

MADE OF SUGAR, SPICE, AND EVERYTHING NICE SINCE 1963.

THE NUGGET

Friday, October 12, 2001
Volume 39, Issue 6

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Rockin' The Nest With Big Sugar



JAY Archibald

Friday, October 5, saw the acoustic duo of Gordie Johnson and Kelly "Mr. Chill" Hoppe from Big Sugar sit down with nothing more than a banjo, guitar, and harmonica and proceed to thrill the audience of 200+ people at The Nest with a two-hour show.

For those of us who are used to hearing Big Sugar when they are plugged in and shaking the rafters, this was a unique experience. No amps, no crazy light show, no melting of eardrums – just honest, acoustic re-workings of a selection of songs that touched on their entire career. It becomes easy to see the talent when they perform in such an intimate venue, especially when they entertain a crowd for hours with nothing more than their voices, jokes

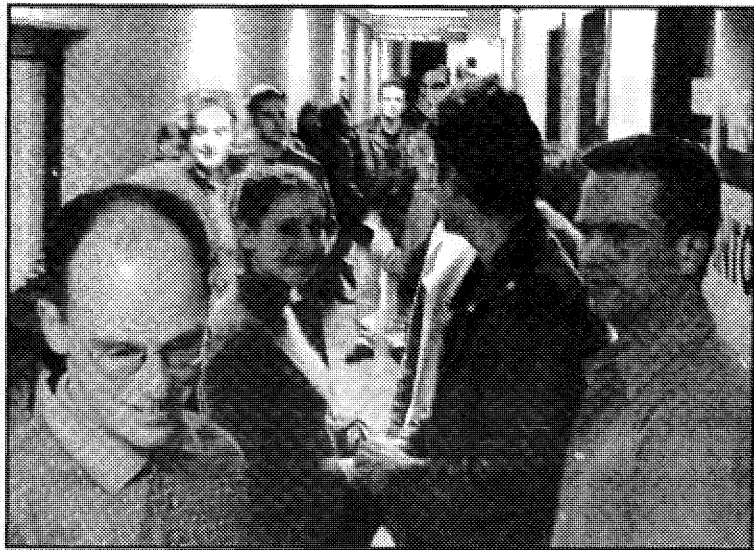
and, instruments.

After thunderous applause, the duo sat down and proceeded to play some tunes that you rarely hear when they're rockin' a full auditorium. With Mr. Chill wailing away on the harmonica, Gordie Johnson pulled out his banjo and played some rearranged, bluesy songs that captivated The Nest audience.

One of the highlights of the performance was when Mr. Chill took center stage with an extended harmonica solo and also demonstrated his vocal abilities. Usually, it's Gordie Johnson fronting the band with Mr. Chill sing-



The duo that brought The Nest house down



The lineup to get into The Nest two hours before the show

ing backup, so it was cool to see a reversal of roles.

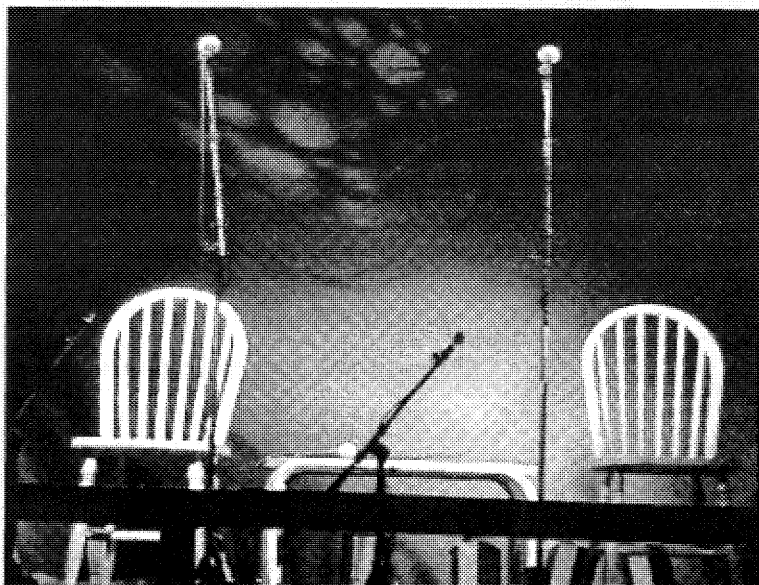
The duo played some tunes from their latest album, "Brothers and Sisters, Are You Ready?" including a sweet rendition of "All Hell For A Basement," which the crowd loved. Other songs from the new album included "So Not Over" and "Bad Old Days." We were also treated to such hits as "Ride Like

Hell," "Turn The Lights On," and "100 Cigarettes."

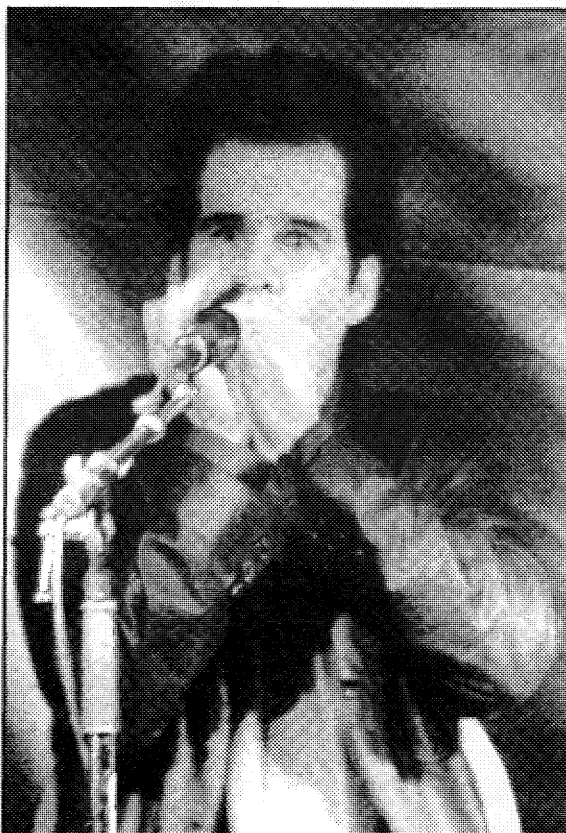
All in all, the talented duo played a total of twenty-four songs, wrapping up the encore with "Diggin' A Hole." It was super cool to see Canadian rock royalty in The Nest. Rarely can you see the biggest bands in anything but an arena, and this was all for only \$15. Makes me wonder about those peo-

ple who pay \$100+ to see the some boy band.

I don't know when Big Sugar will be back through Edmonton, and who knows if they'll ever play such an intimate show again, but I, for one, will remember this outstanding performance for a long time and will definitely be in the audience next time they grace Edmonton with their talent.



The Nest stage – where all the magic happened



Mr. Chill doing what he does best



Gordie Johnson and his amazing banjo

Crime Stoppers Tip Of The Week

How To Avoid Theft

Most of us work hard to earn the money we use to buy what we need and want. Thieves can take those possessions from us in a split second if we are not diligent. When it happens, we feel a sense of outrage and wonder how it happened.

Crime Stoppers offers the "Personal Safety and Security Handbook" free of charge. It is filled with tips on how to better protect yourself, your friends, and your possessions. For your free copy, call Crime Stoppers at 421-1122 or visit us at <http://www.crimestopper.net>.

To avoid theft, the handbook suggests the following:

At Home

- Lock your doors/windows whenever you leave your room or residence.
- If you live in an apartment, do not allow unescorted strangers inside.
- Be suspicious of unknown persons loitering in the area of your residence.
- Never leave an exterior door propped open.
- Keep a record of your valuables including descriptions and serial numbers.

At Work or School

- Do not work alone in an unlocked office or classroom.

- Do not bring large sums of cash with you to work or school.

- Lock your valuables, such as a purse or wallet, in your desk or locker.

At the Library

- Do not leave personal property unattended, even for a minute.
- Keep personal property in view at all times.
- Do not bring valuables with you to the library.

At the Gym

- Secure all personal property in a locker. Invest in a good quality lock.
- Avoid carrying large sums of money or valuables with you.
- Keep your locker locked whenever it is unattended

From your Vehicle

- Lock your vehicle every time you leave it.
- Don't leave your windows rolled down, not even a crack.
- Don't leave vital information in your vehicle. Your home address is listed on the vehicle registration certificate.
- Park in well-lit areas.
- Don't leave valuables in view for a thief. Store them in the trunk or under the seat.
- Affix your parking permit to your window.
- Consider investing in a car alarm.

Lowepro Camera Bag Contest

To be a winner, all you have to do is read the Lowepro article that was featured in last week's issue of The Nugget or log onto <http://www.lowepro.com> and answer these ten simple questions. Then, drop off your answers in The Nugget submissions box (outside Room E-128) and address it "Attn: Lowepro Contest." Make sure to include your full name, student ID number, and phone number so we can contact you if you win! Good luck!

1. Who is the Canadian Distributor for Lowepro?
2. What are the names of three bags from the new 2001 D-Res

Series?

3. What colours are available for the "Linx 320" daypack?
4. What bag can hold a laptop, electronic organizer, digital camera, cell phone, memory cards, CDs in their cases, tickets, passports, and more?
5. How many bags are available in the "Stealth Series"?
6. Does the "Super Trekker AW" have an All Weather Cover?
7. How many versions are there of the "Street and Field Reporter"?
8. How many Trekker Beltpacks are available?
9. How many bags are offered in the Nova Series?
10. What is your favorite bag and why?

An Apology From The Editor

In the October 4, 2001, issue of The Nugget in an article entitled *Things That Piss Me Off*, a picture of the Booster Juice logo was used without the express permission of the Booster Juice company.

While The Nugget does not endorse all the opinions expressed in the paper, it is The Nugget's responsibility to ensure that publishing guidelines are met, and one of those guidelines is copyright infringement. The Nugget would like to apologize to the Booster Juice corporation for the oversight of this guideline, and thus the misrepresentation of their logo.

The Nugget is a newspaper run by students for the students, and it is not the intention of The Nugget to purposely stir up controversy where it is not warranted. This is especially true with a corporation such as Booster Juice, who has been an avid, positive supporter of NAIT events for the past couple years.

Sincerely,
Katrina Benson, Editor-in-Chief

Highball Friday
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TOP 40

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KEEP IT ON CAMPUS

Odds & Ends



DARIA Morgan

The Hypocritical Campaign

The American Medical Association (AMA) has started a \$1 million campaign to inform doctors about its new ethical standards that they are not to accept gifts from drug companies. Last year, drug companies spent about \$4 billion to promote drugs to doctors, which, in turn, helped increase patients' distrust of their doctors' advice about medication. In an ironic twist, though, most of the money for this new campaign was provided to the AMA via contributions from drug companies.

The Lil Engine That Didn't

A 22-year-old Johnson County, Texas, man attempted to steal a train to "visit family and friends." The man was caught after he radioed railroad dispatchers from the train on the track and still in the railroad yard, asking how to release the train's brakes. A railroad engineer who heard the call ran over to the train and held the man down till the sheriff arrived.

Live Nails Coming Soon

A first-ever live Nine Inch Nails albums will be hitting stores on December 4. The CD will contain 16 songs, featuring such hits as "The Wretched," "Head Like A Hole," "Wish," "Closer," and "Hurt." A limited edition version of the CD will also become available for short period of time, which will contain a bonus disc of selected NIN songs recorded live in a deconstructed fashion, as well as some brand-new material.

Stupid Headline Of The Week

APA headline read earlier this week: "Woman Says Legs Are Too Long but Complainants Say Skirt Is Too Short."

How Much Are Your Friends Worth?

A Winter Haven, Florida, man wanted on kidnapping charges managed to hide among family members and friends till the reward on his head was raised to \$5,000. For the longest time, the reward was set at \$1,000, but no one was calling in. As soon as the monetary value was raised, however, the sheriff of the vicinity received multiple calls and was provided with enough information that the fugitive was captured mere hours later.

Cats Really Do Have Nine Lives

Last Tuesday, workers at "ground zero," sorting through all the debris from the September 11 terrorist attacks found a living creature — a nine-pound Persian cat named Precious. The cat's owners were out of town when the attacks happened and gave up hope of ever seeing their cat again after their apartment building at 114 Liberty Street was so damaged, it was deemed unfit for occupancy for several months. Rescuers believe the cat survived by drinking puddles of rainwater whilst trapped in the wreckage.

