canadian band's trademarks, carrying them on a journey of non-stop touring for more than a year. After this extensive touring, Finger Eleven returned to the recording studio and, during the process, unexpectedly found themselves in the midst of self-discovery. The band went beyond just the lyrics and the music

on "The Greyest of Blue Skies." Everything from the album's title to the artwork were integral parts of the creative process. The new album is

The new album is a hook-heavy, loud, emotionally harrowing listening experience.

a hook-heavy, loud, emotionally harrowing listening experience. Moods sway from explosive rage to wistful introspection.

After changing their name from the Rainbow Butt Monkeys (releasing only one album, "Letters To Chutney," under this name) to Finger Eleven, they emerged as the buzz band from both Edgefest '99 and Summersault '00. Don't miss them when they return to Edmonton at the Dinwoodie Lounge for a night of layered, dreamy, dark soundscapes smacked awake by an explosive guitar attack. You can see them Friday, January 19th, and tickets are \$18.50.

## JOKE OF THE WEEK



DARIA Morgan

### How to Keep a Healthy Level of Insanity

1. At lunch, sit in your car and point your hair dryer at passing cars to see if they slow down.
2. Page yourself over the intercom. Don't disguise your voice.

3. Encourage your classmates to join you in a little synchronized chair dancing.
4. Put a garbage can on your desk and label it "IN."
5. Develop an unnatural fear of paper.
6. Reply to everything someone says with, "That's what you think."
7. Dontuseanypunctuationorspaces
8. As often as possible, skip rather than walk.
9. Specify that your drive-thru order is "to go."
10. Send E-mail to everyone in your program telling them that if they need you, you'll be in the bathroom.

# B.A.S.

DRINKING TEAM

## 2ND ANNUAL Hawaiian Hanger Banger

FRIDAY JANUARY 26, 2001  
11410 KINGWAY AVE.

**ONLY \$5.00**  
Beer and Highballs \$2.50 ea.  
Coolers \$3.00 ea.

*If your drinking, who's driving?*

### Boston Pizza

AMERICAN



# The Upset at the Powerplant



TRAVIS  
Bannert

**T**his past weekend, I attended the U of A's Third annual Battle of the Bands at the Powerplant. First, I'd like to note that the place was packed, and it was a treat. The bands came from varying types and styles of music. Judging for the show consisted of entertainers ranging from The

much more impressive resume than the young ska band Lost Action Heroes, but the latter were the obvious crowd favorite. Unfortunately, the crowd wasn't judging.

It was an excellent and diverse show, and almost all the bands showed definite original-



ity and strengths in their musical areas. The only thing wrong with the show was that it was a U of A event. Maybe NAIT should have a

battle of the bands. If you agree, please call the NAITSA office at 471-8855 and ask to be forwarded to Mike Anderson or Rob Ellis for an official request.



Bear's Park Warden to an entertainment writer for the Edmonton Sun.

There were five bands performing, but only four worth noting: "Lost Action Heroes," "MI5," "Portle," and last year's winners "Les Tabernacles." (Note: I forgot the other band's name). Both "Portle" and "MI5" had a very Canadian rock sound (always good). However, they did perform very different styles of music. "Portle" leaned more towards a Tool sound while "MI5" sounded a little like the Matthew Good Band. Surprisingly, MI5 performed an eerily good Foo Fighters cover (it was weird, it sounded like "Foo Fighters" were on stage).

The Lost Action Heroes easily had the most original set and sound compared to the other performers. Led by their charismatic frontman Julian, the band wowed the crowd with funky bass tones, excellent vocals, and an inspiring horn section. It seemed it was an easy win for the St. Albert band. Unfortunately, the judges felt Les Tabernacles were the better band. They must have been impressed with this band's hard, ripping, spitting, aggressive sound.

I have to agree on one thing, it was a winning performance, but their musical styling is an acquired taste. Les Tabernacles may have a

## HORRORSCOPES



DARIA  
Morgan

### Leo

(July 23-August 22)

Someone who you really dislike, who is arrogance personified, will be really nice to you. This is a good time to be afraid and make sure your alibis are in order.

### Virgo

(August 23-September 22)

Go to everyone you know and tell them you're terribly sorry. Then, give them a firm handshake and briskly walk away with no further explanation. If they question you on it later, deny ever doing such a thing and question their sanity.

