

WIDE MOUTH MASON "OUT" WATCHMEN "IN" FOR SPRING FLING SINCE 1963.

THE NUGGET

Thursday, March 29, 2001
Volume 38, Issue 22

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA



MIB and Sam.tif - "The NAITSA Men In Black with NAIT President Sam Shaw, seen here thumbing the sweet \$2.5 million donation."



SALLY 'Poulsen

Last week, the Students' Association handed over a whopping \$2.5 million dollar gift to NAIT.

The money is part of NAIT's Opening Doors Campaign. The campaign, which can be read about at <http://www.nait.ab.ca/thenaitcampaign>, hopes to raise upwards of \$14 million dollars, which will be applied towards Student Awards, Centres of Welding Tech and Chemical Studies, and the currently-in-construction Information and Communication Technologies Centre.

The new ICT Centre, scheduled to open next fall, will receive \$1 million dollars of the donation. The Centre is expected to increase NAIT's student population by 11 percent and will replace the now outdated and wheelchair inaccessible Westwood Campus.

NAITSA's mammoth donation was made possible by the 15-dollar building fee included in students' annual Students' Association fees. Past NAITSA fundraising went towards the construction of the South Learning Centre, home of the Shaw Theatre and the bookstore.

NAITSA's Tuesday donation is the largest student gift in Alberta's history. To-date, NAIT's Opening Doors fundraising efforts have amassed in excess of \$10 million dollars.

Have We Started a Trend?

The University of Western Ontario's Campaign Western is also in the midst of a fundraising blitz: a \$10.5 million dollar fundraising affair, to be exact.

Members of the University Students' Council, the Society of Graduate Students, and the MBA Association are behind the efforts. Members are being asked to make a voluntary \$50 dollar donation to support a fund solely for Student Endowments. Campaign Western ends in May 2004.

Mighty Lord... Shane?

Labatt's Out of the Blue Presents the Stanley Cup Live



TRAVIS Bannert

Notified only a few hours in advance of the cup's arrival, students were soon clamouring in the hallway in front of the NAITSA offices. Our own Shane Turgeon took time out to pose with the mightiest of all silver goblets, the shiniest of all hockey trinkets, the god of all sporting trophies... Lord Stanley's Cup.

The announcers at this prestigious event saw Shane's devilish demeanor and immediately stood vigil near the cup, making sure to pounce if given a reason. One of the Cup guards told Shane that he bet-

ter not raise the cup over his head. Our rebellious Features Editor took this as a challenge to his manhood. He then proceeded to pick up the mighty cup and bash every guard in sight. After incapacitating the over compensating attendees, Shane then straddled the cup in defiance.

NAITSA's new Activities VP Jason Anderson was deeply hurt by

the act and, with tears in his eyes, proceeded to try and melt the violated cup with a cigarette lighter. See, Jay had hoped to drink Labatt beer (wink, wink) out of the Canadian shrine later that night.

PS: Shane is on hiatus from working at The Nugget starting next week, with his case being tried at the next General Council meeting.



Shane paying his respects.

The Future's So Bright...

New Developments Happening at the Nest



DARIA Morgan

The Nest; it is a place that every NAIT student has either heard of or seen, regardless of what campus they attend. For those who attend NAIT's main campus, it is home to many before classes, in-between classes, after classes, and at the end of a weekday. Providing solace and entertainment to hundreds of NAIT students each day, it is a place that is hopping even at the least busiest of times, which is few and far between.

Well, all this is about to change, and only for the better.

Announced at the most recent General Council meeting, the Nest is going to be undergoing some

...if a person orders liquor before 3 p.m., they will be restricted to a two-drink maximum, and no shots nor doubles will be served before 3 p.m.

changes in the summer, with the most prominent of the changes being its hours.

Currently, the Nest is open from 7 a.m. to 10 p.m. from Monday to Friday. As of September 1, 2001, however, the Nest will be open from 6 a.m. to 12 a.m. from Monday to Thursday, 6 a.m. to 2 a.m. on Friday, from 12 p.m. to 2 a.m. on Saturday, and from 12 p.m. to 12 a.m. on Sunday.

When asked why the Nest has decided to undergo a change in its hours of operation, manager Craig King had this to say:

"The Nest is a busy place during the week no matter what time of the day you go. Currently, a lot of the students are complaining that, during the week, we are either not open early enough or late enough, so this was something we were look-

ing at changing anyway.

As for the new weekend hours, based on the amount of revenue we pull in during the week, we thought we would give the weekend a shot and see we can make even more money. The weekend hours will be on a trial basis, and if this does not pan out, then we will go back to being a weekday-only place."

To promote its new hours, the Nest will be having a theme night for every night of the week:

Monday: Open stage night for those students wanting to showcase their musical talent.

Tuesday: Lady's night, featuring male entertainment for the ladies.

Wednesday: Comedic showcase.

Thursday: Men's night, featuring female Jell-o wrestling.

Friday: Karaoke night for those brave (and drunk) souls out there.

Saturday: DJ stylings of students from NAIT with space cleared out for a dance floor.

Sunday: Open games night, featuring tables of various card games and RPGs.

The Nest will also be undergoing another change, which will take effect April 2, 2001 – just in time for exams. Currently, the Nest does not serve liquor before 3 p.m. This will be changing to 12 p.m. This change comes in an attempt to generate even more revenue during the current weekday hours.

Craig King does warn, however, that if a person orders liquor before 3 p.m., they will be restricted to a two-drink maximum, and no shots nor doubles will be served before 3 p.m.

So, as the school year winds down, the Nest gears up. As of April 2, 2001, the beloved campus bar will be undergoing its first of many new and exciting changes, and one cannot help but be excited. If you would like more information on the changes that will be happening, you can either call Entertainment and Marketing Manager Mike Anderson at 471-8855 or visit the NAIT website at <http://www.nait.ab.ca/naitsa/nest>.

Also, if you have managed to read this article to the very end, now would probably be a very good time to inform you that everything you just read is entirely 100 percent untrue. Happy April Fool's!

Typesetter Receives Honorary Juno Nod



SALLY Poulsen

Kat Benson is known in these parts more for her grammatical and word processing skills than anything else. However, the Canadian Academy of Recording Artists honored her this week with the first ever "Canadian Female Rap" award.

Benson pioneered her own brand of "urban prairie poetry" in the mid-eighties. Her 1982 album, "Livin' in Calgary Without a Rifle or a Pickup," is widely regarded as the first major Canadian Rap Album. It was disregarded by the Academy, though, due in large part

to the controversy caused by its lyrics.

"Western Canada's got it's own special stench/and sorry FLQ, out here we don't speak French/still the man keeps me down/that's right RCMP/why you lousy pigs always hasslin' me?"

"Livin' in Calgary..." was pulled from record store shelves in Saskatchewan and Northern Manitoba due to its explicit and graphic nature. Benson's follow-up album, 1986's "All I See is Goddamned Wheat," chronicled her experiences as a young farm girl in Plunkett, Saskatchewan. Once again, Kat's edgy lyrics and provocative style were deemed too much for many Canadian Record Stores.

Yesterday's award reception raised a few eyebrows. In honor of Benson's latest effort, "Why I Went Down on Pierre Burton," and her history as a groundbreaking Canadian Artist, Kat received the first-ever Canadian Female Rap award

from Maestro Fresh-Wes.

"I'm truly honored and moved. I've felt the need to hide this part of my life for so long... but this makes me feel like I've accomplished something to be proud of. Thank you, Maestro Fresh Wes. Thank you, Academy!"

Benson will be signing copies of her albums Sunday, April 1, in the South Lobby.

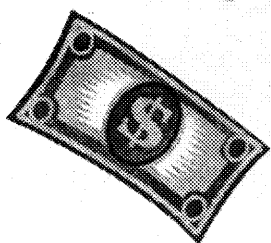


CAMPUS **READS & NEEDS**

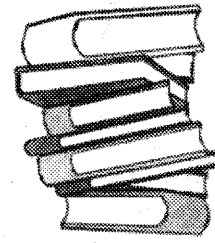
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LITTLE CAMPER!



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9:00 a.m. to Close



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* Not all books are bought back. Please note that if your book is not on the buyback list today, it could be bought back later. The buyback list is updated daily as instructors bring in their text requirements for the coming semester.

Odds & ends



DARIA Morgan

A Different Kind Of Education

In Kenosha, Wisconsin, a third grade class at Roosevelt Elementary School saw a different kind of bone when their teacher turned on the VCR to continue showing her students a video about dinosaurs. Instead of the dinosaur video resuming, however, a pornographic movie filled the screen for about 15 seconds before the teacher could turn it off. It turns out the school janitor used the video machine to show himself the porn and accidentally took home the tape on dinosaurs instead.

Hugging Is Bad For You In Minnesota

School administrators in Pequot Lakes, Minnesota, are cracking down on students at schools for giving each other hugs. They are deeming hugs as being an "unnecessary greeting," claiming it changes the atmosphere in school. One 12-year-old student was quoted as saying that hugs are how "people express their feelings" and that it "makes people feel better." If a teacher in the Pequot Lakes school district catches a student hugging another student too often, however, they have orders to send that student to detention.

A Cheesy Story

A 51-year-old man flying from Mexico to Oregon was caught trying to smuggle a .22 caliber handgun in a block of cheese.

Whilst going through a security checkpoint in San Francisco, security officers asked the man if there was any metal in his bag. At first, the man denied it, till he realized the x-ray machine revealed the handgun. He then told them, "Ooooooh, I forgot. There's a little .22 in the cheese." The gun apparently went undetected on the first leg of his flight from Mexico to San Francisco.

Breast Baring Charges Dropped

The police department in New Orleans, Louisiana, has announced they will not be pressing charges against the women they picked up for exposing their breasts at Mardi Gras. Last year, officers couldn't keep up with the carnival flashers when a crackdown on breast baring was ordered. At Mardi Gras, it is customary for a woman to bare her breasts in exchange for beads from admiring men. In a statement released to the press regarding the about-face in pressing charges, police superintendent Richard Pennington said in regard to next year's Mardi Gras, "Have a good time, but please don't overdo it."