Castro Charged With Humanity Crimes

A group of Cuban exiles in Belgium, calling themselves Brothers to the Rescue, have filed criminal charges against Cuban leader Fidel Castro with "crimes against humanity" spanning over four decades. Included in these crimes is a 1996 MiG attack on two members of the Brothers to the Rescue group, while they were searching for refugees north of Cuba. The MiG attack resulted in the deaths of four Cuban Americans from Miami. The Belgium law, passed in 1993, allows for prosecution of human rights violations anywhere in the world. If, following an investigation, a Belgian judge issues an indictment naming Castro, it will make Castro subject to arrest anywhere in Europe. Maximum punishment is 30 years in prison.

World Record Attempt Flushed Out

The ordeal for a group of Russian spelunkers has ended with their successful rescue. The 18-member group tried to set a world record by descending Crow Cave which, at 5,643 feet, is the world's deepest. The group managed to reach a depth of 2,310 feet before a heavy rainfall started to flood the cave and eventually trapped 12 of the 18 explorers. A squad from the Russian Emergency Situations Ministry's division is responsible for the spelunkers' rescue.

The Tiny Pacemaker That Could

A surgeon in Knoxville, Tennessee, has installed the world's smallest pacemaker into the chest of a female patient at an area hospital. The device is called the Integrity micro pacemaker, weighs a mere 17 grams, and is the size of two stacks of three-high quarters. The new pacemaker is a giant leap from the original model first developed in the 1950s, which was the size of a hockey puck and required a change of batteries every ten months.

Timeless Words Of Infinite Wisdom

In an interview with Modern Maturity magazine, poet/teacher/author Maya Angelou was quoted as saying, "If you aren't fighting your demons, your life is pretty dull." She says that after she hit the age of 65 — she is 73 now — she stopped worrying about how old she was. She told the publication that, "Life loves the liver of it. Life wants to be taken by the lapels and and told, 'I'm with you, kid — let's go.'" She also went on to say that, without some defeats in our lives, we "don't know where we are."

Have a question or comment for Daria? E-mail virgin_state_of_mind@hotmail.com

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Fear of a Blank White Page

JAYSON Merryfield

So, it's Sunday, 10:30 at night, and that essay is due first thing Monday morning. No sweat. You work well under pressure. You know your topic backwards and forwards and do your best work off the top of your head. So, here we go. Turn the computer on, and get down to writing...

And there's your dilemma. Writer's block is the mother of all bitches.

Now, let's start this with a definition: Writer, n. author; journalist. Block, n. hindrance; obstruction.

That's really about it, too – the sheer inability to form a coherent series of words and phrases that have any relevance on the topic of your choice.

That's really about it, too – the sheer inability to form a coherent series of words and phrases that have any relevance on the topic of your choice. It affects everyone from time to time. Hell, I was supposed to write this article a month ago, and I'm only getting it out now.

The author of "The Hitchhiker's Guide to the Galaxy" (I kinda forget his name) had one of the more severe cases. He only published a mere handful of books in the many productive years of writing that he had. I read somewhere that his publisher locked him inside a hotel room in upstate New York for two-and-a-half weeks just to push the final chapters of a book out of him. But, anyways, I digress. For those of you interested, to digress is quite the opposite from writers block, as you can plainly see. Now then, time for the next paragraph.

There are several theories out there as to why writer's block occurs but, honestly, who wants to know WHY it's happened, let's just get down to the solving of it, shall we! There are three main ways of overcoming writers block:

One is to drop all writing for a while and return to it later. This will occasionally shake off the block. It allows you to relax your mind, clear away any uncertainties, and resume writing at a later time.

Something that I find most helpful during this time is to put the

piece of writing you've been working on completely out of your mind. Read a book, play PlayStation, stare at girlie pictures – anything to keep your mind preoccupied.

It's also a good idea to set a time limit on how long you break for. For example, fifteen minutes, not until the Simpsons is over, whenever you want, then, get right back at it.

Now, I realize that if it's two in the morning and your essay's due in six hours, a short break might not be an option for you. Hey, tough titties, big boy. I didn't leave my homework till the last minute.

Another option you have is to go over your writing plan once again. A smart and well-prepared writer always has a basic plan of what they're going to write, just ask any Nugget author. So, if you just can't think of how your introduction should come out, re-read your thesis and main arguments again. Might be it'll jog your memory.

If you're blocked in the middle of an essay, stop and proofread what you've already wrote. Read your notes again, specifically on the paragraph you're on. Sometimes, all you need to do is refocus yourself and, pretty soon, the words will start to come again.

A third option is to just keep writing. That big blank page is frightening. Fill it up. It doesn't have to be on topic, you could type out a kinky letter to your economics professor if you so desired, but just keep on writing. If a particular paragraph stumps you, skip it. Come back to it later. If you're not really blocked but you think that everything your writing is complete crap, hey, that's a block too. Same treatment applies. Keep writing crap.

Either you'll get your dapper sense of writing back, or you'll have an essay to hand in that you don't really like. Either way, problem solved, essay written.

Now, needless to say, these rules apply to all types of writing – short stories, novels, essays, fiction or non-fiction – and these methods aren't a complete list of treatments, nor are they guaranteed to work. It may be you need to be locked in a hotel room in upstate New York with your economics professor.

Hey, whatever turns your crank. This is just my way of trying to help you over a problem I suffer from constantly and that hopefully, in the future, you won't have to spend the agonizing hours staring at a blank screen for the hours that I did. Good luck!

Geado's Corner



DON
"the
Geado"
Gray

Being a Geado is pretty neat. I get to spoil the little ones and then send them home with their mother, just as my father-in-law did so long ago. They were over to spend the night last weekend, allowing their parents a much-needed break. Joshua, who celebrated his first birthday this week, was motoring around the room like nobody's business, stopping only to check out something new that catches his attention. Emma, now three, is the little mother, scolding her little brother for being "bad" and then soothing him when he bumps his head.

The amazing thing about all this is that it continues on, no matter what happens in the world. If NAIT doesn't have enough parking spaces or some madman tries to start another world war, the cycle continues. Life continues on.

I wonder where the time has gone. Only yesterday, it seems, their mother was that size, discovering new items of interest, experiencing new adventures. Coming home from work was a new adventure each and every day for me.

One day, we would be having pretend "tea," sitting around the little table and drinking, well, nothing really (this was "pretend," after all), but we called it tea. Holding the cup with two fingers, making sure the pinky was outstretched, we would gossip about the day's events with a doll and two teddies as guests to the party.

The next day might bring an adventure, where she and her sister, would be dressed up as some princesses from a foreign land. Pony tailed "hair" (a towel draped over her head and hanging down) would cascade down their backs, as we would go for a walk and I would learn about the many new wonders in the neighborhood.

Along came school, Brownies, and Ukrainian dancing, as well as T-ball, softball, and a host of other activities. Then, all of a sudden, she was grown up, along with her sister, and leaving home to start a new life of her own.

The time in-between was like a momentary lighting flash.

Now, the cycle starts again. If the Lord is willing, I will see my grandchildren grow to be young people, ready to head out and stake a piece of the world for themselves. They too, will marry and have children, and on and on it will go.

The amazing thing about all this is that it continues on, no matter what happens in the world. If NAIT doesn't have enough parking spaces or some madman tries to start another world war, the cycle continues. Life continues on.

Last weekend was set aside for us to pause and give thanks for what we may have taken for granted. Although there is an official day each year for giving thanks, I must admit that I am thankful every time I see, or think about, my grandchild-

dren. I am thankful for the time I spent with their mother and their aunt when they were little, as well as for the country we live in that allows all of us the freedom to do, and grow, to the fullest potential we have.

I am thankful for the opportunity to come back to school for the chance to travel down a different road and on a new career path. Making new friends and seeing life from a different point of view is not a common occurrence for most Geados in this world.

Instructors and classmates alike have taught me many new things. I have been taught new ways of looking at the world and how it runs, as well as a new respect for our future leaders. The old adages of integrity and honesty are still important, even in today's dog-eat-dog world.

Based on what I see happening here at NAIT, I look forward to a bright future for my grandchildren, and their grandchildren.

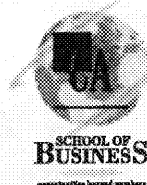
I give thanks for that.



IT'S OKAY TO WANT TO COUNT THESE. REALLY.

"Bean counters" can do very well in today's business world. Especially ones of the Chartered Accountant variety. Credit the CA program. It gives individuals the confidence, management skills, and professionalism that companies look for in their leaders. This puts CAs in a rather enviable

position—clients, employees, board members and shareholders end up counting on their CA. Take another look. Meet a few CAs and test yourself for signs of accountancy. Visit our website. And if you want to verify that you've counted right, be sure and go to www.becomea.ca/beans.



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Counselling the Clueless



JESSICA
Rabbit

Dear Jessica,

I have a 15-year-old sister who is entering her first year of high school. She socialized with the wrong crowd in junior high, and I'm afraid this will overlap into her high school life. It might even jeopardize her chances of getting a good education. She goes out every night, and my parents can't control her. If they tell her no, she either sneaks out or throws a fit. She smokes and drinks, and I'm sure she's done some drugs. To me, this age is too young to start exploring with these dangerous substances. I love my sister with all my heart. How do I put her on the right track?
Problem Child

Dear Problem Child,

I know it's hard to sit back and watch your sister go through these times, especially when you are enrolled in college and building a foundation for yourself. Yet, these years are, perhaps, an inevitable part of her life experiences. If she has just started mingling with the wrong crowd, maybe it will pass. She wants to see what the other side is like. If your parents raised you well and raised your sister in the same fashion, I'm sure that, in the end, she'll turn out just fine. What you could do is try and spend more time with her -- not time spent nagging or trying to change her view on life, but just plain old quality time. Go to the mall. See where she likes to hang out. Maybe she's not in as deep as you think. Maybe, if she feels she can trust you, she'll open up and tell you why she is doing what she is doing.

Dear Ms Rabbit,

I've known this girl for two years now. We haven't been close friends, but we talk on the phone at least two to three times a week and we'll occasionally go out and see a movie or something. I think I've fallen in love with her. The only problem is, she has a boyfriend. I know she has feelings for me, too, because there was a time when something almost brought us together. I'm not sure how to act around her anymore, and I honestly can't wait till she and her boyfriend break up. I know she's happy with him and I respect that; I would just like to show her how it could be if we were a couple. I don't want to

be a home wrecker, but my feelings are overpowering. What should I do?

Hopelessly in Love

Dear Hopeless,

You have to ask yourself one question: If I try and get this girl to love me back and it doesn't work, am I willing to forfeit the friendship? Sometimes, it's better to have a loved one near than nothing at all. You said yourself she's happy. Why would you want to make her unhappy by trying to separate her from her boyfriend? Even if you succeeded in doing so, what makes you think she'll fall back on you? What if she starts dating someone new? The best way to handle this situation is to wait and see what happens. Perhaps spend a little more time with

her. You never know. She might end up breaking it off with her boyfriend herself. If you can't bear the pain of seeing her with someone else and there's no other choice, then leave her alone. It'll be best for both of you.

Wanna receive some advice with spice? Ask Jessica anything, and she will answer! E-mail her at advicewithspice@hotmail.com or drop your question off in The Nugget submissions box.



What would you do if this was your kid sister?

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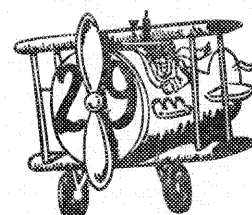
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Friday 11 am - 1 am

Saturday 8 am - 1 am



The Official
Student Newspaper of

NAITSA
Students' Association



Canadian
University
Press

www.cup.ca

Room E-128
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Edmonton, Alberta
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12:00 p.m. on the first
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All submissions Must be
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& Student ID Number

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ters and viewpoints for brevity.

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HE SAID / *She Said*



DAVE
Veilleux



NOY
Vongsamphanh

HE SAID...

Oh, God, the ultimate in Catch 22's. Being that I have been somewhat of a male whore in my less-than-illustrious past, I would have to advise you to lie your gosh-darn ass off. The last time I could actually be honest with a girlfriend about my bedpost notches was in high school.

Ah, the memories of youth.