### Libra

(September 23-October 22)

You will contemplate nothingness today, but somethingness will keep intruding upon your thoughts.

### Scorpio

(October 23-November 21)

It is a joyous time to vacuum. Yes, you'll have more fun than you can stand pushing that vacuum around. However, a short time from now, someone will steal your vacuum, and you will become heartbroken. Enjoy life while you can, is my advice.

### Sagittarius

(November 22-December 21)

Now is a good time to remember Einstein's advice, to make things as simple as possible but no simpler. That applies both to theoretical physics and, in your case, your sex life.

### If Today Is Your Birthday:

It is a good day to go out and play in the muddy, slushy snow. Or, at least, find some way of making squishy sounds and amuse yourself.

### Capricorn

(December 22-January 20)

You will be struck by an odd thought. Fortunately, it will only be a glancing blow and will do little actual damage to your precious head.

### Aquarius

(January 21-February 18)

Say something ordinary today but follow it with, "Get it?" with a big grin. For example, "I'm wearing shoes. Get it?" See who gets it. Avoid them.

### Pisces

(February 19-March 20)

You need to be more brusque to cut down on your interruptions. Stay just this side of gruff, however, and make sure you don't stray into crustiness.

### Aries

(March 21-April 19)

Two wrongs don't make a right, but three do.

### Taurus

(April 20-May 20)

This is a good time to remember your kinship with all living things - except fungus. There is no point in remembering your kinship with fungus, at least not today.

### Gemini

(May 21-June 20)

Try to be logical; it's your only hope.

### Cancer

(June 21-July 22)

You will discover a larger cosmic destiny! A television infomercial, a woman with large endowments, and an 800 number are somehow involved.

## CD review



CHANTAL  
Eder

### Fear Of Flying

Mya  
Interscope Records

“Whatcha gonna do when you can't say no, when those feelings start to show, boy I really need to know,” is the oh-so-familiar chorus to Mya Harrison's new hit single, "Case Of The Ex."

This honey is no typical pop diva, no Monifah, and no Alliyah. In fact, those two fall far behind, as Mya shows us in her newly-released CD, "Fear Of Flying." It's not your typical hip-hop album.

With a combination of hip-hop, r&b, pop, and even reggae, this album leaves you with nothing but surprises. Although Mya cannot be



categorized into one genre of music, this seems to be her best quality. Each song leaves your ears asking what's going to be next.

With the combination of her strong vocals and lyrics, Mya has definitely made this an album that will not be soon forgotten. Although the songs are geared towards females with the popular topics of love, relationships, and partying, Mya is able to give the

ideas a new twist. She takes the ideas and blends them into a groove - no sappy stuff, just good ol' dancin' music; something everybody loves.

Mya's album includes guests such as Beenie Man, who adds a taste of reggae to the song "Lie Detector;" Swiss Beatz; Lisa 'Left Eye' Lopez helps in "Takin' Me Over," which is a song about going out and having fun; and Wyclef Jean and Jadakiss add a little hip-hop to "The Best Of Me." Each artist is an excellent choice for this album. If I must recommend but one hip-hop album to start the year, this is it.



## Tutorial Services

NAIT maintains three Tutorial Centres where students receive assistance in a variety of academic areas. The centres provide tutoring on a drop-in basis at no charge to the student. Students must present their student ID card.

Students requiring more intensive tutoring may decide to hire a peer tutor through the Peer Tutoring service provided by Counselling Services, Rm 0-117, Main Campus.

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

### MAIN CAMPUS

Room: A-133

Phone: 491-3126

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

Friday: 7:00 am - 4:30 pm

### SOUCH CAMPUS

RoomS: Z205/Z207, 10330 - 71 AVE.

Phone: 430-5100

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

### PATRICIA CAMPUS

Room: P152, 12204 - 149 ST.

Phone: 453-5448

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

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

# Dude, Where's all the Praise?



SALLY  
Poulsen

**A**s the film year draws to a close and critics begin making up their top ten lists in anticipation of the Oscars, I find that one notable has been left out of contention. And before you scoff, you should see "Dude, Where's My Car?"

No, it's not going to change your view of humanity, nor is it going to offer the same visual stimulus as, say, anything you'll find on Bravo! at 3 a.m. However, as put so eloquently by my roommate upon

exiting the theatre: "I can actually feel myself getting stupider."