Stupid Headline Of The Week

A headline in Reuters earlier this week read as follows: "Parachute Accident Mars Coleslaw Wrestling."

The New "Bite Me" Theme Park

A \$60 million dollar theme park, to be named Dracula Land, will be opening in Transylvania in summer 2002. The new park has the backing of the Romanian minister of tourism and is said to be inspired by

Bram Stoker's legend of the 15th century Prince Vlad, otherwise known as Vlad the Impaler. While no other details have been released about the park, it is rumoured the specialty drink will be called a Bloody Vlad, which is made of slivovitz and tomato juice.

What Would You Do To Survive?

A survivor from an illegal migration boat that crashed and drifted for three weeks in Caribbean before it was found says that himself and the other castaways had to resort to cannibalism to survive. The ship originally left La Romana en route to Puerto Rico when an onboard engine died. The boat, carrying sixty passengers, then drifted till it eventually crashed into a coral reef off Haiti. Without food and water, only a total of three passengers survived. The survivor earlier mentioned in this article, 19-year-old Carlos Pinacles, told reporters, "Every night, someone died, and in the morning, the others would cut them up."

You Know You Have Too Much Money When...

Celebrities Steven Spielberg, Oprah Winfrey, George Lucas, Martha Stewart, and Ted Turner are among the more than 200 victims of what is being described as the largest identity theft in Internet history. Reports say the 32-year-old perpetrator from Brooklyn, New York, used the Internet to open fraudulent brokerage accounts and steal millions of dollars from people listed by Forbes magazine as the richest people in America. The suspect was arrested by New York City police following an E-mail request to transfer a large sum of money from a Merrill-Lynch brokerage account.

Down And Dirty Politics

If you thought the US and Canadian elections were slanderous, the run up to the British elections makes the Americans and us look like saints. The ruling Labor party in Britain has produced a horror video spoof that depicts Tory leader William Hague as the son of Satan. The video opens up with shots of Margaret Thatcher and a commentary condemning her economic policy. Although she has now departed, the commentary warns, "They forgot one thing - there was a son." Conservatives are not commenting on the video, which Laborites say was meant only for the activists.

Humans Aren't The Only Ones Faking It

Swedish scientists have announced that, after watching 117 pairs of trout mate, they have concluded the female brown trout regularly fakes orgasms. The female trout deceived the males on 69 occasions; the more orgasms the female trout faked, the more males would have deposited sperm when she finally released her eggs. Scientists are calling the fake female trout orgasming an "insurance policy against male infertility."

It Pays To Report Crime

Seven Colorado residents who tipped off authorities to seven escaped Texas convicts became \$425,000 richer last week. The seven residents received the money from the Irving, Texas, police department in a private ceremony in Colorado Springs, at which five of the residents asked to remain anonymous. The residents will also receive another \$98,000 if six of the inmates are convicted in the slaying of an Irving police officer. The seven convicts escaped a maximum security prison in South Texas on December 13, 2000, and then killed an Irving, Texas police officer during a robbery on December 24. After appearing in an America's Most Wanted episode in January, six of the fugitives were captured in the Colorado Springs area because of

the tips of the seven residents. The seventh fugitive committed suicide before he could be found.

On The Other Side Of The Coin

A London court convicted an 18-year-old girl of rape in her role on the attack of a 37-year-old woman. The 18-year-old is believed to be the youngest of the few women ever to be convicted of rape in Britain. On July 22 of last year, the 18-year-old punched the victim in the face and then helped hold her down as she was gang raped. Among the rapists were a 15-year-old boy and an 18-year-old youth. They were apparently cheered on by a group of fourteen other people, of which one member was only 12 years old. Since 1997, only fourteen women have been charged with rape in London, and even fewer convicted.

The Girl Scout Makeover

The Girl Scouts of America are changing their uniforms to attract those people to their organization who thought the uniforms "weren't cool." So, now gone are the pleated, knee-length skirts, leggings, and striped blouses. In its place are now uniforms that include khaki miniskirts, parachute cargo pants, light blue polo shirts, fitted blouses, green (with a yellow stripe) hooded and zipped-up sweatshirts, and bucket hats. Spokeswoman for the Girl Scouts of America, Alexis Ranniar, says the number of 12- to 17-year-old girls joining the Girl Scouts has been on a steady decline. When trying to get a feel for the slow growth in membership for the older girls, she was told that it was because the uniforms weren't cool.

Do you have any questions, comments, or suggestions for my Odds & Ends column or any of the other columns I write? If so, please E-mail them to me at virgin_state_of_mind@hotmail.com.

Crime Stoppers Tip of the Week

What to Do if You are Assaulted

If you are assaulted, you will face a number of painful emotions. Victims often feel fear, confusion, anger, embarrassment, disgust, and guilt. It is important to remember that you are not to blame; the only guilty party is your assailant. Here is what to do immediately after an assault (as suggested by Alberta Justice, Public Safety Division):

- Call the Police - prompt reporting will help them obtain evidence, and they will help you get the assistance you need. If you feel uncomfortable, ask that a friend or loved one be with you.

- Don't bathe, change, or dispose of your clothes. Such actions may destroy evidence that could convict your attacker.
- Do not consume any alcohol, drugs, or medication.
- Go to the hospital for a medical examination. You will be asked to give your name, age, and details of the assault. You may ask that a friend be with you throughout the physical examination.
- You may also want to call a sexual assault center. Trained counselors can provide you with emotional support.
- Write down everything you can remember about the incident as soon as possible. This information could

be vital and should be kept for court evidence. Use the following checklist to record all you can about your assailant.

Suspect Identity Chart

- Age
- Type of hair/color/cut
- Beard/moustache
- Complexion
- Weapon
- Shirt, coat, trousers
- Method of escape/direction
- Height/weight
- Eyes/eyeglasses
- Visible scars
- Shoes
- License plate
- Vehicle description

If your case goes to court (not all do), you will be treated as a witness for the Crown. This may involve one or more meetings with a Crown attorney. You may have someone with you during these interviews. Your case may take several months to go to court.

You may also consider a civil lawsuit, which can be started before or after criminal proceedings. Obtain legal advice if you wish to pursue this course of action.

You Are Not Alone

Family or friends may be eager and able to help. There are also many trained professionals who can offer emotional support and counseling. Know that help is available. You do not have to deal with assault alone.

**EXTENDED HOURS
FOR THE PROJECT
FACTORY AND
MCNALLY LIBRARY**

**SATURDAY, APRIL 14, 2001
10:00 AM - 10:00 PM**

**SUNDAY, APRIL 15, 2001
10:00 AM - 10:00 PM**

**SATURDAY, APRIL 21, 2001
10:00 AM - 10:00 PM**

**SUNDAY, APRIL 22, 2001
10:00 AM - 10:00 PM**

Everybody Wins!



KELSEY Farnalls

Well, folks, it's nearing the end of the school year — hooray! To celebrate, NAITSA is holding another contest. It's the biggest contest this year, if not in the history of NAITSA contests, so read carefully to see how you can win one of the many incredible prizes...

Basically, everyone who participates in this contest wins something, and the worst prize you can win is a gift certificate for \$50 to Boston Pizza. The best prize is a new car — one of those Aztec sport utility vehicles. Prizes in between consist of other gift certificates, the largest of which is a \$1,000 gift certificate to all stores in Kingsway mall. Talk about a shopping spree!

Other prizes include a Toshiba laptop computer, an all-expenses

paid trip to Mexico for a week, a one-year supply of Molson beverages, and the list goes on and on and on. There are lots of prizes, so be sure to participate.

Here is what you need to do: Rent the movie "Rocky Horror Picture Show," and then dig through your closet or go to Value Village and find the best costume you can to match one of the following: a French maid, a transvestite, a boytoy in a silver speedo, or any other of the main characters from the movie.

On Monday, wear the costume to school and head down to the NAITSA office or the Nugget office at around 3 p.m. Everyone who comes down gets a prize. The best costumes will be judged to determine who gets the first place, second place, third place, fourth place, and runner-up prizes. Walk away with your loot.

That's it. Simple contest, and everyone is a winner. You have the whole weekend to get your costumes together. Good luck!

And if you actually do show up on Monday in a Rocky Horror Picture Show costume, then you obviously didn't read to the end of this article, because the joke's on you! Happy April Fool's!

Britney at the Nest!!!!

EDWARD Brock

NAITSA has given yours truly, Edward Brock, the announcement of the century. Pop star Britney Spears will be bringing her brand of insightful pop music to NAIT's very own Nest student lounge!

According to industry sources, Britney desperately wanted to play in Edmonton, but she wanted to give local fans a more intimate performance. Several smaller venues in town were vying for the show, but after quietly visiting the Nest two weeks ago, Britney decided that that was where she needed to play.

And play she will. Spears will headline the show

that also features rock icons Twisted Sister on September 12 - just in time to usher in the new school year. Excited fans won't have to wait long for tickets, because they will go on sale next Monday at the NAITSA office at 9:30 a.m.

NAITSA President Mick Beale stated, "After all this hard work, it's finally paid off. I just can't believe it, and neither should you."



Do you think your technology is the toughest?
The fastest or the smartest?

Find out in **nr2** and NAITSA's first annual

TECH CHALLENGE

Two representatives from 16 of NAIT's technologies will compete head to head to put their names on the trophy and claim the grand prize of 2 DVD players from NAIT's Tech Store.