As I continue to age gracefully and my notch volume slowly decreases in frequency, I have noticed a few things about what the average girl thinks about this subject: Girls like a guy who has been with around four to eight partners by their early 20's (two to four for you young whippersnappers). That's just enough experience for a guy to establish his groove, but not yet enter the forbidden realm of slutdom.

A woman wants a guy that knows what he's doing, but hasn't done it enough to find her boring. Every girl would like to think she is the be-all end-all in bed, and it's our job to ensure that. If she knows that you have been with more than, say, ten girls, odds are you've been with someone better than her. If she has doubts, then you're not getting any. Period.

Being that I have been somewhat of a male whore in my less-than-illustrious past, I would have to advise you to lie your gosh-darn ass off.

Now, there is the odd girl that is turned by a guy with numerous conquests (i.e. any hockey player), but chances are she's just compensating for her own smutty past. And who wants a girl like that?

My advice is to tell her four. It's a nice number, not too big or too small. Besides, she's just going to use the "Rule of Three" and assume seven anyway. Now, you can smirk and think what I'm saying is bullshit, but in the end we'll know just who is kidding who here.

She Said...

All right, I have to somewhat agree with my "man whore" retiree co-writer on this touchy subject. Ladies, smutty and slutty or innocent and prude, we all know we love to get laid like the next person out there. And, you know what, it's no one's business how many partners we have been with in the past, future, and present.

Let's face it, society still points shameful fingers at females that practice sex often and enjoy it. We are still living in an unbalanced society where guys are considered "studs" if they boned an average of over ten women by the time they are

18 years old. And us females have a permanent "dirty slut" stamped across our heads if we had over four partners by the time we are 20 years old!

Guys want to hear that the females they are currently "with" have only been with zero to three other guys, tops. But let's come to grips with reality, cowboy — females need to establish their groove, too. How do you think we became such experts at what we contribute during sex? I'll tell you a secret. It wasn't from fucking vibrating Joey Dildo one too many times.

In my opinion, if either partner is so concerned about how many people the other has been with, then there are either insecurities or no trust in the relationship. Unless you're planning a wedding in the future, then no one has the right to know your private score. Guys, do you really want to know who many other guys have made me orgasm on the very same bed that you just woke up in?

Relationships are supposed to focus on the present, not the past. So, my advice to the guys is keep your numbers to yourselves and don't ask us ours, either, because we can lie just as well.

Two former *Entertainment Editors of The Nugget*, both incredibly good-looking and with a world of experience, have been given the creative freedom and the right to speak their minds with no censorship whatsoever in a new column called *He Said / She Said*. In a battle of the sexes, where sex and relationships is what it's all about, the men and women of NAIT will finally get both sides of the story...

Question: Should you be honest with your significant other about how many partners you have had in the past?

World Studies 244

A wide ranging study of countries and cultures around the world

LOTTO

649

What's your dream?

The Ringpost



SHANE Turgeon

Well, wrasslin' fans, due to circumstances that were beyond my control, The Ringpost was cut last week. Needless to say, I was as pissed about the situation, as I'm sure many of you loyal fans were. No one really knows who's to blame for last week's debauchery, but I'm pretty choked that something as poorly written and as unintelligent as Surly McDuff's "Things That Piss Me Off" article took up the space that this weekly stead should have had.

With that out of the way, let's get to the news, rumors, and results from the wonderful world of professional wrestling...

- First and foremost, former WCW star Chris Adams was shot and killed this past week in Texas. Known for most of his career as "The Gentleman," Adams was allegedly shot by his former roommate whom he was partying with. Both men were heavily drinking, and a brawl ensued between the two, leading to Adams' death. The roommate is pleading self-defense.
- Helen Hart, the matriarch of the Hart family, suffered a diabetic attack that led to her being comatose. Last word indicated Helen was

in critical, but stable condition in a Calgary hospital. My thoughts are with the entire Hart family.

- The King of Old School, Steve Corino, has announced his retirement. His last tour will reportedly begin in November. Corino claims that wrestling is no longer fun, as he has accomplished everything he wanted to do in the business.
- A big congratulations go out to my boy, ECCW and Matratts star Scotty Mac, for capturing the ECCW Tag Team Championships two weeks ago in Surrey. The cage match was hard fought and bloody but, eventually, Scotty and his partner Havoc defeated the Backwoods Militia to capture the gold.
- So the match between Kronik and the Brothers of Destruction at Unforgiven was so bad that Kronik will no longer be seeing any TV time. Brian Clarke, who was already garnering himself a bad backstage reputation, is no longer employed by the WWF, and Brian Adams has agreed to help train younger talent in OVW. The same offer was extended to Clarke, but he didn't accept. Adams realized that, with only one promotion in town, this might be the only opportunity he'd have for a steady income in the business.
- The WWF has changed the name of the second half of its Monday night program from War Zone to RAW Zone, in response to the terrorist attacks in New York.
- WWF prospect Brock Lesnar worked his first WWF dark match a couple of weeks ago in Winnipeg. After wrestling in the OVW for some time, Lesnar is

primed to come into the WWF. He is being heralded by many as the next big thing.

- Billy Kidman is off to OVW to shake the ring rust from his recent off time while rehabbing after surgery.
- Rikishi has been cleared to wrestle as soon as October 15, but the WWF feels that weight he has put on in his time off may keep him from appearing on TV that soon.
- Trish Stratus also has clearance to return on October 15 after recovering from a bone spur in her ankle.
- Bob Holly is out for at least six months as the steel plate in his arm is being removed.
- Shawn Stasiak will be out for a couple weeks due to a groin tear.
- There are rumors a-bound that Kevin Nash and Scott Hall will be returning to the WWF early next year. Nash's contract with AOL/Time Warner expires in January, leaving him free to work wherever he pleases. The Outsiders are booked for the New Japan Tokyo Dome show in early January. Hall is clean and sober (seriously), and both men have been in communication with the WWF.
- Scott Steiner is still high on the WWF want list but, due to his nagging foot injury, he may not be joining them anytime soon. Steiner suffered the injury to his foot early on in the year and is still having problems with it giving way on him. Currently, Steiner is rehabbing his foot and collecting the remainder of his AOL/Time Warner contract.
- Former WWF/WCW booker Vince Russo is officially retiring from the world of wrestling. Russo left the current Australian tour last week due to creative differences.
- MECW is finally dead. The indy promotion that promised great things by signing big name talent has

had nothing but problems from the outset. Wrestlers weren't being paid and were often stranded at airports when they discovered that their airline tickets weren't paid for.

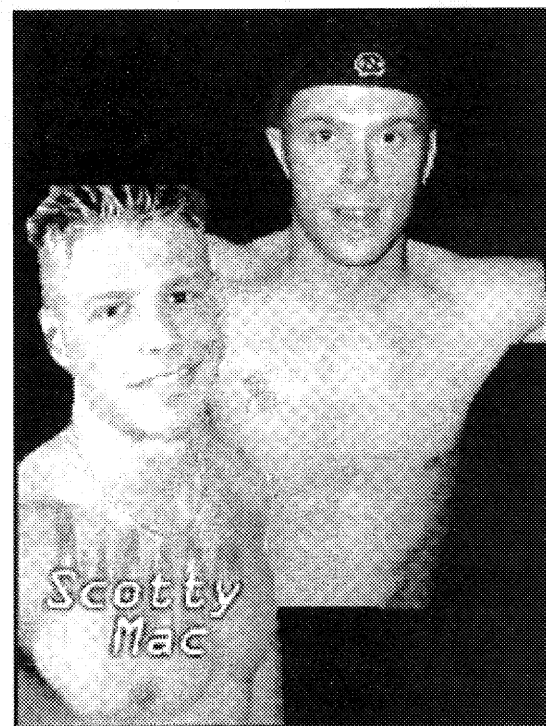
- Early indications warn that Calgary's WCEW is also on the verge of going under. According to their website, they are currently restructuring their office staff, but it'll be interesting to see if they survive. I, for one, hope they will.
- Former Randy Savage valet Gorgeous George has recently gotten hitched. Her husband is none other than Doyle Wolfgang Von Frankenstein from the Misfits! George has legally changed her name to George Frankenstein (no, I'm not joking). Congrats to the newly weds.

The first run of Tough Enough will begin airing on TSN on October 15 - just in time, as we all found out who the winners were last week (please note the dripping sarcasm). I find it odd that the WWF is continuing to pursue the Tough Enough show with a second season. Granted, it has garnered them high ratings and, I would imagine, a high dollar return, but it just doesn't make sense for them from a talent perspective.

The WWF is overloaded with talent, good talent, but they just can't use it. Now, here come two green kids who have no experience in the wrestling world, save for a bit of training, and they're given prime slots on TV. If I was one of the older guys who was seeing little to no TV time, I'd be right pissed.

The WWF has also been very public with comments about guys

they felt got pushed too fast with no real concept of the wrestling business. The Big Show and Shawn O'Hare are two prime examples of wrestlers who have been sent to OVW to hone their skills. Tell me, in all honesty, how these two new Tough Enough winners have any clear understanding of what it means



Scotty Mac and Havoc - the new ECCW Tag Champs

to bust your ass, figuratively and literally, making \$25 a night sometimes for years, in order to get where they are today?

The WWF often rips on WCW for pushing people the wrong way in order to make some quick bucks. Well, it seems the tables have turned, and now the WWF is faced with a decision regarding whether or not they should take substance over a quick and easy dollar and whether or not they should follow the WCW down a path to creative hell.

That's it for this week, wrasslin' fans, and seriously, keep the comments coming. I appreciate everything you have all said, good and bad, so drop me a line at theringpost@hotmail.com.

Badass Jack's Ook of the Week

NAME: Kim Ryan
SPORT: Women's Volleyball
PROGRAM / YEAR: Business Administration, 1st year middle
FAVORITE FOOD: Pizza
FAVORITE TV SHOW: Not given
FAVORITE BAND: Blink 182

PERFORMANCE / ACHIEVEMENT: Kim had an outstanding weekend at the Grant MacEwan exhibition tournament, recording 20 kills, 12 stuff blocks, and 2 serve aces in 6 matches.

COACHES' COMMENTS: As a first year middle, Kim continues to work hard in practice and has a lot of upside in becoming one of the premier middle blockers in the league.



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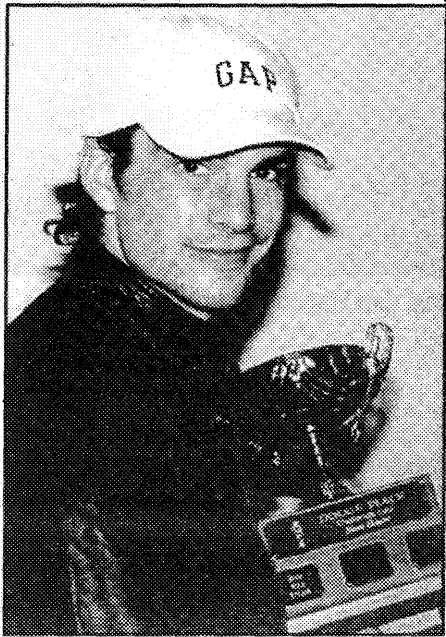
Phase II Upper Level West Edmonton Mall

Royle Quality



JAY
Archibald

I was fortunate enough last week to meet the future of Canadian Amateur Boxing – Mr. Kevin Royle. Managing to fit an interview



Kevin Royle

into his hectic schedule, Kevin wandered into the Nugget office for a little Q & A. Read on, lads...

Jay Archibald: How long have you been boxing, and what class are you currently fighting in?

Kevin Royle: I've been fighting for about seven years, with a two year lay-off because of knee injuries. Right now, I'm a light heavy-weight, or eighty-one kilo class.

JA: What are you studying at NAIT?

KR: I'm in my second year of the Food and Nutrition Management program.