And WHOOMP, friends, there it is. While it doesn't meet the usual criteria for an award-winning piece of celluloid, "Dude, Where's My Car?" does evoke powerful emotions. For instance, rage, at the knowledge that you were forced to pay, like, \$13 to even get in the front door. Embarrassment at the fact that you enjoyed such a widely chided film. Awe at the range of the guy from "That 70s Show" ...from happy idiot to concerned idiot, and at his age!

Jesse and Chester are a pair of idiotic buddies who have some idiotic adventures with some idiotic folks. Along the way, there are bubble wrap jumpsuits, lots of booby jokes, and Andy Dyck in a cage. Three things that no other Oscar nominee will be capable of boasting.

So, suck it up, folks. Shell out your \$15 a piece and buckle in for the night. I have seen the light, and it leads you to a screening of "Dude, Where's My Car?"

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.

### A week at a glance...

Start End	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 7:45		Cardio Sculpt	Leg-o-mania		Aquafit
10:15 11:00	Swing into Golf			Swing into Golf	
11:15 to 12:00	Court Sports Badminton Volleyball	Court Sports Badminton Volleyball		Court Sports Swing into Golf Badminton	
12:15 to 1:00	Tai Chi Jurling	Total Core Power Swing into Golf Shate Improve	Power Yoga	Pilates	Power Yoga
1:15 2:00		Deep H2O Work		Deep H2O Work	
2:15 3:00	Swing into Golf				
3:15 to 4:00	Court Sports Volleyball Hockey		Badminton Volleyball		
4:15 to 5:00	Hockey Volleyball Aquafit	Hockey Volleyball			
4:30 5:30	Total Core Power	Hi/Low Energy	Taekwon Do	Hi/Low Energy	Ballroom Blitz
5:35 7:00		Karate ITKF	Tai Chi 5:35-6:35	Karate ITKF	
Run Dates	Monday Classes Jan 15th to Mar 26th	Tuesday Classes Jan 16th - Mar 20th	Wednesday Classes Jan 17th - Mar 21st	Thursday Classes Jan 18th - Mar 29th	Friday Classes Jan 19th - Apr 6th
Omit Dates	Mon Feb 19th	none	none	Feb 15th	Feb 16th, Mar 9th



## CD review

CHANTAL  
Eder

## Saturday People

Prozzak  
Epic Records

What's there to say about Prozzak's newest CD, "Saturday People?" You either like it or you don't.

This album is really that simple. Simon and Milo are the Prozzak cartoon characters produced by Jay



Levine and James McCollum of the Philosopher Kings. "Saturday People" is a follow-up to the adventures of their last album, "Hot Show." Their last album sold over 400,000 copies in Canada.

I can't say that "Saturday People" will meet with the same success, however. The new songs are similar to their first single, "www.nevergetoveryou." There is little music growth — same style, familiar sound. In all fairness though, I have to say that if you enjoyed their previous album, chances are you'll like this one as well.

A few good tunes are, "Be As," with lines such as, "Be as black as you want to be, as white as you want to be, as brown as you want to, don't let anybody stop you." This is a song telling you to be whoever you are and not be ashamed. "It's Not Me, It's You" is a fun song about relationships, and "Infatuation" is another upbeat tune.

If you don't take these two cartoon heroes too seriously, you'll learn to accept their style. Simon and Milo have been billed as Canada's first animated band of FUN! They, too, do not take themselves seriously and acknowledge that evolving musically is not their strong suit but, hey, that's beside the point. These two characters are here to give us a few laughs, make merry, and maybe even get us to shake our booties a bit. Overall, they just want to let people in on the fun they are sharing.

## RECREATIONAL CURLING

Interested???  
Join the Student  
Curling Club.

Curl every Monday  
4:30 - 6:30 at the  
Avonair Curling Club  
(across the street)

Great Price!!!

Only \$20 for the  
second semester

Questions: Call Jules at 471-8531 (S-105)



# FIND EXCITEMENT IN RESERVE

If adventure isn't part of your workday routine, find it in your spare time in the Army Reserve. Where you work selected evenings and weekends, challenging yourself, meeting interesting people, and earning extra income. Put some excitement back in your life. Join the Army Reserve. For more information, come and see us or call us at:

973-1777

CANADIAN  
ARMED  
FORCES



RESERVE



National  
Defence

Défense  
nationale

FIND YOURSELF IN THE ARMED FORCES RESERVE





Come one, come all! There's a Beer Gardens today (Thursday) at the Dock. Cheap beer, and cheap food. Can you ask for more?! See you there!