Date	Time	Event	Location
March 26th	11:30-1:30	LaserQuest Quickdraw	V137
April 3rd	Noon - 1	Foosball Tournament	The Nest
April 5th	?	Mystery Event	?
April 12th	5:00-8:00	Pool Tournament/Wrap-up Party	The Nest
LaserQuest	The Tech Store	LG Electronics	

STUDENT - STAFF

FUN CURLING SPIEL



APRIL 2, 3, 4, 2001

@ the AVONAIR Curling Rink

3 Events

- ✓ ENTER: ASA TEAM OR INDIVIDUALS (state position - Lead, 2nd, 3rd, Skip)
- ✓ DRAW WILL BE MADE FOR TEAMS
- ✓ 8 END GAMES

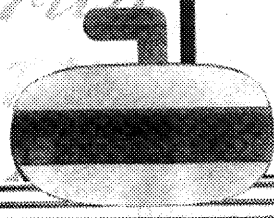
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Geado's Corner



DON
"the
Geado"
Gray

That's it. I have had enough of the abuse.

Collectively, the Geritol Generation is being accused of 'overachievement.' It is time to get our canes and walkers together and protest! Let's link our frail arms and block the doorways of NAIT, demanding an end to the madness.

Flooding the main office with a gaggle of chanting wild-eyed and toothless mature students will have those big wigs singing a different tune. We can blind them with the florescent light reflecting off our collective baldheads, stab them with sharpened rat-tailed combs, and then beat them with full Geritol bottles.

That will make them sit up and take notice.

What exactly does overachievement mean? According to the 1998 edition of the "Canadian Oxford Dictionary," overachieve means to "...do more than might be

expected (especially scholastically)" and "...achieve more than (an expected goal or objective etc.)."

Plain and simple, we are being accused of not having a life. Because we are more "mature" and don't partake in the 'bar-scene' like we did in our youth; we must suffer a stereotyping label. Because we want to make the most out of our second chance we are saddled with an additional burden. Because the consequences of failure are more pronounced for mature students, we are branded as 'overachievers.'

It's time to fight back. Sit-ins and hunger strikes along with protest marches, pep rallies, protest songs, and eye-catching slogans are the order of the day! We must put a stop the rape of our right to achieve as we see fit.

We need a volunteer, a leader, to focus our efforts, stir our sense of fairness, and pump the rebel blood through our cholesterol encased veins. Could you be the one?

I would offer, but I need to finish my homework and study for next week's quiz.

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& Student ID Number

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Sorry For Nothing...



**KENNY
Total**

*"Sorry I let you down." -
Rahim Jaffer, Alliance MP*

Well, let me tell you, Mr. Jaffer, you sure don't have to apologize to Kenny Total. Nope, you don't have to apologize because you didn't let me down. You let down people that had voted for you. You let down people that supported you. You let down people who had confidence in you. You let down people who had respect for you. Let me assure you, I am not one of these people.

I would like for you, the average NAIT student, to go for a ride with yer pal Total in his DeLorean. Set the computer to November 9, 2000. Check the Flux Capacitor. Did you buckle your seat belt? Well then, let's get this bad boy up to 80mph and go back in time!
POOF!

Well, here we are back in November 2000. Remembrance Day is in two days, and we have a Federal Election coming up in a few short weeks. Oh, and what's this? It's the November 9, 2000 edition of the NAIT Nugget. Let's flip to the best part of the paper - my column. In this edition, it was called, "Be Careful What You Vote For."

Gimme a second, I gotta read what it was exactly I said, why back when. Oh, I see. I said that George Dubbu and, more importantly, good ol' Stockwell Day were maybe too good to be true. I also cautioned each and every one of you to cast your vote carefully. Very interesting. Let's get back in the car.

Now we're gonna go 24 hours into the future. November 10, 2000. But instead of hanging out at NAIT, let's cruise on over to my pad. Come on up and sit on the couch while I check my E-mail. There's beer in the fridge. Help yourself.

Oh, what's this? What do I have in my 'in-box'? I have E-mail from my editor Sally Poulsen. The E-mail says that Rahim Jaffer's office called, and they were not impressed with my article. Not only that, they want me fired! "Worry not," the E-mail continues, "Curtis (the Editor-in-Chief) isn't going to fire you. You're simply suspended until after

the election."

I think that we've been slumming for long enough in the past. Get back in the car, 'cause we're going BACK TO THE FUTURE!
POOF!

How did the events of November 2000 make me feel? Vindicated! I had just written an emotional and moving article warning you, the unwashed masses, that even though the CRAPP (insert feces joke here) is a good lookin' alternative to the Liberals, there might be some crazy communist blood flowing through the party's veins.

I was pumped. I wanted to call the Sun, the Journal, ITV, CBC, CFRN and anyone that would listen and tell them that Rahim Jaffer, on his own or with the support of his national political party, had just called a STUDENT NEWSPAPER and censored one of their articles. Then what happened? I got a cease and desist from the Nugget. The Nugget didn't think that they should push their luck by letting me play with the Alliance party.

And, foolishly, yer pal Total listened to them.

Now, the events of November have taken their place at the back of my mind along with everything else I learnt in high school ('cept for the War of 1812 where we whipped the Americans' asses). That is until last week. What happened last week?

I'm cruising down 112 Avenue, listening to Drive Time with Matt and Jake, except Matt isn't Matt and Jake isn't Jake. The two phonies are apparently speaking with Prime Minister Jean Chretien. Oddly enough, the PM sounds oddly like the missing Matt. What is going on with the people in my radio?

After the commercial break, the real Matt and Jake are back, and all is right in the Universe. Then, in a message I'm sure was meant directly for me, I heard the news about Rahim Jaffer's assistant calling in to a radio interview claiming to be Rahim himself.

Wait, it gets better.

When Jaffer hears about this for the first time, he claims that it really was him on the radio. When pressed on the issue, however, he quickly states that he wasn't on the radio and that it was his assistant. The assistant quits, Rahim cries like a little girl in Parliament, and we all forget about it.

Well, not this cowboy.

This could be an I-Told-You-So column to all the people that voted for Rahim Jaffer, but it isn't. This could be a Total-Gloating-For-Two-Pages-Ha-Ha-Rahim-Jaffer column, but it isn't that either. What it is, is a second chance for me to do

what I should have done last November. This is a chance for Total to put his money where his mouth is. This is where I tell all of my loyal fans, present and future, what weasels the Canadian Alliance Party are.

Rahim Jaffer, if you had a problem with my column and you didn't know what to do, you should have put in a call to party leader Stockwell Day. He would have said, "Rahim, just write a letter to the editor of the paper and call Total a pedophile. Worked for me!"

Or, you could have gotten your assistant to call the paper and claim to be Rahim Jaffer. You then could have told a bold face lie to the rest of the media when you said that it was indeed you that contacted the

newspaper.

Or, maybe a member of the party from Manitoba could stand up and blurt out that she thinks the problem with me is that there are too many Asians attending Canadian colleges. Stock could wear a wetsuit or Rahim could take time off the job that his constituents pay him to do and go play restaurant owner on Whyte Avenue.

I've sent this article to the Sun, the Journal, Global, CFRN, CBC and, yes, even the A-Channel. Maybe someone at one of these media outlets will read my article and take Rahim to task on the events of November 2000.

Maybe not.

Maybe Curtis and Sally will get

mad that I went over their heads and contacted other journalists.

Maybe not.

Maybe I'll get fired from the paper and bounced out of school for bringing shame to the NAIT name, then again, maybe not.

One thing that I can guarantee you is that, unlike the rest of the backpedaling Alliance party, yer pal Total will stand up, speak his mind and deal with the consequences without the taxpayers money to fall back on.

See ya next week. Or, maybe not.

kennyttotal@mail.com
(Curtis would like people to know he is a big Kenny fan.)

HEALTH & DENTAL REFERENDUM

NAITSA Calls Upon Its Members



The NAITSA Health & Dental Plans are providing coverage for over 3200 students each year; by the end of this second year there will have been over 12,000 claims through the Plans. These plans require enrolment for all eligible students, this is the only way to offer this type of coverage. Students who have proof of comparable coverage can waive the benefits and have the applicable fee removed from their fees. As your elected representatives we feel that although the plans have been heavily used by students it is our responsibility to periodically confirm the value you place in this service. In this referendum NAIT Students' Association members are being asked to reaffirm support for the health and dental plans.

MONDAY APRIL 2

If you have any questions, go to the Student Benefit Office (E-133) or call 471-7730, or email: studentplans@nait.ab.ca

First Date: PREPARING FOR AN INTERVIEW

Part 2

SHARON Brown
NAIT Career Advisor

STRATEGIC MANEUVERING:

You should be feeling pretty prepared and confident at this point. You're ready to make a great first impression and ready to keep building on it to keep this mutual love affair on track. This will call for some strategic maneuvering!

When you get there, give your full name to the receptionist and explain that you have an appointment for an interview. Be pleasant and friendly but businesslike at all times. Read over your notes or resume while you are waiting or try to put yourself into a relaxed state of concentration, do a lot of positive self talk and focus on the moment. Don't forget to flash your pearly whites and shake hands firmly (no limp fish or bone crushers, please!). Be ready to go for the gold when the employer comes out to greet you!

Watch your body language. Your mannerisms, gestures, body movement, posture, tone of voice, and expressions tell the employer even more than your words will. You need to be aware of your body language and the image you are pro-

jecting. Here are some tips to keep in mind:

1. **Maintain eye contact.** If you don't they may feel you lack self-confidence or aren't really interested in the job. However, don't stare a hole through them either, they may think you have a bad attitude or that you may have mental health issues! Avert your gaze from time to time looking to the right or left, never down.
2. **Smile!** A genuine smile projects friendliness, interest and confidence. No Barbie or WWF wrestler smiles, ok?
3. **Don't forget to breathe!** You don't want to pass out during the interview. Deep breathing also has a calming affect on your nervous system. Use a deep breath before answering a question to gather your thoughts and focus your attention on the moment.
4. **Watch the position of your body while you are speaking or listening.** Avoid slouching, lounging, closing your arms, tapping your fingers, clenching your hands, nervous leg movements, squinting eyes, tight lipped grimaces, darting eyes, frowning, wrinkled eyebrows, rubbing the back of your neck or playing with your hair, rings, pen, etc.