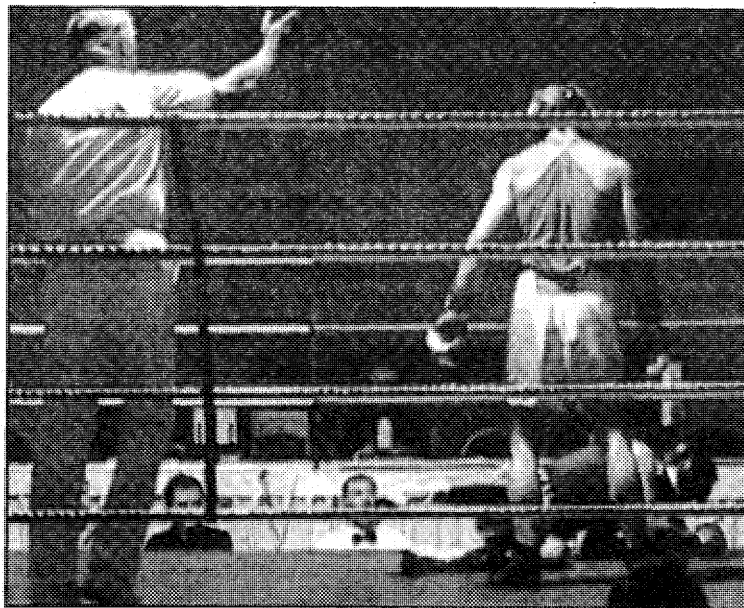
JA: Where have you travelled as a result of your boxing skills?

KR: Mostly in and around Western Canada, but I also trained down in Florida for about nine months. I'm hoping to go to L.A. this upcoming summer for the Blue and Gold Tournament.

JA: Whose boxing style do you most admire?

KR: Oscar De La Hoya, by far.

JA: I've heard that you may have an Olympic shot. Is that



The final knockdown

true?

KR: It's definitely a goal of mine. I like to think it's attainable, but I gotta get through nationals before Athens is even a serious possibility.

JA: How many times a week do you train?

KR: Four times a week for about two hours each. Plus running. I'm supposed to do more.

JA: Does anyone else in your family box?

KR: My two brothers do, but not as seriously as I do.

JA: What's up next for you?

KR: I'm boxing this weekend at the Southside Boxing Club, 5:00 p.m. on Saturday. There is a full card, though, and it should be pretty good.

JA: Do you have any other hobbies or interests?

KR: (laughing) I don't have time for anything else, what with school, training, and work. I don't know, I do a little artwork, drawing and stuff. I also tinker with my cars (1969 Dart and 1986 SVO Mustang).

JA: Where are you boxing out of right now?

KR: Spruce Grove Elks Club with my trainers Jim Titley and Al Harris.

JA: Do you ever go to bars looking for trouble?

KR: (laughing) When I was younger, but not now. It's too dangerous. It's different now, too much at risk. But if stuff happens, well...

JA: Would you ever go pro?

KR: No way. It's too dirty; everyone has their own agendas. Not a chance. I may go to Europe after I graduate, just to get some exposure over there. But it's always going to be amateur.

JA: What are you going to do after you're done boxing?

KR: I'll never be done. I'll coach or something, but I will always be involved with the amateur scene.

JA: If you weren't a boxer, what would you be doing?

KR: I don't know. I truly don't.

Kevin Royle fights this weekend at the Southside Boxing Club. There is a good card, and you should get out to see the future of Canadian Boxing. Thanks, Kevin, and good luck in your boxing career.

Looking Ahead!!

Women's Volleyball Recap

TREVER Turner

The Women's Volleyball team has been practicing for the past month and a half and finally had the chance to play some matches this past weekend at the Griffin Cup Exhibition Tournament held at Grant MacEwan. This tournament featured 10 teams with 7 out of the top 8 teams from last year's standings participating. It was a change of pace for the ladies as they have been practicing very hard but wanted to see how they stacked up against the rest of the league.

Over the course of the weekend, the ladies continued to improve and played well versus Grande Prairie and Mount Royal, silver and bronze medal winners at last year's National Championships, losing in 4 sets to both teams. The ladies finished the tournament in fifth place and, if early indications are true, come playoff time, the ladies will

be a very strong team to face at that time.

The Women's Volleyball team continue with exhibition play this weekend, playing in the Red Deer College Tournament, and open up regular season play October 19th at home versus the Grande Prairie Wolves. Here is this year's edition of the Lady Ooks:

- #1 Angela Terry
- #2 Erin Payne
- #3 Trisha Froese
- #4 Sonja Schultz
- #5 Megan Shudra
- #6 Julie Lindemulder
- #7 Kim Ryan
- #8 Teri Muhlbeier
- #9 Tamara Schuurman
- #10 Shannon Shepherd
- #11 Caitlin Zack
- #12 Alicia Downer
- #14 Cherry VanderHoek
- #15 Lindsay Zarski

ACAC Stats

On the long weekend,
we had some action...

MEN'S HOCKEY

NAIT 4 Concordia 2
NAIT 10 Briercrest 1

MEN'S BASKETBALL

NAIT 82 Medicine Hat 74
NAIT 68 UNBC 82
NAIT 71 Grant MacEwan 62

WOMEN'S BASKETBALL

NAIT 56 Capilano 68
NAIT 78 Camosun 55
NAIT 76 Malaspina 77

WOMEN'S VOLLEYBALL

NAIT 3 Langara 1
NAIT 3 Lethbridge 2
NAIT 1 Grande Prairie 3
NAIT 3 Mount Royal 3
NAIT 3 SAIT 2
NAIT 0 Mount Royal 3

Coming up this weekend...

Men's Hockey (home opener)
Saturday, October 13
(vs Concordia) at 7 p.m.
at NAIT Arena

2nd Annual TECH Challenge

The 2nd Annual Tech Challenge Competition, the first of three in the 2001-2002 athletic season will soon be upon you, taking place on Friday, October 19, at the NAIT Ooks volleyball game vs. the Grande Prairie Regional College Wolves.

Enter a team from your technology and have a chance at winning great prizes! Teams must consist of at least five people from your technology. You will compete for fifteen tickets to an Oilers game, courtesy of Molson Canada; a pizza party from Boston Pizza on Princess Elizabeth Avenue; specials at Cowboys Nightclub; and/or cash for your technology.

Teams will be judged on the number of people, cheering ability, and the ability to fit the theme (60's theme). To register your team, simply call Marc Dobell at 471-7606 and get ready to cheer for the Ooks!!!

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Wilkommen, Bienvenue, Welcome en Cabaret, au Cabaret, to Cabaret!!!



CHANTAL Eder

"Here, life is beautiful. The girls are beautiful. Even the orchestra is beautiful."

That's how the story begins. The world-renowned musical, Cabaret, has made its way to The Citadel to open this year's season. The story of Cabaret is about Berlin during the 1930's when the world was tiptoeing on political eggshells to avoid WWII and Germany was undergoing a terrible depression. Almost all Germans had lost faith in, and, allegiance to their government.

Yet, in sleazy Berlin, music filled the clubs, and people were blindly celebrating "the end of the world." The story focuses on a

young Sally Bowles, a foreigner from England who is a free-spirited, self-absorbed flapper. She performs in a local nightclub, The Kit Kat Club. The musical is hosted by an emcee and is unlike any musical you will ever see.

I've had the good fortune to see the touring Broadway production of Cabaret in Toronto and was curious to see what The Citadel would do with its show. Of course, you cannot compare a Broadway staging with a local production but, all in all, The Citadel came in a close second.

The emcee, played by local actor John Ulyat, is truly astounding. The over-the-top character of the emcee will blow you away if done right, and Ulyat does just that. He is the strings which binds the musical together, and the show is worth seeing for his performance alone.

Unfortunately, I have yet to see a Sally Bowles who can leave me with the same impression. Pamela Gordon's voice is amazing, even

better than the attempt of Joely Fisher who played Sally in Toronto. However, Gordon's body language does not give off the radiance which you'd expect from a mesmerizing persona such as Sally Bowles. This is not Gordon's fault entirely, however.

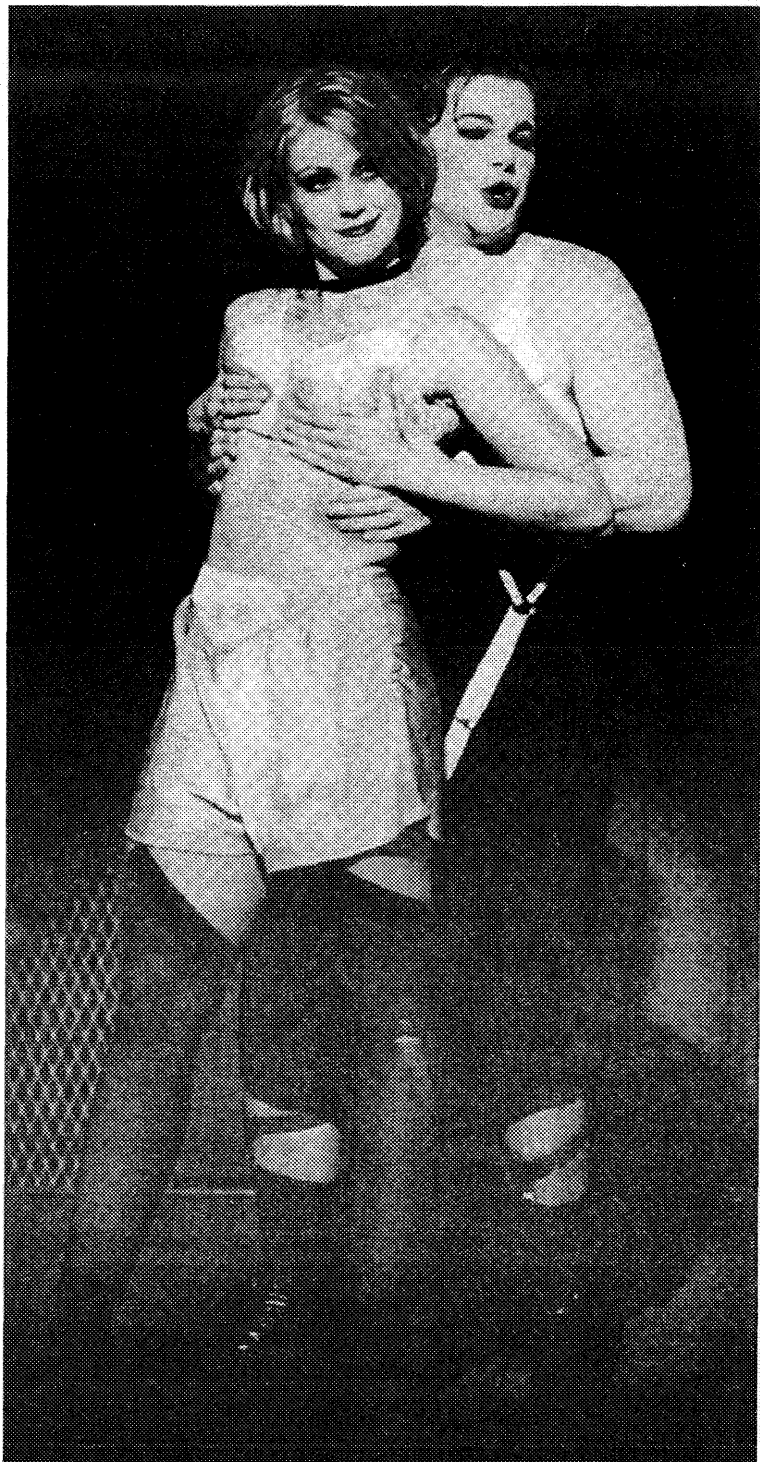
Originally choreographed by the legendary Bob Fosse, the Broadway revival was re-choreographed by Rob Marshall, yet paid homage to some of Fosse's very recognizable trademarks. The highly stylized posturings, signature wrist flexions, and hip swivels looked remarkable in the movie and in the production I was able to attend in Toronto. Unfortunately,

the choreography assembled at The Citadel was disappointing and lacks Marshall's and Fosse's pizzazz. I was especially disappointed by the production of "Mein Herr," a Cabaret classic.

Using a chair as her only prop, Liza Minelli and Bob Fosse created the unforgettable imagery that we have come to associate with Cabaret. Denise Clarke's choreography, with minor emphasis on the chair, proves to be quite lackluster, as is the musical direction of the song. Knowing every song by heart, and this being one of my favorites, this rendition pierced my ears. Don Horsburgh's interpretation of the

song, which replaces the German phrases with plain old English, not only muffled Gordon's amazing voice but sent me into shock wondering why this would be changed.

Overall, the experience from seeing a production of Cabaret, whether it be a Broadway production or a local interpretation, is worth every minute. You will be truly blown away by the innovative concepts, ideas, and historical perspectives put forth in this musical. It will leave imprints in your mind for years to come. Cabaret is playing at The Citadel until the 28th of October, and tickets are moderately priced.