To all kick-ass students of NAIT, Finally, the BAS team has brought back the 2<sup>nd</sup> annual Hawaiian Hanger Banger! There are awesome prizes to be given away and cheap drinks all night long. Tickets are \$5 and can be purchased at the BAS office (T-114A) or from your favorite BAS member. Hope to see you out at the biggest party of the year on Friday, January 26, 2001! PS: Room Reps, you can pick up tickets to sell to fellow students! The BAS Members

Check out the new season of NTV starting February 10!

For those front page bum boys, Okay, no matter how drunk you were, we did not need to see that! PS: Curtis, we wish we were the elk! From, the Nauseous Girls

Dragon, Beefcake! Beefcake! Thanks for putting your Nuggets in my Nest not once, but twice last Monday. What more can I say than that? Feel free to take advantage of me and my discount anytime (hugs). PS: Just please stop throwing inanimate objects at my head or else I'm going to have to get nasty. Foxglove

To the curly, blonde-haired beauty (who works in E-106) and her beautiful, curly brown-haired friend (who works in the opposite office), I thought that you ladies should know why you exist on Earth. You two are here to put gomers (like me) back in our little corner of existence. You put us in place with your stunning looks by making us realize that we will never have a hope in hell with women like you. I have passed you hundreds of times in the halls, and you've never shot a glance over yet, when I see you, I can't help but stare. I am not a crazy stalker, just a guy who passes you in the hall. So, on behalf of all gomers on campus, thank-you for showing us our place. From, Blond Boy

To the light grey-hooded guy at the Nest from last week, I think I saw you again on January 15 at the Nest. You were sitting alone in the smoking section next to the wall around 2:25 p.m. You were in a dark grey/black hooded shirt this time. Was this you again? I walked by you in a navy blue hooded shirt and sat alone in the non-smoking section. I don't think I'd be one to warrant many second glances from people, but maybe you saw me? Anyway, when I did finally get the nerve to walk over to the smoking section, you were gone. I did see you back in the Nest about an hour later though. I was leaving with a friend of mine at the time and you were playing pool. Maybe it's for the best, as I have a bad case of shyness, unfortunately. If you have E-mail though... what\_a\_ruckus@hotmail.com. Nest Dweller

Slick Nick, You must think we're really stupid here at The Nugget. What're doing trying to write about yourself under another name? Here's a couple of hints for you the next time you try to submit something to us under a fake name (a) Change your handwriting so it doesn't exactly match your previous submissions to us and (b) Use a less ridiculous last name than "Mon-teeth." The loving Nugget staff

Rob Hansen (Pirate boy), Are you roaming the halls of NAIT or what? We think we've seen you, but it's been a lot of years - we're all grown up! So, if it's you, let's catch up and go for a drink at the Nest some time. Write us back. Sloth & Heaven

To Nest Dweller, I think you might mean me. The opportunity is all yours. Come by the Nest same time, any day. I'm there. If it is me you're talking about, come say "hi." I don't bite. Promise. Lonely gray-hooded Nest inhabitant

To Shane "Peanut Butter Buns" Turgeon, I love your wrestling column! You rule! Your number one fan!

To Gord the Marketing guy, You're such a goof! But the LAH rule!! From their biggest fans

To all the Nest girls, Your smiles brighten my day. Your bosoms make my pants sing. So when you're on your breaks, play with my ding-a-ling. Signed, THE BIG TIPPER

Kelsey, Your days are numbered, esteemed Entertainment Editor. If I were you, I wouldn't wear any short skirts or drop any pencils. From, Big D. Elk

Jenny Thornbird, It was amazing last weekend when I invited you to that orgy with my three other girlfriends. I couldn't believe how comfortable and proficient you were with your tongue action. I especially enjoyed your strap-on. Signed, Little Nick (who's Slick)

Sally Poulsen, Are you ever going to come to a staff meeting or what?! You don't call, you don't visit - we're beginning to feel a bit neglected here! What's more important, after all... quality time with us or working some night job? Your loving co-workers

For all the ladies out there, This is a message from a man you have strayed. Why does every woman have a problem? It's either a family issue, social problem, or you're just a bitch. I'm sick of all your games, it's immature and uncool how every girl I've ever met has a problem with complaining and has a horrible attitude problem. Signed, One of many mature men

## Classifieds

**FEMALE ROOMMATE NEEDED** as soon as possible or February 1, 2001, to share a big house! Rent is \$325 plus utilities and a \$325 damage deposit. House is a 5-minute walk from NAIT and includes a washer/dryer, gas fire-

place, gas stove, newly painted bath/shower, a large room, lots of storage space, and more. I can also share my computer. If interested, please phone Cindy at 428-5222.