This kind of thing demonstrates a lack of confidence, inability to manage stress, and in some cases, can even make you seem untrustworthy or defensive. One of the reasons I don't take pens that click to interviews is that every time I get asked a hard question I tend to click my pen!

5. **Project an enthusiastic and comfortable image.** Sit erect and be comfortable, feet flat on the floor, hands/arms on your lap or on the arms of your chair. Hold on to your note pad if you need something to keep your hands still. Lean slightly forward to show interest and nod slowly from time to time while they are speaking. This will emphasize your interest, validate the interviewer's comments and subtly encourage him or her to continue. Project friendliness and approachability by tilting your head slightly, combined with good eye contact and a natural smile. If you know that you have a tendency to fidget, wiggle or play with things, plan some strategies ahead of time that will help you to control your nervousness.

Be an Interview Superstar!

Sell yourself to the company not only with your great answers and positive image but also by using personal pronouns such as "I, me, and you" as much as possible in your answers and questions. This will work subtly to make the employer start thinking of you as the one and only person who is right for the job. Speak clearly, in well-modulated tones, and show an appropriate amount of enthusiasm in your voice. Make sure you listen carefully to their questions, ask for details if you need to and that your answers give them the information they were asking for.

If you don't get a chance to bring up points that you know are key to getting the job, use your questions to slide them in or include them as part of your closing comments to the interviewer. Don't forget to smile, shake hands, thank them for meeting with you and ask for their business card as a part of your exit strategy (or how to get while the getting is good!).

Your last strategic maneuver will take place after the interview is over. Find a quiet place to write down everything that you learned during the interview. This will help you with your thank you note, to prepare for a second interview, and to evaluate your performance. A thank you card or follow up letter can often be the deciding factor in your favor. Write it and hand deliver it to the company on the same day. If you can't hand deliver it, either mail it the same day or send an email thank you letter.

Sending this type of letter is a very effective strategy because it demonstrates that you are courteous and professional. It allows you to reinforce your strengths, include something you didn't get to mention, confirm your understanding of the topics discussed and to make yourself stand out from the crowd. Only one person in ten interviewed will actually take the time to write a thank you letter, so **make sure it's you!**

So, here's to the beginning of your next beautiful relationship! Sometimes, just like dating, it may take a few tries to find the perfect employment love-match but the effort will be worth it. So, dance like there's no tomorrow and love like it's never going to hurt! Watch next week for the last of this series on successfully marketing yourself to an employer, **Survivors: First Job Offer, First Day, First Year.**



Wording for the Health & Dental Referendum

HEALTH

Preamble: The student council has directed a referendum be held to determine continued support for the health plan. Full-time students at NAIT are currently provided with a student health plan through the Students' Association. This is a mandatory membership plan; students may opt out of this plan if they have comparable coverage. In the time that the health plan has been in place, the benefits have been very heavily accessed by the more than 3,200 students on the plan. You are being asked whether this health plan should remain in place so that students will also have access to it in the future.

Question: Do you feel the Students' Association should continue to provide the Student Health Plan?

☐ Yes ☐ No

DENTAL

Preamble: The student council has directed a referendum be held to determine continued support for the dental plan. Full-time students at NAIT are currently provided with a student dental plan through the Students' Association. This is a mandatory membership plan; students may opt out of this plan if they have comparable coverage. In the time that the dental plan has been in place, the benefits have been very heavily accessed by the more than 3,200 students on the plan. You are being asked whether this dental plan should remain in place so that students will also have access to it in the future.

Question: Do you feel the Students' Association should continue to provide the Student Dental Plan?

☐ Yes ☐ No



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ASET

Alberta Society of
Engineering Technologists
The Technology Professionals in Alberta

1st Annual Battle of the Bands

AfterMath



TRAVIS
Bannert

Last Thursday, five of NAIT's most talented and energetic bands performed at the Nest to a packed house. Haven, Lost Action Heroes, Politic Live, Whoville, and Effigy were the five talented bands playing for the coveted prizes. The winner would be named NAIT's 1st Battle of the Bands winner. However, the biggest prize is that the best band earns the opportunity to open for The Watchmen at Spring Fling on April 12th.

Now let's get to the review.

1st band - Haven: 4 Nuggets out of 5

The show opened up with Haven - a hard rock band with a really good sound and frontman. Most of the fans enjoyed the band's performance. I also liked the band's Canadian rock sound. With practice, I could definitely see this band on MuchMusic. Some people were quoted as saying "The lead singer sounded a little like Scott Stapp from Creed." Some things I noticed were their movements on stage. It looked almost choreographed. It was a good show overall, but not very exciting or original.

2nd band - Politic Live: 3 Nuggets out of 5

The second band up was the hip-hop group Politic Live. You may have seen their performance at BAS's Hawaiian Hanger Banger earlier this semester. This band is proof that R&B is strong and growing in Alberta. They have some good funk and R&B sounds. Overall, a pretty good show, but they need to work on their freestyle. I have a feeling that this band could definitely have given a better performance if allotted more time (each band was given about 25 minutes).

3rd band - Whoville: 3 1/2 Nuggets out of 5

The third band performing (who also had the biggest reputation) was Whoville. They had a good rock sound, but if you compare them to the other bands, their sound was less intense. You could tell they were more experienced and seasoned

performers, however. They had a good frontman, but it was too mellow for my taste. Overall, a good sound and excellent guitar riffs.

4th band - EFFIGY: 2 1/2 Nuggets out of 5

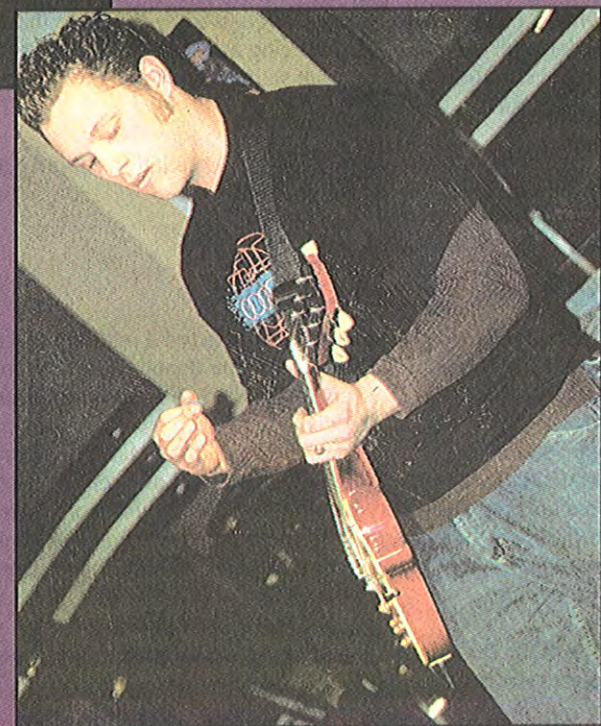
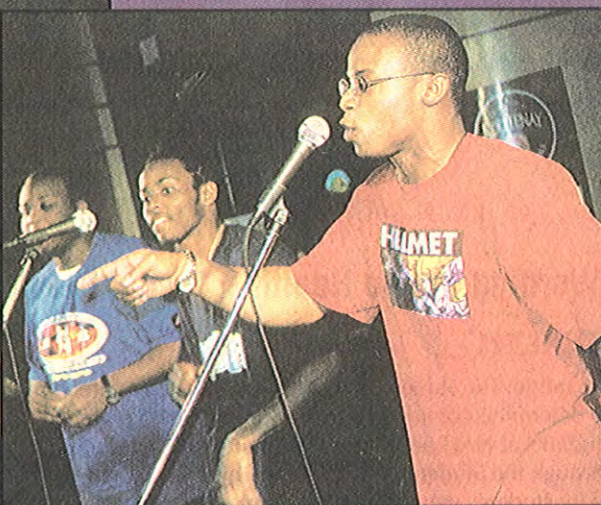
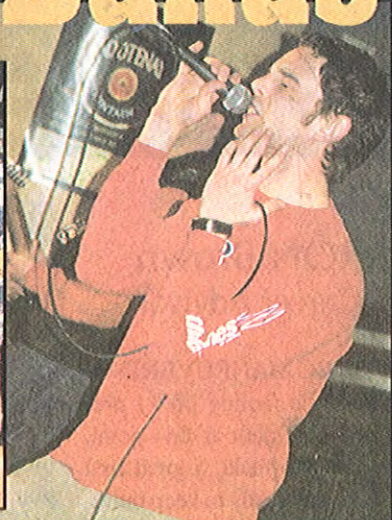
Effigy was the fourth band out, and they had a big buzz about them. I found out it was because a lot of their friends attended. They were the hardest band at the competition, but they sounded like the most inexperienced. This band definitely needs some practice; they sounded like a wannabe Econoline Crush.

5th band - Lost Action Heroes: 4 1/2 Nuggets out of 5

All I have to say about this band is "WOW". The Lost Action Heroes stunned the crowd with an awesome sound and an electric performance. This Ska band had a large variety of original tracks but also performed solid spins on Neil Young's "Walk On" and Gloria Gaynor's "I will Survive." Most of the fans didn't seem familiar with this style of music, but this didn't stop many of the new fans to get up and start dancing. They were the first band to incite such a large audience reaction. This factor was one of only few reasons why they defeated Haven (by my judging, anyway).

The judges seemed to agree with me that the best performance was from the Lost Action Heroes. They won the chance to be the opening band at Spring Fling 2001. The show will have Wide Mouth Mason, Staggered Crossing, Touchstone Gurus, Fifth Season and the Lost Action Heroes. Tickets can be purchased at Ticketmaster or NAITSA for \$15 in advance or \$20 on the day of the show.

So, if you missed this great live band perform, come check them out on Thursday, March 12, in the NAIT arena.