A scene from Cabaret at the Citadel

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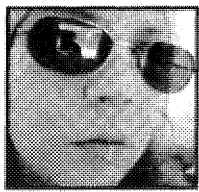
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Stand By Your Man: Edmonton Art Gallery Promotes New Exhibition



KATRINA
Benson

On Friday, September 21, my companion and I had the privilege to attend the new exhibit opening at the Edmonton Art Gallery downtown entitled *Stand By Your Man: My Life With Tom Thomson*.

Stand By Your Man is the story of Annie Crawford Hurn, a fictitious character based on *The Portrait of Mrs. Edith Munson* by artist Hubert Ropp. Ropp's painting serves as the threshold to the exhibit, with other works of art from the collections of The Edmonton Art Gallery as well as the Art Gallery of Hamilton acting as a supporting cast.

In what was to be a typical exhibition for The Edmonton Art Gallery, while Canadian artist and curator Andrew Hunter was researching the life of Tom Thomson, he came across an extraordinary finding which has led to one of the most incredible shows to come to The Edmonton Art Gallery yet. What Andrew Hunter found in his research that changed what was believed to be the life of Tom Thomson, was, instead, a neighbor of Annie Crawford Hurn's family named Elizabeth.

Elizabeth told Andrew Hunter a story of Tom Thomson and his friendship with Annie Crawford Hurn that brought about two incredible revelations, with the most significant one being that Thomson did not really die in 1917 as believed, but rather faked his death and lived with Hurn right here in Edmonton, Alberta, until 1968 where he died at the age of 91.

This changed the entire face of the exhibit that Andrew Hunter was planning at The Edmonton Art Gallery of Tom Thomson's life, so much that the exhibit now reads as a story and provokes viewers to look at the history of Tom Thomson as such through the various paintings portrayed, with this story just being a bit more fictional than others.

Stand By Your Man: My Life With Tom Thomson will be on display at The Edmonton Art Gallery until January 29, 2002. If you have the time and the love for a good story, this is a show that will speak volumes to your imagination as well as your soul. My only regret is that I did not spend a longer period of time at the gallery to truly appreciate it.

Besides attending the opening night of the *Stand By Your Man* exhibit, my companion and I also had the opportunity to view the four other exhibits currently on display at The Edmonton Art Gallery. When you go to attend the *Stand By Your Man* exhibition, be sure to visit these other ones as well.

The first exhibit is called *River City*, which features the work of four contemporary artists who "explore the idea of image and water with their associated metaphors of stillness and transformation." There really are no words for the works displayed in this exhibit, except that the pieces are all visually stunning, deeply soul searching, and beyond the imagination of most.

The second exhibit is called *Fragile Source* by Edmonton artist Liz Ingram. In her latest offering, she focuses on the image of water and, through her complex and layered images, manages to "both re-

veal and conceal the contours of the human body." The photos in this exhibit portray an essence of clarity unlike any I have ever seen. *Fragile Source* ends its run on October 28, 2001.

If you have the time and the love for a good story, this is a show that will speak volumes to your imagination as well as your soul.

The third exhibit is *Setting The Stage: The Cast of Characters*, which gives a bit of a glimpse into the Group of Seven, Canada's first self-proclaimed organization of

modern artists. *Setting The Stage* features a selection of works by the seven founding members as well as the three later additions to The Group. This exhibit ends on January 29, 2002.

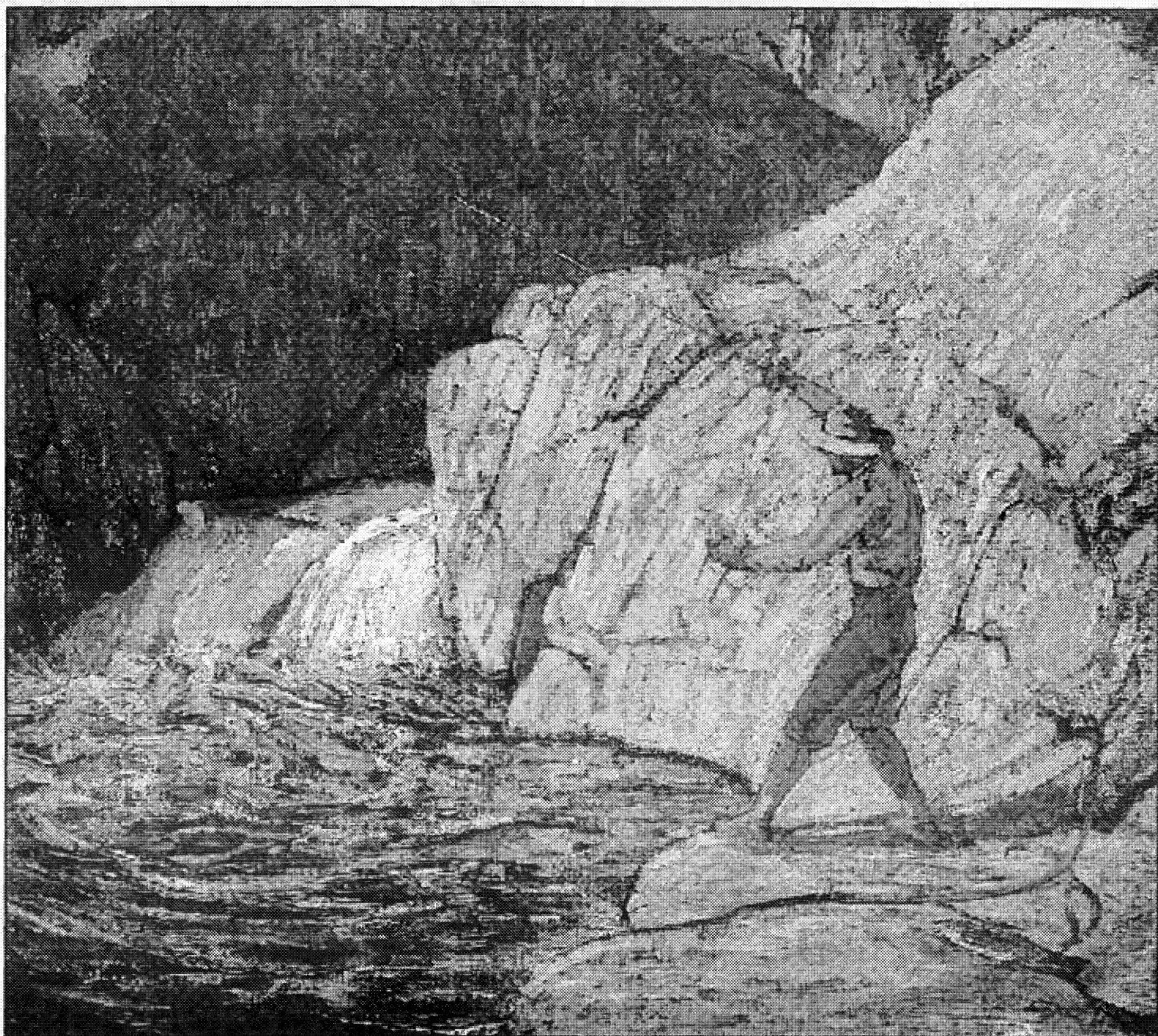
The last exhibit is entitled *Art Out There: Artists and Youth In The Community*. Last year, The Edmonton Art Gallery started a program to bring youth and local artists together in schools and community organizations. *Art Out There* features the end result of the corroboration of the students with the local artist as their teacher, and the works displayed are astounding.

Being a former Art 35 student, I can honestly say the pieces up for view in the *Art Out There* exhibit are definitely the end result of a lot of talent in the youth community being shown how to excel through means not necessarily thought of before the infestation of this project. This is one great exhibit, making me

wish the inception of *Art Out There* had been around in my high school days so I that I may have had the opportunity to push my creative talent to its limits and beyond. *Art Out There* runs until November 10, 2001.

Besides the innovative and imaginative *Stand By Your Man* exhibit, along with the other offerings The Edmonton Art Gallery currently has, November brings even more great shows. To find out more about these upcoming shows, be sure to contact The Edmonton Art Gallery at 422-6223 or check out their web site at www.edmontonartgallery.com.

The Edmonton Art Gallery is located at 2 Winston Churchill Square and is open Monday-Wednesday from 10:30 a.m. to 5 p.m., Thursday from 10:30 a.m. to 8 p.m., Friday, from 10:30 a.m. to 5 p.m., and Saturday and Sunday from 11 a.m. to 5 p.m.



The Fisherman by artist Tom Thomson

Canadian Blood Services Makes its Way to NAIT



**CHANTAL
Eder**

This past week, NAIT was graced with the presence of the Canadian Blood Services. They set up in the North Lobby from 9:30 a.m. to 4 p.m. collecting donations from generous NAIT students. I spoke with Linda Clark, the Head Nurse in charge of the operation, and she stated that the turnout was tremendous, yet pretty average.

Now, here at NAIT, we can do better than average. I'm sure there are a lot of students out there who think that they are too busy and that the process is time consuming. Maybe we are a little nervous if we have never donated before. I know I was. In regards to this, I'm going to explain the process and ease your mind a bit so that when Canadian Blood Services returns on November 30, the turnout will be extraordinary.

If you've never donated blood before, the Canadian Blood Services will welcome you and give you a booklet to read regarding the process as well as the do's and don'ts of

blood donation. If you've had a piercing or tattoo within the past year, you are unable to donate. If you are under 110 pounds, you're out of luck as well.

You are then sent to a nurse who pulls up your file, tests your iron level, and tells you what your blood type is. You then fill out a series of questions regarding disease, travel, family history, etc. After the questionnaire, your blood pressure and temperature are taken. Another nurse will ask you, in all confidentiality, about your lifestyle and tell you if you are a suitable donor.

I, unfortunately, was unable to donate because I have been in France for a cumulative period of over three months since January 1, 1980. This was very disappointing, but for good reasons. Starting October 1, if you have been in France or the UK for over three months since 1980, you are ineligible to donate because of the possibility of Creutzfeldt-Jakob disease, or mad cow disease. This is not to imply that you are infected, but it is a precautionary measure for the safety of everyone, including yourself.

The requirements to donate are reviewed on a yearly basis by Health Canada. Prior to this year's renewal, the cut-off time was six months but, because of the events of the past year, the regulation was changed.

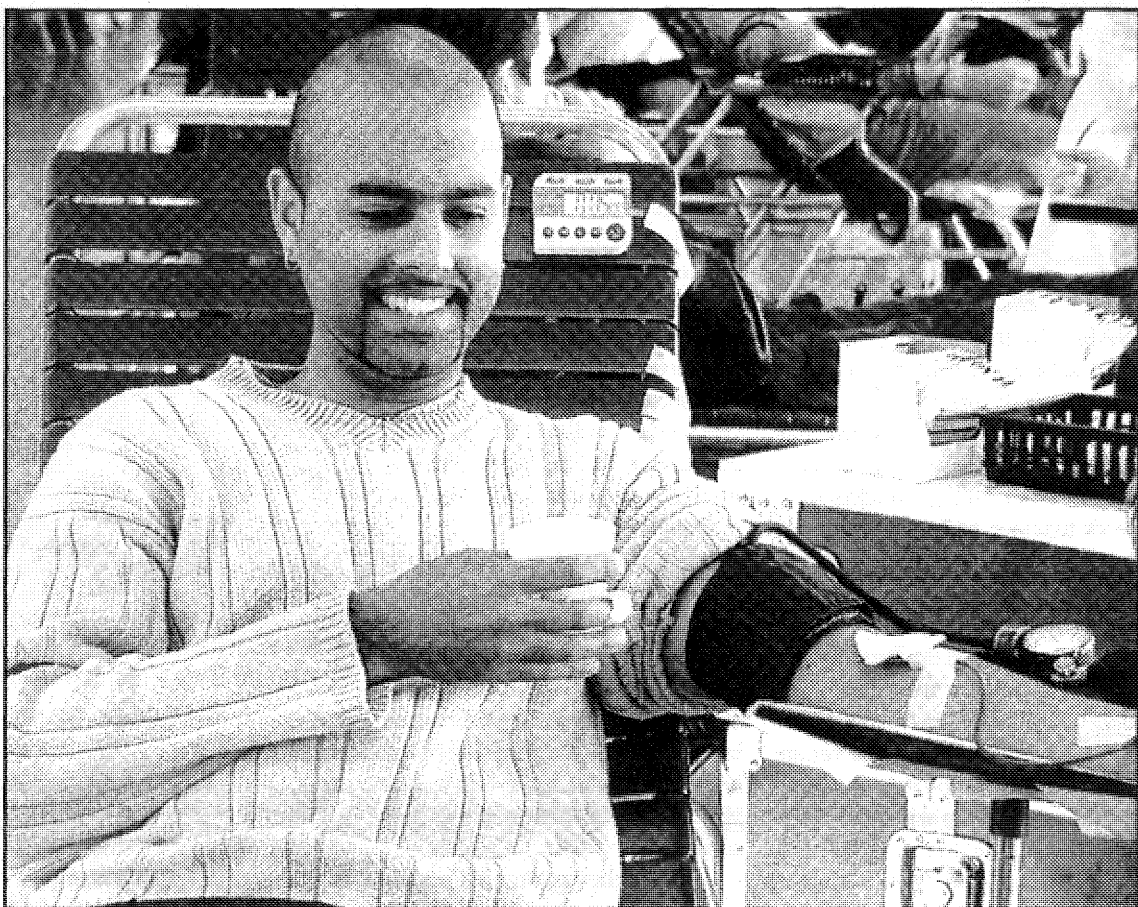
This new ruling has eliminated many previous donors and new volunteers. Other popular deterrents include having recently received Hepatitis B vaccines or flu vaccines.