Due West Student Painting currently requires managers for summer 2001. Managers receive quality training and support. Above average earnings of \$8,000 to \$20,000 and invaluable management experience. Call 1-800-585-8666 TODAY.

**FEMALE ROOMMATE NEEDED** to share 3 bedroom west end condo. Rent is \$350 a month and \$200 damage deposit. Available February 1, 2001. Call 619-0511 as soon as possible.

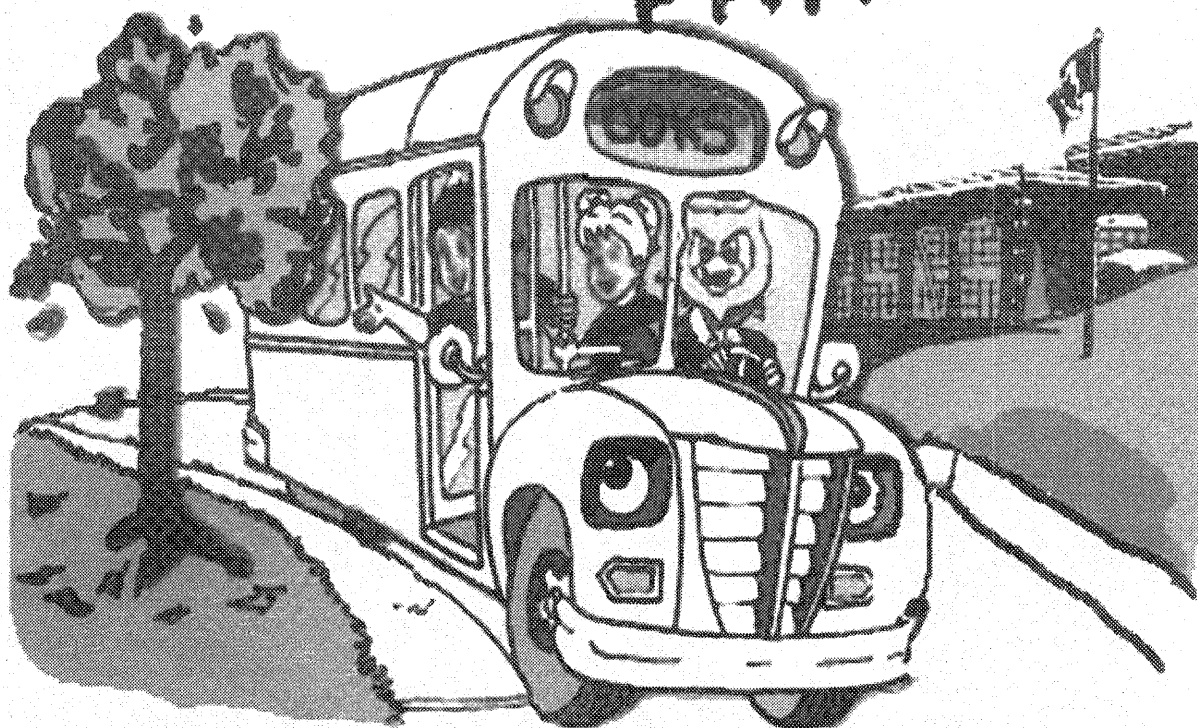
**RUGBY ANYONE?** Men and women required for The Clansmen Rugby Club's ongoing programs. No previous rugby experience required. The Clan Clubhouse and Fields are nearby at Airways Park (behind the RCMP building). For information call 476-0268.

## Help with Business Start-up or Expansion

You can start or expand your business with effective support. Business loans and coaching are available from the Jump Start Program for 18-29 year old entrepreneurs. Free information session Tuesday, January 16, 5 p.m. To register or for more info please call Maria at 423-9517.