The NAITSA Ski Trip

Brad's Cavity Search and Other Adventures



KELSEY Farnalls

You can never go wrong with a free ski trip. Friday afternoon, a Greyhound bus packed with

50 lucky trip winners departed for Jasper. During a brief pit stop in Edson, a couple of hooligans (including Brad Letwin) caused a bit of mischief. They stole some big signs from Wendy's. One of the signs had a life-sized picture of Dave (you know, Dave from the Wendy's commercials), and the other was just a big advertisement for 2-for-1 hamburgers or something.

Anyway, it was pretty funny

until we got to Jasper, and the cops were all over our bus like mold on old pizza. Somehow, they had been alerted to the sign-stealing caper, and they were out for blood. Before we could get off the bus, someone had to confess and

spend a night in the slammer.

Lucky Brad was the one voted for the job. He was forced to undergo a mandatory body cavity search but, evidently, that wasn't the worst part. In fact, the word on the street is that Brad actually requested the cavity search, but he was quite traumatized by the food – both the quality and the portion sizes. He met up with us on the hill on Saturday with a ravenous appetite and a tender anus.

Anyway, the conditions up at Marmot Basin were fantastic, with some fresh powder and the sun shining all day, causing temperatures to soar to +12 degrees. The cool people snowboarded all day while the losers skied or bladed.

That night, most people laid low and hung out in hotel rooms, had a drink at the pub, or watched TV. It seemed everyone was pretty worn out from the previous evening of drinking and cavorting (or, in Dave



Veilleux's case, slow motion kung fu/karate exercises under the influence of something or other) followed by a day of hard work on the slopes.

Sunday came along in no time, and the weather was beautiful once again. We spent the day at the hill and departed at 3:30 p.m. Our bus made a stop in Edson again, and Brad returned the stolen signs to Wendy's with apologies. The stop at Edson provided an opportunity for

a cheeseburger-eating contest. Brad and Loopy were the only two participants, and Loopy won by eating 13 and a half cheeseburgers. Brad lost by only eating a measly 11 cheeseburgers. Too bad.

All in all, the free trip was lots of fun, and besides, there's really no possible excuse for complaining about a free trip. Thanks a bunch to NAITSA and especially Labatt's for their hospitality and free refreshments.



Raise Some Bleeping Hell

Gob and Friends Play to a Packed House at Red's



DARIA Morgan

The Eat Shite And Die Tour
Gob with guests Complete
and Bowling For Soup

On Friday, March 23, Vancouver-based punk band Gob played to a packed house at Red's.

Taking the stage at exactly 8:30 p.m. was the band Complete. They were an unexpected addition to the venue as the band Big Wig was originally supposed to play.

Complete put on an energetic show right out of the gate. Their stage show antics were the perfect start to the venue, with their blonde-haired guitar player, whom I affectionately dubbed "aneurysm boy" by the end of the set, stealing the show.

Admittedly though, when it came to their musical stylings, I found Complete to be a bunch of Blink-182 wannabe's in their music in that a lot of their songs sounded the same, and unless they announced they were playing a new song, it was hard to tell when one ended and another began.

Complete did play two songs

near the end of their 30-minute set, however, that grew on me. The first song was called "Circle," and the second song, of which title I did not catch, immediately followed "Circle," and was of an angry ballad style. Both of these I thoroughly enjoyed and would download off Napster in a heartbeat to add to my evil collection.

Complete will be back at Red's in May with The Johnsons, whom hail from our City of Champions, so if you like that monotonous Blink-182 sound, I highly recommend checking them out. Or, if you would prefer to hear them for yourselves instead of taking my word on it, they do have a CD out for purchase called "Trials and Tribulations of Everyday Life."

After a 15-minute set change and a couple of band members sticking their asses out of the stage curtain and spanking themselves, the next band to take the stage was Bowling For Soup. This Texas-based band was incredible, and I really wish they had played a longer set than the 45 minutes they were up on stage for.

I found Bowling For Soup, if I had to compare them to anyone, to sound like Treble Charger meets the Mighty Mighty Bosstones. They played an incredible amount of songs that, since I was not familiar with them, I did not recognize at all, but their music is music that I have

the highest of intentions of picking up once I can find it.

The stage show that Bowling For Soup put on was absolutely incredible. Besides mooning the crowd on a couple of occasions, they stirred up an incredibly large mosh pit. There was one occasion where a fan threw a lit cigarette on to the stage and, instead of stopping the show, one of the band members picked it up, smoked it, and threw it



back out into the crowd.

While Complete did not perform any cover songs, Bowling For Soup did, and they were incredible. The first cover tune they did was Poison's "Every Rose Has Its Thorn," which was accompanied by their large guitar player fondling his own breasts. It was quite the sight. They then later on began to play the rift to Black Sabbath's "Paranoid," but instead broke into Bryan Adam's "Summer Of 69."



Bowling For Soup's version of this song was great in every caliber, that that is where they should have ended their show for the night. Instead though, they went on to play one more song, which I felt was one song too long, and they should have quit while they were ahead, as it was evident not many people recognized the last song.

I don't know if Bowling For Soup has any plans for returning to Edmonton in the immediate future like Complete does, but if they do not, I highly recommend checking them out by picking up their latest CD, entitled "Let's Do It for Johnny."

At exactly 10:35 p.m., the crowd went crazy and the crowd surfing began as Gob burst out on to the stage. With the ever-animated facial expressions of Theo, the classically-suited stylings of Tom, and the crazy legs of Craig backed up by Gabe on drums, they put on a stage show that will be revered as one of the most memorable concerts at Red's.

Ever interacting with the audience and playing what they wanted to hear, Gob performed songs such as "Soda" and "I Hear You Calling," among others, off their various albums. They played a 60-minute set in total, teasing the crowd with snippets of songs such as Bon Jovi's "Born To Be My Baby" before even-

tually ending their show with their trademark cover of the Rolling Stones' "Paint It Black."

While the audience screamed and screamed for Gob to come back out and play an encore or two after abruptly leaving the stage after "Paint It Black," the Canadian band did no such thing. Instead, they ended up heading upstairs to the Loft in Red's to meet and greet with the media and a couple of lucky fans, leaving the rest of their fans in a still-wanting, yet satisfied state.

According to their official website, <http://www.gobnet.com>, Gob is on tour across the rest of Canada till the end of May, so there is no word when they will be returning to Edmonton. Till they do, however, which is a given because they seem to hit our City of Champions at least once a year, be sure to check out their latest CD release, "The World According to Gob."

Overall, I thoroughly enjoyed my Gob concert experience at Red's. While I admittedly felt like an old lady at the show as the majority of the crowd was under eighteen, it was still a concert well worth attending. So, when Gob next comes to town, make it a point to have a lot fun and come out to their performance; I guarantee you, you will not be disappointed.

The Ringpost



SHANE
Turgeon

Well, wrasslin fans, I'm going to have to be honest with you. Seeing as how that this is the April Fool's Day weekend, I was going to be tricky and write a joke story about how Vince McMahon bought up both the ECW and WCW, creating a monopoly of the wrestling world.

It seems the trick is on me, however, because, I shit you not, it happened.

Last Friday afternoon saw the signing of the deal that has created the biggest buzz in the history of pro-wrestling. The Fusient Media Ven-

ture deal to buy WCW was not going as planned due to AOL/Time Warner backing out of the TV deal - and with WCW no longer officially tied to a network, Ol' Vinnie Mac swept in and took advantage.

A lot of the details are still sketchy, but it looks like Vince will be running the WCW as a separate fed from the WWF with talent swaps and crossover PPVs occurring frequently. One of the biggest details of the deal sees AOL/Time Warner retaining the contracts of the bigger 7-figure making wrestlers. AOL/Time Warner will be forced to pay out the contracts in full unless they can offer acceptable buyouts.

Kevin Nash has already refused the buyout offer and will sit out the rest of his contract for the next ten months. He, as well as the other big money stars, will be forced to renegotiate with the WWF for contracts that would be substantially

less than that of what they are making now if they want to continue to work in the pro world.

While Vince doesn't officially own ECW, the amount of ECW wrestlers who are in the WWF, the amount of ECW merchandise being touted on WWF programming, and the presence of Paul Heyman, all point to signs that it will only be a matter of time. There is even a rumor circulating that has Vince dropping the WCW name and replacing it with ECW.

CBS/Viacom, WWF's current airing network, is supporting the deal and has already set aside a TV slot on TNN for the new programs.

There are a myriad of possible story angles that can be garnered from this deal and, by the time this sees print, some will have already started. I hope you all watched Nitro on Tuesday because it was the last one - ever. I'm writing this before RAW and Nitro air, and there should be BIG surprises on each show. Now you know why.

As for the future, WWF's creative team has their hands full, but they also have unlimited potential. For a while.

I personally think this is a black day for the world of pro-wrestling

(like you didn't know I was going to give my two cents!). Don't get me wrong though, I'm going to be VERY excited to see what will transpire over the next few months to a year. I think the stories will be very surprising, especially for the casual fan, and hopefully several wrestlers will be given new opportunities.

However, the question is, how long can this excitement be maintained? With Vince being the only game in town, where will the talent jumps come from? Where will the wrestlers who don't want to work for Vince go? Where will all the wrestlers Vince doesn't care for go? Where will the direct competition come from?

These are very serious concerns about the long-term future of the game. The only people who truly stand to gain long-term benefits are the indy promoters and fans because they will now have access to a lot of bigger names that they wouldn't have had access to before. Hopefully, someone will have the testicular fortitude to challenge Vince, build up a fed, and get a TV deal showcasing new talent and giving a home to the stars that fell from grace. All of these buyouts seem to

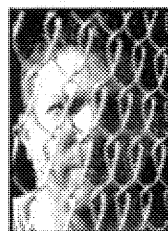
point to Vince gearing up to start a 24-hour wrestling channel. This is only a rumor, but with new shows to be produced and with all the WCW/NWA, ECW, and WWF tape stock, there is now a very impressive video library that could support such a channel. Only time will tell, and that is the only thing to be said, at this point, about the future of the business.