If you can donate, Linda ad-

vised that the best way to have a successful donation is to eat two hours prior to your appointment. This will eliminate the possibility of fainting and will ensure a positive experience.

If you are unable to donate,

there are other ways you can help. Canadian Blood Services is always looking for volunteers when they travel from school to school. Volunteers are always needed. If you are interested, contact Tim Pooke, your NAITSA Academic V.P.



A NAIT student taking the big poke in stride



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JASON ANDERSON @ 471-8795

Presented By:

NAITSA
Student Association

and

Kokanee

Karen McCarthy:

A small Metis woman with big plans



ELENA
Savage

A 2nd year student in Business, a single mother of four, and President of the Aboriginal Club at NAIT, Karen McCarthy vows to help aboriginal students at NAIT attain their dreams.

"I want people to realize that we can do it. We can have a better future, better life, and it takes us to work together, to keep one another motivated, to stay strong and finish school..." she says with confidence and an exuberant smile.

When offered the President position for NAIT's Aboriginal Student Club (NASC) in August, Karen did not hesitate to embrace yet another challenge. She wants to motivate more Aboriginal students to join the club and participate in its activities this year. Over a hundred full-time Aboriginal students at NAIT have already signed up for the club – the largest number in its history.

Karen hopes to also see an increase in the attendance of the monthly meetings because she recognizes the importance of networking and information. To have the word out, NASC mails out a newsletter every month, a week before the socials. "The newsletter is the big thing. That wasn't sent out regularly last year," she says, "but I really wanted to do it this year because

students expect it..." Karen's ambitious plans include a Christmas party and a year end/graduation night for the Aboriginal students at NAIT.

The Aboriginal Students Club has a brief history. In the early 1990s, Heather Miller, an administrator for Pre-Technology, organized meetings of the Aboriginal students after classes. She helped them plan activities and have their courses on track. It was not until 1999, though, when Eva Stang, a Metis herself, was hired full-time as the Aboriginal Liaison Officer at NAIT. Two years later, Eva and the club acquired their first home, the Friendship Center, and the club became more visible.

Presently, the Friendship Center attracts many Aboriginal students who seek information on upcoming conferences, workshops, applications for scholarships and awards, and job postings. Between breaks and in the late afternoon hours, many line up to talk to Eva about housing, finances, and personal issues.

Eva believes that all people need support and that mentors, like teachers, councilors, and parents, can give you a desire to carry on, build on your self-esteem, and recognize your personal capabilities, which will enable you to eventually succeed. She says, "I guess those are the things I'd like to give to students because, a long time ago in my life, there were people who were very positive, who helped develop who I am today, and I want to give back to the community what I received."

Eva sees in Karen a good leader. "She has a lot of confidence



Aboriginal Club President Karen McCarthy

and drive. She understands the unique needs of the Aboriginal students... When she gets an idea, she takes off with it, and has the ability to bring students together for volunteer work or social gatherings."

Karen's name is already etched in the history of NAIT as the first Aboriginal student to win more than fifteen awards in two academic years. In the last two months alone, she has received eight awards for over \$10,000. She remembers the excitement and the feelings of fulfillment with the arrival of the first award.

All of Karen's awards are Aboriginal except for a scholarship from the Heritage Foundation, and she talks with revealing pride about it. Karen competed with women all

over Alberta for this scholarship. She has applied for most of the awards through the Student Awards Office and has used the Indian Affairs web page and other Internet resources.

Karen's face darkens as she speaks about the daily stereotyping of Aboriginal people. She says that the general public believes that all Aboriginals receive free housing, education, health, and an exemption from paying taxes.

"People don't understand," she says, "They think everything is given to us for free, but it's not, especially when you live off the reserve. If you live on the reserve, it's not any better, either, because there is such high unemployment, high suicide... addictions like alcohol, gambling, drugs... There is no abundance of land on the reserve, and they have substandard housing, substandard water, and sewer..."

First Nations people who live off the reserve do pay taxes. Metis, off a reserve, pay for everything, like any other person in Canada. There are special provisions by the Federal government, however, if you are a member of a First Nations group, called a band, Eva explains.

After watching relatives "waste their lives away," Karen decided to never be a part of it. She used to work as a receptionist at the Poundmaker Drug & Alcohol Treatment Centre and attended the Native Studies Program at the University of Alberta before she applied at NAIT. She says that she always wanted to have a career and be a professional, but she had to put it all on hold for a while with the birth of her son and daughter. And, now, she also takes care of two of her

nephews.

After a year in the Business Administration program at NAIT, Karen feels she is in control of her life. She wants to complete her Bachelor's of Commerce degree at the University of Alberta and then join the workforce, go into law, or apply for a Master's in Business.

With memories of impoverished life close to a reserve, Karen is determined to make a difference: "My kids are growing up, and I don't want them growing in that type of life. If I give it all I have for them and for our future, then they'll have a better life. It will keep going hopefully. Cross my fingers."

Definitions

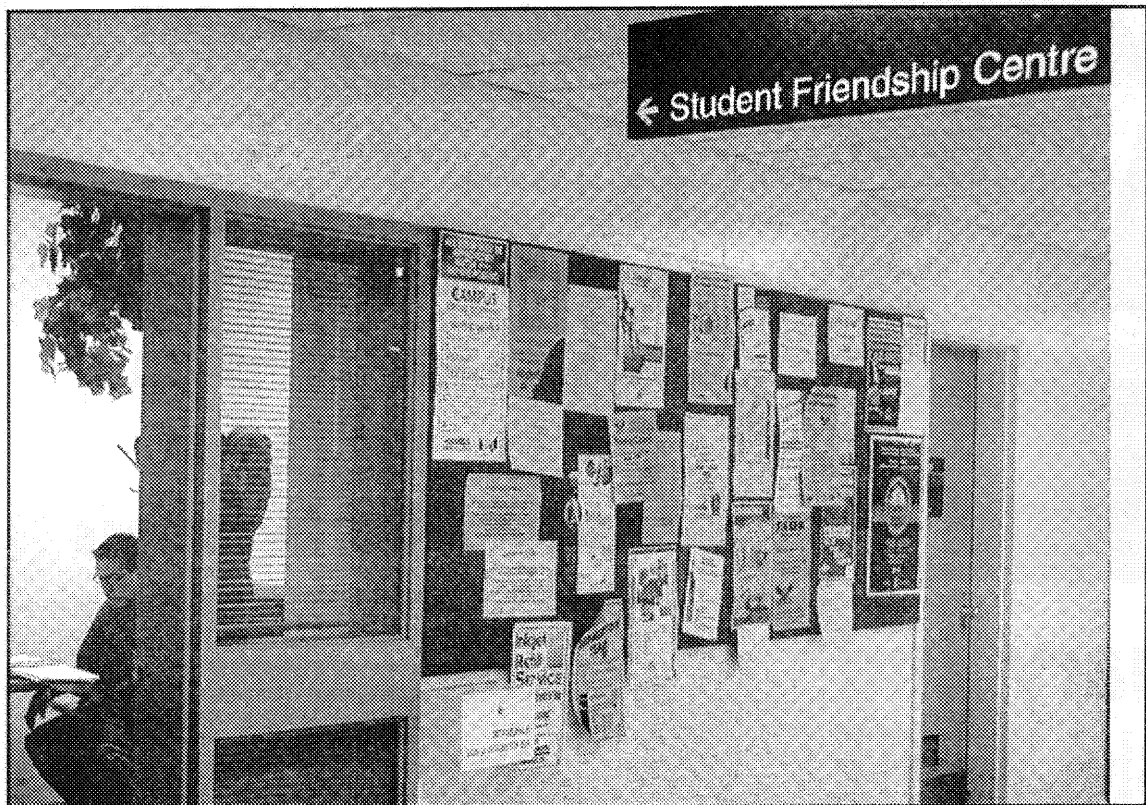
Aboriginal peoples: The descendants of the original inhabitants of North America. The Canadian Constitution recognizes three groups of aboriginal people – First Nation, Metis, and Inuit. These are three separate peoples with unique heritages, languages, cultural practices, and spiritual beliefs.

Innu: The Innu are of Northern Quebec and Labrador.

First Nation: A term that came into common usage in the 1970s to replace the word "Indian," which many people found offensive.

Metis: People of mixed First Nation and European ancestry who identify themselves as Metis.

Inuit: An aboriginal people in Northern Canada who live above the treeline in Nunavut, the Northwest Territories, Northern Quebec, and Labrador.



The Friendship Centre (Room E-137 on main campus)

HORRORSCOPES



DARIA Morgan

Capricorn (Dec. 22 – Jan. 20)

This week, people are seeing a side of you that you would rather they not see. Sometimes, it is best to just go with the flow and allow those who are close to you to know another side of you than what they are used to seeing. Don't fret about it.

Aries (March 21 – April 19)

You are among the beautiful people this week, or rather you feel like you are because, no matter what you do, you seem to attract attention, both wanted and unwanted, to yourself. Maybe it's best you reexamine your actions and find out why you're such a spectacle.

Taurus (April 20 – May 20)

No matter how you try, there really are not enough hours in the day to accomplish all you're looking to do this week. Try to accept this and take some time out for yourself to relax and spend time with those who may be getting overlooked in your life.

Gemini (May 21 – June 20)

Stop being so pouty! Just because things didn't go your way earlier in the week is no reason to whine about it to everyone you come across. Your poor attitude will only make people not want to be around you, instead of the support you could actually use.

Cancer (June 21 – July 22)

You're in luck this week because that thing you've been waiting to happen will pan out for you after all. Just be careful how you handle it because it is a very big event that could have significant affects on your life if you play your cards right. Good luck!

Leo (July 23 – Aug. 22)

Love could be in the air for you if you keep your schedule fairly free this week and accept any and all invitations you receive, no matter how dull they may seem. Like the beauty magazines say, love can happen in the oddest of places, so keep that in mind.

Virgo (Aug. 23 – Sept. 22)

You're not going to feel much like yourself this week, but it won't be your fault. Things that have been weighing on your mind will finally just take their toll, which signifies

that it is time to deal with them. Be open and honest with yourself.

Libra (Sept. 23 – Oct. 22)

One person in your life this week will really become a thorn in your side and stick their nose into affairs they really shouldn't. Even if their advice seems sound and they are a trusted friend, you really need to tell them to back off for now.

Scorpio (Oct. 23 – Nov. 21)

Your wit and your charm will not get out of the predicament you have managed to get yourself into. This week, you're best to just lay low and let the tide pass because, if you try to make light of the situation, you will only dig yourself deeper.

Sagittarius (Nov. 22 – Dec. 21)

You're walking on top of the world, or at least this is what you will feel like as things in your life will take a positive turn. This is largely in part to your optimistic and laid back demeanor, and you will find this will work well for you and make this a good week.