# The Magic School Bus

FAVOUR



Purchase tickets at the NAITSA Office (E-131)

Only

\$10

Thursday  
January 25 • 2001

## TRIP INCLUDES:

- Trip to and from Red Deer College to watch our Hockey OOKS kick Red Deer's ass
- After game party @ Mort's in Red Deer (it's Ladies Night)
- Some refreshments on the bus (the bus is licensed)



## Comeau's Cuisine



CURTIS  
Comeau

**T**his week's featured restaurant is a little closer to home – The Nest. Not to be confused with the Nait Dining Room, The Nest is located just a hop, skip and jump away from the hockey arena on NAIT's main campus.

Serving up a wide array of bar/pub food, The Nest is the perfect place for any student to have lunch. Specialties include the biggest

burger I have ever seen The Mega Ook Burger (5.95), Grilled Chicken Filet (5.25) and a filling Beef Dip Sandwich (4.95). Thanks to manager Craig King's timely menu change The Nest now offers several new items including two new wraps (chicken ceasar and clubhouse).

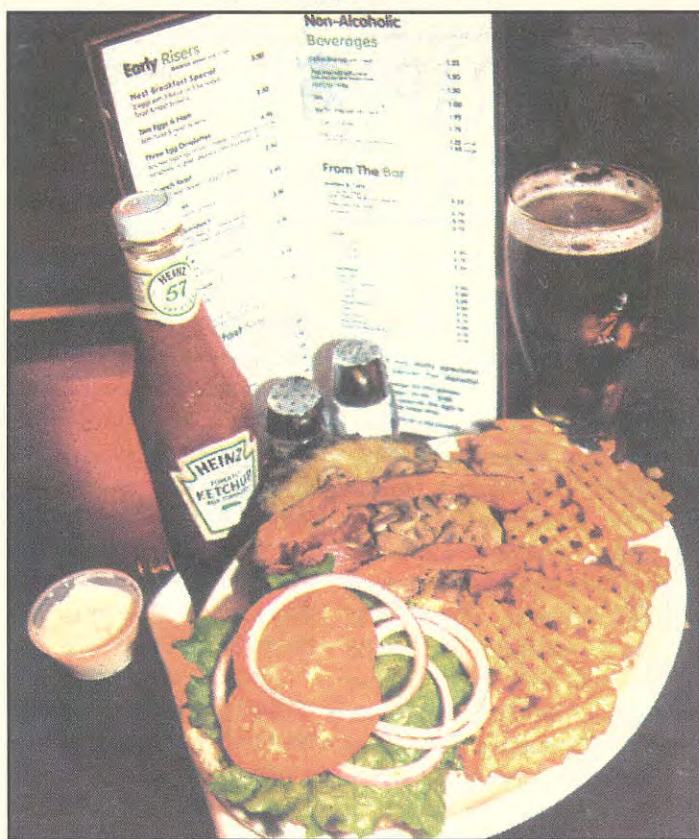
If you're like me and often forget to eat breakfast before you leave home in the morning, then let The Nest feed you to the most important meal of the day. Breakfast runs till 11am and features 9 choices ranging from a BLT Bagel (3.25) to the classic Breakfast Special- eggs, sausage, hash browns and toast (3.50).

Although at times the music is played a bit too loud, the two-room floor plan is well laid out. In the main dining room seating is rarely a problem, and tables are movable

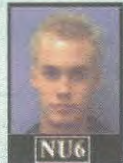
for groups that are larger than four people. While waiting for your meal to arrive, head over to the games room and play a game of foosball, pool or air hockey.

Take it from someone who has been doing restaurant features for a long time, The Nest is a quality diner that gives students the chance to enjoy a quality meal at an even better price. There are also daily specials, my personal favorite is .25 cent Wing Wednesdays. So go on, take a break from brown baggin' it and head down to The Nest for breakfast, lunch or dinner.

**The Mega Ook Burger with Cross Tracks fries at The Nest**  
PHOTO CREDIT: RoKHauS



## Mr. & Miss Nugget



NU6  
STEVE Vigar

**Steve's Miss Nugget**

CHANTAL

**Chantal, 18, enjoys partying and roughing it up on the rugby field.**



AMY Senecal

**Amy's Mr. Nugget**

KEVIN

**Kevin's ultimate goal is to become the VP of Promotions for the WWF.**