Wrestlemania X-7 is this weekend, and if you are any sort of wrasslin fan, you will be watching it. If The Rock vs. Austin doesn't grab you (it sure as hell doesn't grab me. Does anyone else see the correlation between this and Mania 5 that featured the two biggest faces, Hogan and Savage, battling over a woman) and you still need convincing, the WWF has announced that Mania will run 4 hours instead of the traditional 3, and there will be a gimmick Battle Royal that will feature several old stars like Sgt. Slaughter, Doink, The Iron Shiek, Nikolai Volkov, and the Gobbledy Gooker, to name a few.

Add to the mix that several WCW stars could show up, and you have one helluva show... Questions/Comments? E-mail me at theringpost@hotmail.com.

Bannert's Weekly...

FITNESS FAQ



TRAVIS
Bannert

Moi: Are there any tricks to attain a washboard stomach like the magazines always claim? What would you recommend to people trying to

attain that goal?

John: There are no tricks, just hard work. The stomach or abdominal muscles are just like any other muscle if you work it hard enough. Just give it rest and a chance to adapt to the new stresses you are putting on it, and it will enlarge in size or hypertrophy and become much more distinct on our anatomy.

Every body builder knows that

if we follow the format above and periodize our training routines, then all the muscles become more distinct. The phase that most people are not aware of is the rip-down or endurance phase that we have to go through to achieve this end.

After we have built the muscles up and gained weight doing it, we have to go through the rip-down phase to expose the definition of the muscle. We have to increase the repetitions to up to 50-150 for that particular muscle and generally reduce our body fat by increasing our aerobic activity so that the muscles stand out. We have to restrict the calorie intake the fluid intake and,

at the same time, keep working out with a large number of repetitions plus increasing the aerobic activity. This is not something we can do on a continuing basis.

Some people have naturally less body fat so that when they work their muscles, they appear to stand out. These individuals are lucky and get their pictures taken a lot in those muscle magazines. The other pictures you see are individuals who have gone through the rip down phase and have just recently worked out (within the last 10 minutes) and then had their pictures taken.

Then there are the ads for nutrition bars that do it all by them-

selves. Don't buy that it just happens by eating a "fat-burning nutrition bar." Read the fine print on the back of the bar, which indicates that through a proper endurance and resistance training routine and the nutrition bar, the fat burning process will take place.

Unfortunately, not everyone can attain a washboard stomach. You have to lose enough body fat to make your hard work show. What exercises are best? Ask your Personal Fitness Trainer or Exercise Consultant. A good resource available in Reads and Needs in the Personal Fitness Trainer Section is "Stronger Abs and Back" by Brittenham and Brittenham.



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CONCERT review



SHANE
Turgeon

Sno Jamming

On March 20, 2001, the annual skate punk festival, Sno Jam, hit Red's at full force. Featuring several of that brand of punk's biggest names, Sno Jam is always an annual event sure to please, usually pleasing the younger, clueless kids more than anyone.

This year, the show brought with it six bands. Zero Down, Nicotine, Death By Stereo, and the The Planet Smashers opened the event with Sick of it All and AFI headlining. Sadly, I missed the first two bands, and I really wanted to see Nicotine as they are a wicked Japanese ska-core band, and it may be a loooooong time before I get the chance to see them again.

Death By Stereo was third on the bill and, although the singer was

sporting a fancy mul-hawk (a mulleted mohawk), they just weren't enough to keep my attention. Pretty generic indeed.

Canada's own ska legends, the Planet Smashers, were next up, and now the maturity/intelligence of the crowd showed. While the Smashers played as incomparably as always, the crowd tried to make a mush pit. This did nothing but anger true ska fans, who were trying to skank as they were forced off to the sides to get the space needed for good skanking.

The Smashers promised to return in a few months, much to the pleasure of their old fans trying to dance.

Co-headliners Sick of it All played second last, and their fierce brand of New York hardcore was enough to get the crowd geared up. Sick of it All played for almost an hour, giving fans a rare chance to fully check them out.

My personal favorite on the bill, AFI closed the show.

Okay, okay. I'm going to get it out of the way. I'm a crotchety, old punk who often gets a bit of a complex when it comes to bands I've liked for a long time. It amazes me

that this is the same AFI that played at Eastwood Hall four years ago to about 40 people. Now, they have a huge fan base of kids who see them as huge rock stars. Weird.

Anyways, AFI also played for about an hour, and the most impressive thing about their set was the fact that you could hear the crowd singing over the band. It's not often that that happens at a show.

Compared to past AFI shows, this one was a little lacking. While the energy was there, they didn't play for as long as the crowd would have liked and, perhaps more surprisingly, they didn't end their encore with the classic Misfit's song "Last Caress." They always end with "Last Caress."

Needless to say, Sno Jam 7 was an overwhelming success. I haven't seen Red's that packed for a show ever, and the crowd enjoyed all the bands. The greatest part of the night though was the circle pit. I was really worried that, because of the style of punk and the age of the crowd, the pit was going to be one of those trendy, shit hole mush pits. Thankfully, there were enough people there who knew how a mosh pit was supposed to work, and they got the job done.

Now, if only we could get rid of crowd surfers...



AFI rocks Red's at SnoJam 7.

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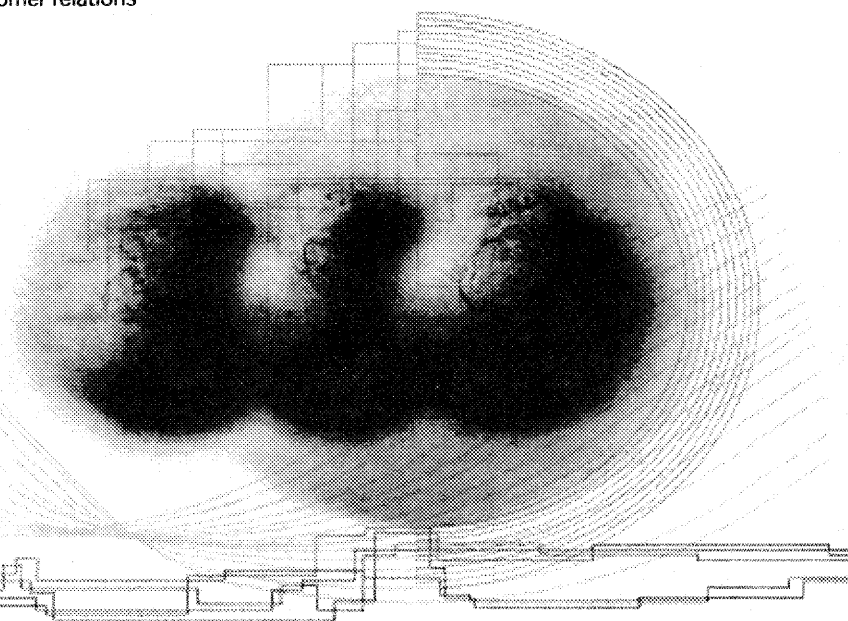
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MOVIE review

Along Came A Spider

Along Came a Waste of Money? (Opening April 6)SALLY
Poulsen

Insert various implausible plot twists, a terrible, obvious, cliché ridden script, and an 11-year-old kidnap victim who is smarter than all of the grown ups in the movie combined, and what you have is

"Along Came A Spider." A long, long movie. Possibly the longest of my life.

Morgan Freeman reprises the role of Dr. Alex Cross, the criminal profiler we first met in 1998's *Kiss The Girls*. He's semi-retired now, following the tragic demise of his former partner. Semi-retired, that is, until faced with the kidnapping of a senator's daughter. This pairs him with Secret Service Agent Jezz Flannigan (Monica Potter) and en route to finding the kidnapper.

Then hilarity ensues. Totally il-

logical plot twist after plot twist after plot twist. Mediocre storyline. Surprisingly good performances by Freeman and Potter in the wake of such a terrible script. And the film's only saving grace, the irrepressible Michael Wincott as the kidnapping baddie. He just about makes you forget that this tripe had a \$10 admission. Just about.

RATING: 1 Oprah out of 5



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PRESENTED BY:
THE NUGGET



CD review



SHANE
Turgeon

Sepultura

Nation
Roadrunner Records

It's been just under three years since the new Derrick Green-fronted Sepultura released "Against," but now their newest album, "Nation," is here.

First off, if you're an old skool Max Cavallera-fronted Sep fan and you hated "Against," you will not like this album. If, however, you



gave "Against" the fair chance it deserved, then you will definitely like "Nation."

While not trying to "out-tribal" Max's new band Soulfly, Sepultura is going for a faster, more hardcore sound. Several tracks on this disc are less than a minute long, but they pack such a punch that kind of makes you glad they aren't longer.

"Nation" also features some guest appearances that shouldn't be unfamiliar to metal/punk fans. Jamey Jasta from Hatebreed, Cello group Apocalyptica, and the ever incorrigible Jello Biafra all make their presence felt and add to the atmosphere of the record.

The one problem I do have with this album is the lack of percussion.

With an amazing percussionist like Igor Cavallera manning the sticks and considering the amount of big beats on previous outings, it's surprising that this album doesn't compare. Hopefully, that problem will be fixed on their next release.

CD review



SHANE
Turgeon

Daft Punk

Discovery
Virgin Records

I was told to review this album by my Editor-in-Chief, who was under the impression that this was a punk CD. Knowing full well that it wasn't but given my vast eclectic taste in music, I decided to review it anyways.