If Today Is Your Birthday:

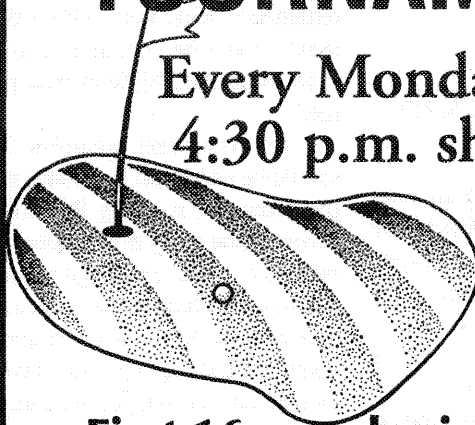
There's no better way you're going to enjoy yourself than in the company of those who cherish you, regardless of what you do today. Your birthday should not be a day spent alone, and make sure that you do not do this. Cherish yourself and be cherished!

The Nest

Golden Tee 2002

TOURNAMENT

Every Monday at
4:30 p.m. sharp



- First 16 people signed up are entered
- Entry fee is \$5.00 plus cost of game
- Winner takes all

Presented by:



Want Some Sugar With That?



JAY Archibald

On Thursday, October 4, the phone rang, and I was lucky enough to chat with one of the most prolific, talented musicians to ever call Canada his home. Mr. Gordie Johnson of Big Sugar took time out his busy schedule to chat with a chump from a college paper – one of the few times it finally paid off to be a chump....

Jay Archibald (Chump): I gotta ask why you guys decided to play the Nest?

Gordie Johnson (Rock Star): Oh, man, it was just one of those things that worked out. We had a day off, and if we hadn't been playing anywhere, we woulda been just sitting around playing anyway. It's easy for us to do an acoustic show, so yeah, that's why.

JA: You guys recently sat in with

Double Trouble (Stevie Ray Vaughn's old band). What was that like?

GJ: Oh yeah, it was good. I've played with them a lot, whenever I'm around Texas, so it's always a good time.

JA: You released your new album in both an English and a French version. How is that being received?

GJ: Good, real good.

JA: You guys were the first major Canadian band to do that. Did you do all the singing?

GJ: Yeah, that's what I heard, which was kinda surprising. Of course I sang all the vocals – I couldn't call it a Big Sugar album if I didn't.

JA: Mojah is the newest member of Big Sugar. How long have you known him?

GJ: A long time. Since the mid seventies he's been around, and it was just a natural fit.

JA: Is it nice to have Al Cross (original drummer) back?

GJ: It's fantastic, I'm real happy about it.

JA: Molly Johnson has appeared on a few of your albums, and I was wondering how you came to hook up with her.

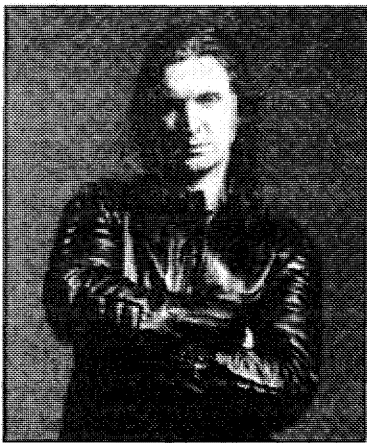
GJ: Oh, I've known Molly for a long time, from way back in the day.

We both lived in the Cameron Tower on Queen Street, and we've been around each other for a long time.

JA: You decided to cover "O Canada" on the newest album. How is that being received?

GJ: Really positively. We play it all the time in concert, and the crowds love it.

JA: The line "...Heaven in Alberta" from the song "All Hell For a Base-



ment," how did you come up with that?

GJ: Actually, the title "All Hell For a Basement" comes from Rudyard Kipling, and it just fit with the line. Just one of those things...

JA: You did the artwork on the "Alkaline" album cover. How long have you been into that?

GJ: I've been messing around with drawings for years. Actually, I did the "Alkaline" ones on the tour bus.

JA: Who are you listening to a lot these days?

GJ: Boy, I dunno. Um, I guess I would say Junior Kimbrough. He's a gritty, real old-time bluesman from Mississippi.

JA: I know you are big into muscle cars, and I was wondering what is the nicest car you've ever driven?

GJ: The nicest car I've ever driven? Boy, I dunno. A friend of mine in Edmonton has a black on black 1970 AAR Cuda. I drool over that every time I see it. It's real nice, in super shape.

JA: Who would you most like to sit down with musically?

GJ: Well, if it was to get drunk with, I would say either Keith Richards (of the Rolling Stones) or Chris Robinson (of the Black Crowes). I know them both and they're good guys.

JA: What do you think about MP3s and free Internet music?

GJ: Well, something's gotta be done. I can't tour like I used to. You know, I understand why people want

free music, it's like finding a twenty-dollar bill on the street, but I can't afford to do what I do if no one's buying the CDs. The record companies are just not gonna want to sponsor a tour. It's tough, but I think something needs to be done.

JA: Wide Mouth Mason, whose last album you produced, won a bunch of awards at Prairie Music Week, and I was –

GJ: Really? What ones did they win?

JA: Um, Songwriter of the Year, Rock Recording of the Year, and Outstanding Major Record Album.

GJ: Those guys didn't even call me. I'm gonna have to give 'em hell.

JA: Are you gonna produce more in the future?

GJ: Oh yeah, it's cool. I'm supposed to go into the studio with Wide Mouth Mason in November, so it's something that interests me a lot.

JA: Any hint as to when their album will be out?

GJ: I dunno. It could be done in two months or two years. Each band, each album is different.

JA: Okay, that's it, I appreciate the interview, and I'm looking forward to the concert.

GJ: Cool, thanks man. Later...

"E"lympia: 2001 & Beyond

Urban Promoters: Part 1 - @%\$# You, Pay Me!!!



MARLON

One thing all independent acts can attest to despite their genre is the shadiness of promoters. With a mandate of making moves to increase their own cash flows, promoters are the ingredients to the local urban mix that doesn't cooperate with or look out for anyone else but themselves. Love them or hate them, it's them who take the risk and finance the functions for which many independent artists are showcased.

But should unsigned acts see this as a favor? In the event of opening for a major star, should unsigned acts be 'grateful' that the promoter chose them over someone else? Let's take a look!!!

In order to hold a function, a promoter must rent out a venue. This venue will, of course, have to be staffed. At the doors - security, coat check, and cashier - at the bar - the bar tender(s) - on the floor - servers and bar tub girls - on stage for audio-visual entertainment - a group of MCs or B-Boy crew - and, of course, at the booth - the DJ, and possibly a sound man.

Now, what do all these people have in common? They are all hired to provide a service. Do they not then all deserve to be paid for their respective duties in providing an experience to the venues patrons? Could a promoter bring *Outkast*,

DMX, or *Kardinal Offishall* to perform - or even host an event - then not account for their services as entertainers? Hell, no! *DMX's* dialogue would be similar to that of *Pain in da Ass*, "@%\$# you, pay me."

An even better argument that should be addressed is the idea that the promoter is doing the acts a favor. If you apply at Macdonald's, there is a mutual exchange of services to satisfy both parties. Because you've gone to them for employment, are they 'doing you a favor' by making sure that you are paid on payday?

Promoters will often charge an arm and leg to hold an urban music concert at a venue that is too small, has poor sound equipment and acoustics, and sometimes not even have a sound man. Overselling the event, promoters are quick to say, "they're just breaking even," in order to increase their cut. But those with enough suspicion to do the math, you'll see they make a profit.

Why is it that the payment of "E"lympia's unsigned acts depends on whether the promoter feels like paying them? Some promoters will use the argument that payment depends on how many patrons come to the venue that night. Regardless of flop or success, the bouncers, servers, cashiers, bartenders, etc., all get paid.

Here's an idea, why not try working the bouncers out the equation? Why not use the same argument of, "come on, I'm doing you 'a favor'!" Why don't you throw three complimentary bar tickets to be shared between all your servers and cashiers to compensate them for your severe case of "greed?"

The only way out of this pro-

moter payment predicament is with contracts, but promoters are like common deadbeats and will try to avoid evidence of their debts. Introduce a promoter to a contract, and they'll turn defensive asking questions of trust. The venue they've rented is through a contractual relationship. They didn't ask the owner questions of trust because business is business.

No matter how much promise you show as an entertainer, don't expect a promoter to look out for your best interests. Take security precautions and draw up contracts that indicate your specific requests and expectations. And don't be stingy with your money, either - pay a lawyer to look it over.

Keep in mind, legends like *Scarface* and *Dr. Dre* were once unsigned acts dealing with the shadiness of promoters, but they got their mind right in order to get their money right. You, as an artist, cannot afford to be screwed over for your payment. Studio time, production, and equipment are not free. Promoters are vultures, but business is business - so handle yours before they handle you.

To be continued...

MOVIE review



SHANE Turgeon

Iron Monkey

Alliance Atlantis
Running time: 89 minutes

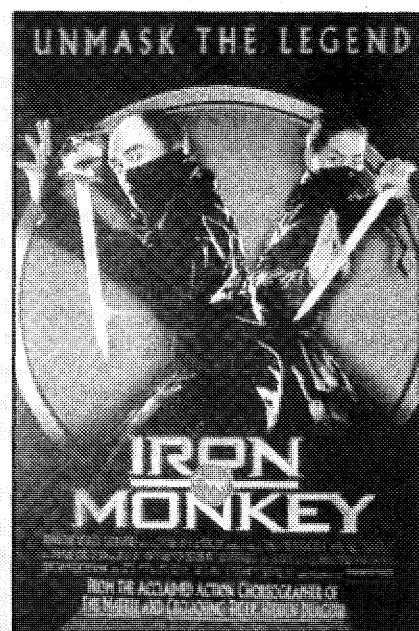
Starring: Yu Rong-Guang, Tsang Sze-Man, Donnie Yen

Filmmaker/film choreographer Yuen Wo Ping has a new movie in theatres. The acclaimed choreographer for the *Matrix* and *Crouching Tiger, Hidden Dragon* returns to North American cinema with *Iron Monkey*. Don't be confused, though, *Iron Monkey* is not a new movie. In fact, it was actually released in China in 1993 and has been available on video here for some time.

As one would typically expect, this movie is action-packed with Kung-Fu goodness. The general martial arts scenes are mind blowing and are shot impeccably, leading one to believe that the human body is capable of anything. However, the computer-aided action sequences do not blend as seamlessly

as they do in the *Matrix*, and especially as they do in *Crouching Tiger*. Some scenes are sped up to unbelievable proportions, and there are also some sequences that seem just a little too outlandish and unrealistic. Seeing though as this movie was released previous to the above-mentioned films, the techniques used were actually quite groundbreaking.

The plotline is actually pretty solid. It's a great story overall, but there are some elements in the movie that seem just a tad too cheesy. I'm all for some well-placed cheese in a movie but when it's obvious through overacting and easily picked up



upon even through subtitling, it's a pretty good indicator that it's just too much.

The movie is, of course, subtitled, but interestingly enough, the original Chinese dialogue was over dubbed, and the non-synchronous lip movements served as a distraction throughout the movie.

Now, I have just picked apart the negatives. This film is beautifully shot, and as I mentioned before, it has a very solid and thoroughly entertaining plot. The action is well balanced with humor, making this a very enjoyable viewing. Be warned, though, you could easily rent this video for a mere \$5 before venturing out to the theatres and dropping \$12. That's probably what I'd do, but I definitely wouldn't miss checking this one out.

Rating: 4 out of 5 nuggets

"E"lympia Club Life

SUNDAY'S

Black Dog Freehouse 10425-Whyte Ave.
What the Hell? w/ Tryptomene and Spilt Milk (House and Hip-hop)
New City Suburbs 10167-112St
Dee'Porng w/ Kool Hand Luc and DJ Thred (House)
Club Caliente 10815 Jasper Ave.
Ladies Night w/ DJ Invincible (Hip-hop, R&B, and Reggae)

TUESDAY'S

Black Dog Freehouse 10425-Whyte Ave.
Digital Underdog w/ Sonny Grimezz and DJ C-Section (Hip-Hop)
New City Suburbs
Concrete Soldiers w/Guest DJ's every week

THURSDAY'S

Halo 10538-Jasper Ave.
Soul What w/ DJ Echo, Short Round, and Slacks

FRIDAY'S

Club Caliente 10815-Jasper Ave.
Funktion Friday's w/ DJ Invincible (Hip-hop, R&B, and Reggae)
Halo 10538-Jasper Ave.
How Sweet It Is w/ DJ Echo and Arlo Maverick (Hip-hop and R&B)
New City Suburbs 10167-112 Str.
Freedom Friday's w/ The Nexus Tribe (Electronica)
Parliament 10551-Whyte Ave.
Fevah Friday's w/ DJ Quake and DJ Ice (R&B and Hip-Hop).