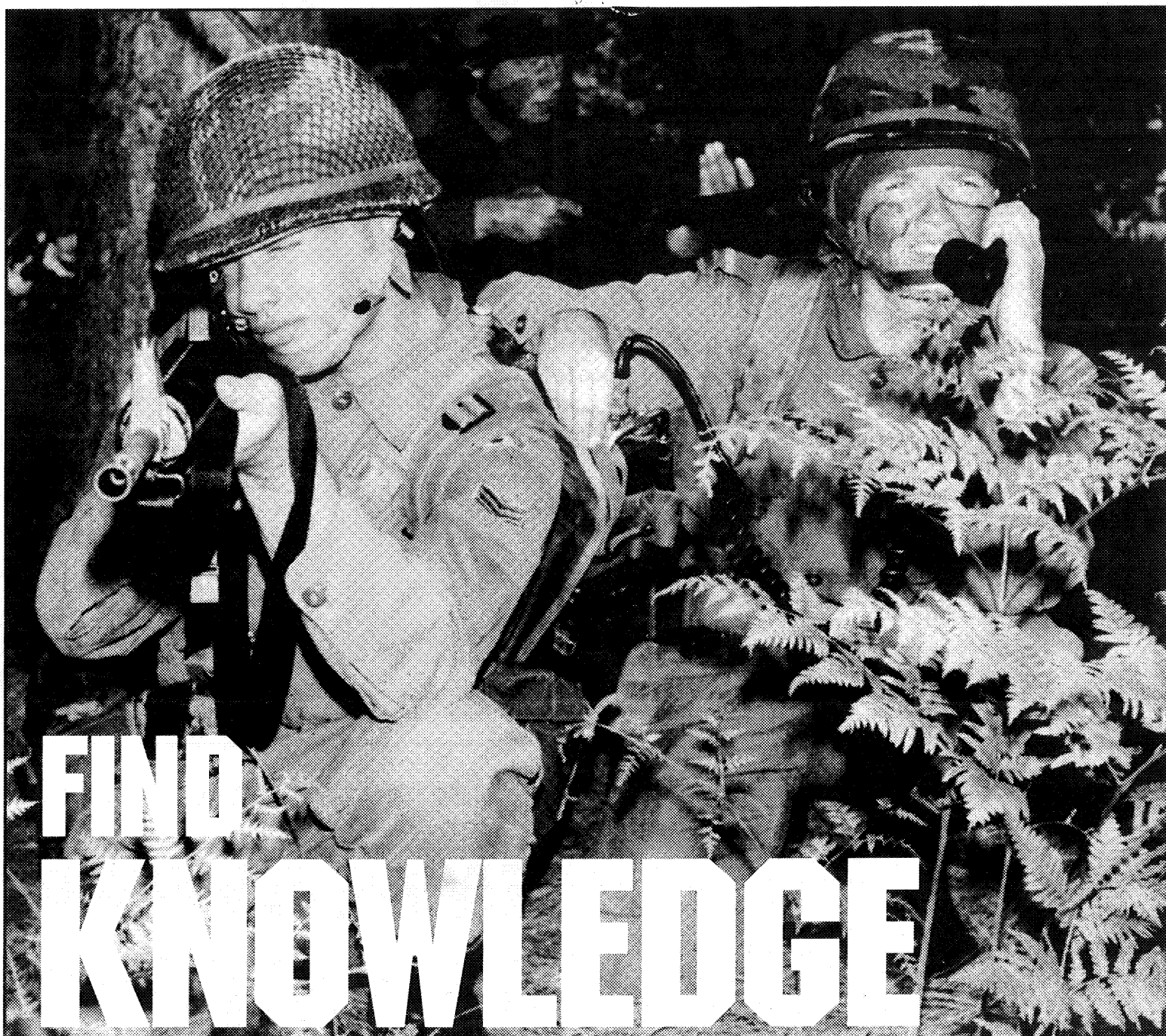
What an irritating album. Now, I don't mind a lot of techno and such,



but this CD is nothing but pure, irritating, dance shit.

Over harmonized and way too digital, this album sounds far too reminiscent of some of the stuff the Electronic Moog Orchestra was experimenting with in the late '70s and, let me tell you, that was nothing groundbreaking. It was actually nauseating and irritating, just like this.

It's a shame that their first single off this record, "One More Time," has such a cool, old skool anime feeling because the CD really is a let down.



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HORRORSCOPES



DARIA
Morgan

Capricorn

(December 22-January 20)

This week will be a week filled with, tragically, many, many sneezes for you. At least it'll be a good opportunity to learn how to sneeze cute.

Aquarius

(January 21-February 18)

You will become embroiled in a serious dispute about food this week. Feelings will be hurt. Bygones will eventually be bygones as well, but not until you lay off the hot stuff.

Pisces

(February 19-March 20)

This week, you will have a peculiar variant of a bad hair day – a bad nose hair day.

Aries

(March 21-April 19)

You will feel a little run down and tired this week. Just a hunch, but that could explain the tire tracks on your shirt as well.

Taurus

(April 20-May 20)

You will be visited by missionaries this week and will finally have an excellent opportunity to slip into your demon costume before opening the door.

Gemini

(May 21-June 20)

This week, you will get yourself into a bit of a jam – strawberry, I think.

Cancer

(June 21-July 22)

You are coming down with a horrendous cold, the kind of cold that makes everyone else miserable just by looking at you. That is just the kind of inconsiderate behaviour people are starting to expect from you, too.

Leo
(July 23-August 22)
This week, things are not going as well for you as they should be. The best thing to do at this point is to find someone else to blame and move on.

Virgo

(August 23-September 22)

You will be detained by the police some time this week on suspicion of removing the tag from that mattress you had sex on last week. Eventually, they will just let you go with a warning.

Libra

(September 23-October 22)

You will be so proud of yourself as you find more – and very “interesting” – uses for cocktail umbrellas this week.

Scorpio

(October 23-November 21)

Another week of social defiance this week. You'll refuse to wear clothes in the “normal” fashion (if at all) and begin all your papers and tests with “My darling snookums.”

Sagittarius

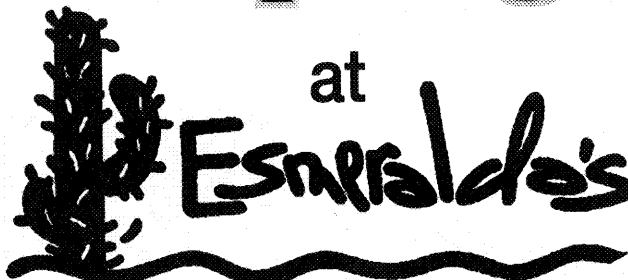
(November 22-December 21)

Do not leave home without a ball of yarn this week. You won't actually need it, but it'll make you feel better to be prepared.

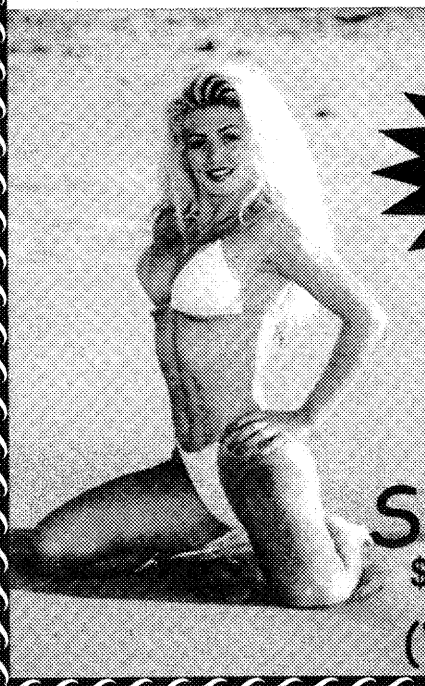
If Today Is Your Birthday:

You will become trapped in the sofa after jumping up and down on it – again. This time, however, because it is your birthday, people will point and laugh.

Wednesday is Hump Night



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CD review



CHANTAL
Eder

Jessica Andrews

Who I Am
Dreamworks

Some of you country fans might already be familiar with 17-year-old singing sensation Jessica Andrews. Her new album, which was released in February, is hitting top spots in the country charts with her single “Who I Am,” which is also the title of her new album.

Her first album, “Heart Shaped World,” which was released in 1999 when she was just a wee thing of 15, was a success right from the start. With strong vocals and more confidence, Jessica is back with a fresh, new style and plenty of hits.

Produced by Bryan Gallimore, who also produces for Tim McGraw,



Jo Dee Messina, and Faith Hill, believes that Jessica will definitely be around for a while. Her sound is similar to that of Faith Hill in her album “Faith,” with a little more of a pop feeling to it.

I have to admit that though this album is stronger than “Heart Shaped World,” though there are a few songs with a sound that isn't so mature. “Karma,” for example, though some like it, I have to say it sounds a little childish, along with “I Don't Like Anyone,” which is a little whiny.

Yet those are just two songs out of the eleven-track album. The rest, like I said, are strong and stable. She has a beautiful, strong voice, and I am most certain we will be hearing a lot more from her in the near future.

So, for those of you who like the country pop styles of Faith Hill and Jo Dee Messina, I'm sure you'll have a liking for Jessica Andrews' new album, “Who I Am.”

Jefferson Armoury Officers Mess

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NR92 is going to be at the Nest on Wednesday, April 11, from 5 p.m. to 8 p.m. There is a chance to win a scholarship, courtesy of **The Aroma Room** in Londonderry Mall! There are also chances to win various prizes courtesy of HMV, Music World, and Wal-Mart. Come down and enjoy the festivities!

Dan,
I hope you enjoyed the show. You were a captive audience with a front row seat... but I don't think I'm ready for forgiveness. I will get my hat back.
Laurie

To Big Sexy,
We think you're in second year Civil, and your name is Tom or Tommy. Anyway, we think you're GORGEOUS. We have never seen any guy look hotter. We BOTH would like to have a piece of cake and eat it, too! Wink, wink.
Yours always, Tight Ass & Jugs

I now know that human nature is on a decline. On Wednesday, March 21, at 1:20 p.m., me and a few buddies were playing hack at the top of the stairwell at the end of the H-wing. My hack went down the stairs and, while one guy was going to get it, some jack-ass picked it up and walked away with it. WHAT KIND OF ASSHOLE STEALS A HACKY SACK?
Pissed Off

Skot,
Take me back! Justin cut all his beautiful curls off, and I can't love him anymore. I'm "Stronger" without him, but "From the Bottom of my Broken Heart," I wish I was "Lucky" enough to be yours again. If we get back together, I promise I'll wear my school girl get-up while I sing you to sleep EVERY night!
Love, Britney

Scotch,
Do do do - do do do do - do do do do - do do do do - do do do do - do do do do.
Pass a "hi" to Timmy.
Love, Tuna Pubes & Lydia

McBeal,
I love YOU more.
Keytra

Curtis,
Thank you for traumatizing me and helping me win two free tickets to the Spring Fling. Your evil antics saved me thirty bucks - thirty bucks I can now spend on liquor, hee hee.
Forever grateful, Your evil typesetter

To my porch monkey,
By the time you read this, those evil parental units will be back, and our days of snuggly solo bliss will be over. Damn it. Incase I don't thank you then though for the past few wonderful days, let me thank you now, because I know they are going to be wonderful. With the stuffed reindeer now not sufficing, Spitfire.

To the prettiest one-handed foosball shark in GSA,
How've you been? I'm not being a nuisance, but if you ever need another band-aid, come find me - I'll be here a while.
From, the guy in ASSR flying around cloud nine looking for a place to land (and someone to play foosball with)

To Jake the stud in Chem Tech,
Every time I watch you in class and lab, I think how lovely it would be to hold you! Meet me at the Nest on Friday at 4 p.m. I especially love your puffy ass hair.
Your secret admirer

To the hot guy on 8th around March 15th,
We saw you working on a crossword puzzle and wish you'd have that intense look on your face while working on us... can you figure this one out? We want to have dirty, dirty _ _ _ with you, baby!
The Anti-Panties

To Curtis Comeau,
Now it's official. I always knew you were a little fuity, but your Barbie review just sealed the deal in my mind. Who are you? Waylon Smithers? And why did you have to go and expose me in my last slag? Jealous that my toy collection is bigger than yours???
Shane

Notice
There will be a clinic held on Friday, April 6th. Some of the Nait instructors at our school are also phenomenal racquetball players. So with the re-emergence of racquetball as a popular sport people are looking for adequate teachers, well there here at our very own institute. This clinic is for beginners or advanced players and is tentatively free of charge (possibly a

minimal fee to rent the courts). It's happening here at Nait so there is no excuse not to attend. So if anyone's interested you can email jons@nait.ab.ca or come see me at the Nugget office next Monday.
Travis - Nugget Sports Editor

Classifieds

ONE NIGHT
March 17th, 2001 St. Patrick's Day, Stonehouse Pub I met you. My mind, my heart, my world changed this night. It affected my heart, my thinking, my judgement. Things I believe in are kisses that seem to last 3 days and even that you know they only lasted seconds taking long walks on a hot summer night after it rains. And entrusting the person you know you could spend the rest of your life with even knowing that you just met her. Good-byes are for people you know you're not going to see again. Well I'm not ready to say good-bye 'cause I haven't even said hello. Cassandra, I had a great time that night and I would really like to see you again. Unfortunately I'm leaving for 2 weeks. I will be back on April 5 in which my my cell phone will be back on line and I hope you call. If not I will give it one last try with an ad in the Edmonton Sun on 6 & 7 with a phone number. This is not a plea from a desperate person; just one who was very impressed by you.

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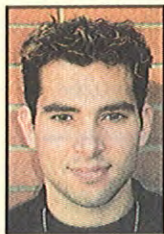
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Wake Up and Wakeboard



CURTIS
Comeau

With the end of winter just around the corner it's time to put those snowboards away and try something new – Wakeboarding. What exactly is wakeboarding? "Well it's kind of

like snowboarding, except for one thing this time your being pulled behind a boat," says Shane McCargar. "Some people say it looks as if it would be hard to learn but I assure you it's much easier than snowboarding!"

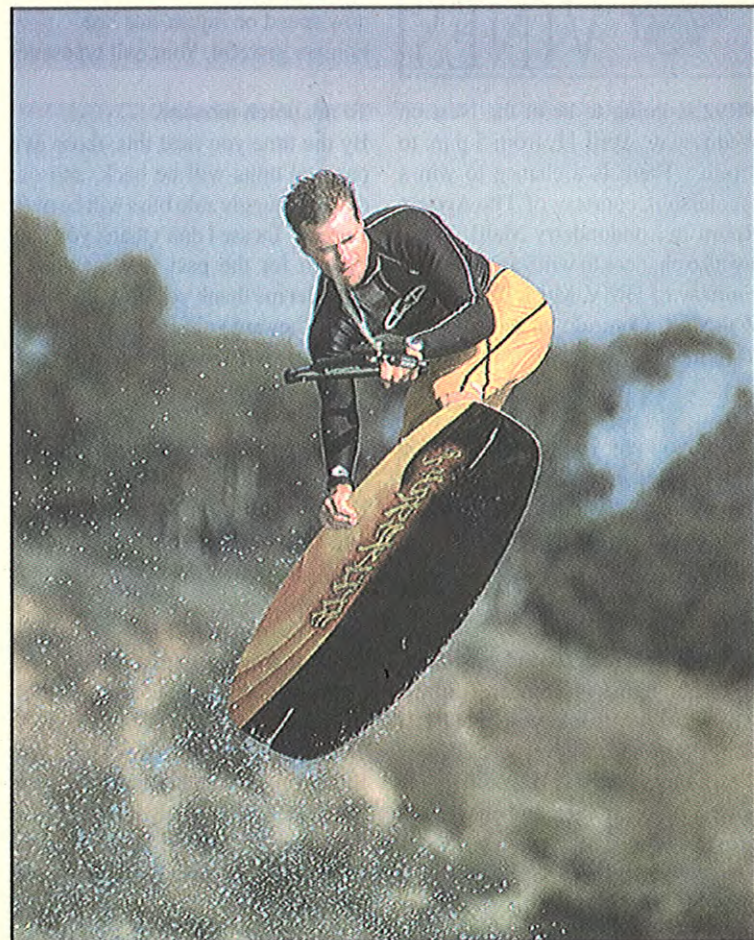
Warren Currie the owner and manager of Easyrider (E-Town's most diverse skate, wake and snowboard shop) says that wakeboarding nowadays is where snowboarding was four years ago, just on the verge of becoming a major trend. Although the



wakeboards have been around since the early 80's it's technology has improved 100 times within the past three years.

Much like skate and snowboarding there are wakeboard tournaments and if you're good enough shop sponsors are available. Now I know what question many of you are asking "Can I wakeboard if I don't own a boat?" The answer is yes.

Starting in June and running straight through till August from 6pm till dark is Easyrider's "Rider Night". This is where, for a small



fee of \$25, you can head out with Warren to Jack Fish Lake and wakeboard behind his boat. Spots are limited to six so make sure you call Easyrider at 413-4554 to book

your spot! If you're interested in finding out more information on wakeboarding or Easyrider check out their website at www.theeasyrider.com.



Farnall's Cuisine



KELSEY
Farnalls

Absolutely Edibles...
"Absolutely Incredible"

10406-118 Avenue
424-6823

Talk about a diamond in the rough. This obscure little café / catering service nestled in beside the Blind Duck Pub near NAIT provided us with a dining experience I have never before experienced. The owners of **Absolutely Edibles**, Bjorn and Brenda, define the phrase "attention to detail". Every dish on their menu is prepared completely from scratch with the freshest hand-picked ingredients.

You won't find a deep fryer anywhere in the kitchen, which, by the way, is open for the public to browse through. Brenda and Bjorn believe there is a difference between catering and being catered to. I can attest to that because they definitely

catered to us. I must say, I was a little apprehensive when Curtis told me where we would be eating, but I was pleasantly surprised. No, dazzled would be more accurate.

Their seasonal menu is specialized, and each week they create a feature menu of about seven or eight special dishes. Curtis and I started out with the Cajun Prawns. They were served to us in a sizzling pan, and they were spicy, juicy and delicious. Curtis chose the Moussaka from the special menu for his entrée,

a traditional Greek dish served with Greek salad. He was quite impressed from what I gathered. I chose the Chicken Souvlaki. The meat was soaked in a citrus herb marinade, skewered and pan seared. It came served over a bed of rice pilaf, which I

must say is the best rice pilaf I have ever tasted. The chicken was juicy and very tasty, and the tossed salad had the most wonderful mango citrus dressing drizzled over it – a special recipe. For dessert Curtis and I had trouble choosing between the Chocolate Rhapsody and the Double Chocolate Callebaut, so Brenda brought us out a half slice of each to share. Yummmmm. It was heaven.

Absolutely Edibles is primarily a catering service, and a unique one at

that. They work a little differently than most catering services in that they don't charge extra for delivery, and they don't charge a mandatory 15% gratuity. They believe that a tip should be voluntary and only provided for good service. I don't imagine they have any trouble in that department.

They don't have set menus because, "We can do anything. We can accommodate any dietary requests." They have catered to many guests of the Winspear Theater including Anne Murray, Blue Rodeo, Jann Arden, and the list goes on. Brenda and Bjorn really value compliments from their clients, especially when they go something like this, "This is the best food we've had on the

tour..." They have many loyal clients who request their catering services every time they come to town.

This little jewel of a café is open only until about 6 p.m. every night, but they are willing to stay open for special reservations. You can book the small little café for a private and romantic dining experience for two, or you can book it for a party of 20. Brenda and Bjorn are happy to accommodate anyone. Also, the prices are surprisingly reasonable. Our meal with drinks came to about \$30 - \$35. I plan to stop in at lunch one day to sample their cinnamon buns, which are reputed to be out of this world, and I suggest you do the same.