SATURDAY'S

Cristal Lounge 10336-Jasper Ave.
Red Hot Saturday's w/ DJ Invincible (Hip-hop, R&B and Reggae)

"E"lympia's Urban Radio listings on CJSR

Thursday

The Phantom Pyramid w/Minister Faust
Global African music, with a dab of conscious Hip-Hop 8 p.m.

Friday

Pulse FM w/MC Deadly
Jungle, Drum & Bass, and Break Beat, 10 p.m. - 11 p.m.

Saturday

Catch the Beat w/Spilt Milk
Hip-Hop, Break Beat, and Drum & Bass, 4 p.m. - 6 p.m.

Frequency w/DJ Eli
House, Hip-Hop, and Down Tempo, 6 p.m. - 8 p.m.

Caribbean Swing w/KC
Roots and Dancehall Reggae, Soca, and Calypso, 8 p.m. - 10 p.m.

Le Voyage w/Shy Guy
Jungle, Two Step, House, Hip-Hop, Soul/R&B, Funk, and Spoken Word, 10 p.m. - 12 p.m.

Urban Hang Suite w/Arlo Maverick
Hip-Hop, R&B/Soul, and Dancehall Reggae, 12 a.m. - 3 a.m.

The Evil Petting Zoo w/ DXL & Captain Ron
Hip-Hop, R&B, and Dance, 3 a.m. - 6 a.m. (every 2nd Saturday)

New Video Releases

(As of Tuesday, October 9)

- Bridget Jones's Diary
- One Night At McCools
- The Amati Girls
- Circle (sub-titled)

(As of Tuesday, October 16)

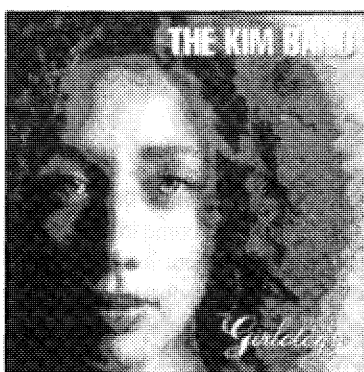
- Angels
- Cats And Dogs
- Chasing Sheep
- Crimson River

CD review

JENNY Thornbird

The Kim Band

Girlology
EMI April Music



Canadian rock diva Kim Bingham is back and in a very big way. Formerly a part of the band Me, Mom, & Morgantaler and then finding a brief bout of success as the lead singer of Mudgirl (touring with the likes of Moist and I Mother Earth), this talented lady is now

mistress of her destiny in every way with her creation The Kim Band.

The album *Girlology* has been anticipated for a while from Kim

Bingham. After releasing a highly successful EP with Mudgirl called *The First Book*, fans expected a full-length album to follow. This never happened though, and finally a few years after the breakup of Mudgirl, The Kim Band and *Girlology* came out of the closet.

Girlology should be every girl's rockout album of choice. The first single off *Girlology*, entitled "What A Drag," has been receiving moderate airplay on MuchMusic. If you have heard the single and are a fan of it, then you will fall in love with the rest of this CD. Songs such as "Valentine's Day," "Learning," and "Red

Gloves," are some of my top picks.

Girlology is ten tracks in total, but every track is worth a listen. This CD has not left my car since I bought it, and I've almost got all the words to "Valentine's Day" memorized as this is probably the most-played song in my car. As far as I am concerned, this album was worth the long wait, and Kim Bingham has really put together a terrific package from start to finish.

To the girls reading this CD review, if you want estrogen rah-rah music that will speak to your soul and understand your psyche of being a strong woman in the year 2001,

this is an album you do not want to be without.

To the guys reading this CD review, if you're a fan of David Usher and have seen his "His Alone In The Universe" video, front woman Kim Bingham is on guitar in that video. She's hot, she has an amazing voice, and if you want something to shake your head and tap your fingers to, you should really pick this up.

I give this album 4+ nuggets out of 5 because one of the song titles ("If Love Could Only Live Online") slightly irks me. Otherwise, this CD

CD review

ASH Peters

Nickelback

Silver Side Up
Virgin / EMI Music



With two years passed since their last album (*The State* came out in 1999), it was time for Nickelback

to release a new CD, and thus Silver Side Up was born.

For some fans, Silver Side Up may sound familiar; it sounds a lot like *The State*, as Nickelback seems to have followed the same formula when making their latest effort.

While they haven't deviated from previous sound, Nickelback has definitely matured as a band. The new album comes out a lot heavier than their first, with much

more developed, heavier, and catchier guitar riffs. As well, the lyrics on Silver Side Up follow a theme this time around, involving spousal abuse or relationships gone wrong.

With the way lead vocalist Chad Kroeger takes things to new sonic heights with his voice and lead guitarist Ryan Peake wails and grinds on his guitar, you don't really notice how dark of an album

Silver Side Up really is until you go through the lyrics. Tracks that really stand out are "How You Remind Me," "Too Bad," "Just For," and "Good Times Gone."

Silver Side Up is a totally worthwhile album to listen to even if you're like me, and I'm not even all that big a Nickelback fan. Nonetheless, I love this album. You have no idea how much play it is getting in my stereo.

CD review

SILKY Smooth

Redman

Malpractice
Universal Music



Guess what Redman flows about on his newest album? You got it: bitches,

weed, and gats. The problem with this album is that Redman falls into the rut carved out by so many MCs in the hip hop game, and that is rappin' about bustin' caps, smackin' ho's, and blazin' blunts. However, Reggie Noble does lay some dope beats for Redman to rhyme to, and Redman shows his superior mic skillz on certain tracks.

This is a decent album, good to

This is a decent album, good to pump out your yo-style headphones on the bus so everyone knows you're down, or to set the mood for a house party.

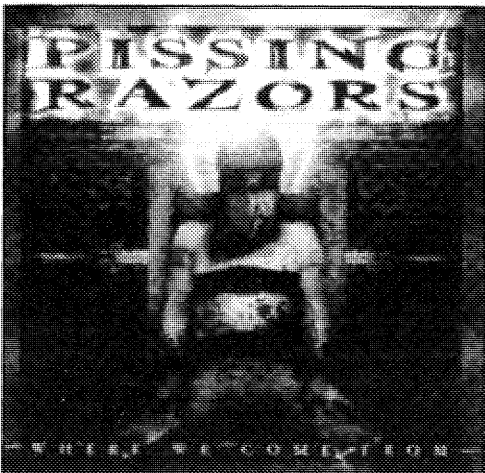
pump out your yo-style headphones on the bus so everyone knows you're down, or to set the mood for a house party. It's just that Redman doesn't do anything to set this effort apart from the thousands of other rap tracks out there. Get rid of the skits with people getting shot and rhyme about something new and you have yourself a really good album. All in all, I give it three blunts outta five.

CD review

SHANE Turgeon

Pissing Razors

Where We Come From
Spitfire Records



Now, this is metal. Forget this new rap infused, whiny trend in metal and let's go back the basics with some full blow heavy fucking music!

Pissing Razors has been around for a while now, and their newest album really does show where it is they come from. There's no beating around the bush, Where We Come From is crunchy, hard-hitting metal. Fast riffs and throaty vocals separate this album from most of the shit that's out these days.

If you're a fan of Pantera, Mundane, older Sepultura, or just good metal in general, then you should really check out this CD.

With an almost Pantera-esque punch in the face, Pissing Razors unleashes a sonic fury that'll keep you enthralled for at least the 36 minutes that the CD is.

If you're a fan of Pantera, Mundane, older Sepultura, or just good metal in general, then you should really check out this CD.

CD review

SHARMZ

Big Pun

Endangered Species
Loud Records



During the history of Hip-Hop we have lost many great MCs at a young age. We, as a tight knit community, have lost Eric "Eazy" E Wright, Tupac Shakur, Christopher "Notorious B.I.G." Wallace, Freaky Tah of the Lost Boyz, Big L, and Christopher Lee Rios a.k.a. "Big Pun" Within the past 5 years we

have lost all of these people. However, all of these great icons legends live on with their music.

Big Pun passed away on February 7, 2000, of natural causes resulting from a heart attack and respiratory failure. Big Pun's legacy

does live on, though, in his new LP entitled *Endangered Species*. The album consists of classics, new tracks, and unreleased songs, as well as many collaborations.

When the listeners hear this album, they'll get raw and very skilled lyrics. Big Pun's MC'n skillz are absolutely amazing in my mind. Although this album contains more of the classics than new cuts, it deserves much respect. Look for the classics such as "Still Not A Player," "You Ain't A Killer," "Twins (Deep Cover 98)" featuring Fat Joe, "Off The Books" featuring Beatnuts and Cuban Link, "The Dream Shatterer," and "John Blaze" featuring Fat Joe, Nas, Raekwon, and

Jadakiss. Those tracks are probably the best tracks on the album, fo' sho!

Expect some remixes, too, on da album. The remixes that turned my head were "Top of The World" featuring Brandy and Fat Joe. The next remix that was something to shout about was Ricky Martin's smash hit "Livin La Vida Loca remix." The new, remixed track includes Ricky Martin himself, Big Pun, Fat Joe and Cuban Link.

And what would this CD be without unreleased tracks? The album contains 5 unreleased Pun tracks, and seriously, they weren't that good except one track! "Brave in The Heart" featuring Terror Squad, is an unreleased track that

really had tight production, a good beat, a good hook, and obviously good lyrics. The rest were just not Pun to me, and I don't think hardcore Pun fans will enjoy those unreleased tracks.

So, all in all, *Endangered Species* boasts most of Pun's classic hits and some dope remixes. However, when it comes down to it, I was just not feelin' the new, unreleased tracks, and I don't think Big Pun fans or any Hip Hop fans will enjoy these tracks.

Big Pun's legend will always live on, and Hip Hop as a community will miss him. RIP, PUN - 1971-2000... much respect, dude!

Booster Juice: **An Edmonton Success Story**



DARIA
Morgan

Founded in 1999 by a businessman from California and a businessman from Edmonton, Booster Juice has surpassed the competition and become the fastest growing juice and smoothie bar in all of Canada. Their mission statement is “to provide customers with an incredible, healthy alternative to fast food that’s great-tasting, convenient, and nutritious, making it perfectly suited for today’s active lifestyle.”

And Booster Juice has succeeded in doing just that.

With eighteen stores in the Edmonton vicinity alone, Booster Juice is a driving force appealing to the masses with a healthy product to

give pep to the activities in one's day and also act as a healthy meal substitute, if need be. In today's society with almost 50 percent of the Canadian population being overweight, the need to eat healthy is in, and Booster Juice is a great place to start.

Booster Juice offers juices, smoothies, wheatgrass, and snacks. Their juices are available year-round and are made right in front of you when you order one so you know exactly what you are getting. There are a total of ten different blends to choose from, or you can also have a custom blend made with up to four ingredients. Two of my favorites are the *Ginger Hammer*, which is made of apple, carrot, and ginger and helps stimulate alertness, and the *Tahiti Squeeze*, which contains oranges, strawberries, and apples.

Besides the different blends of juices, there is also one main booster juice that is chalk full of all the essential vitamins, amino acids, minerals, enzymes, etc., that your body craves, and that is the fresh organic

Wheatgrass juice. One glass of the *Wheatgrass* juice is the nutritional equivalent of more than two pounds of green vegetables.

If you're not really a juice drinking type of person, Booster Juice also has a variety of smoothies to choose from. Broken down into three categories, there are Health Kick Smoothies (5 flavors), Tropical Smoothies (4 flavors), and Spirit Smoothies (4 flavors). With such enticing names as a *Kickstart*, a *Mango Hurricane*, and a *Mean Mocha*, how can you resist trying one?

If you are looking for the ultimate Boost to your day, though, have a booster added to your smoothie. With ten different boosts, from a flu fighter, to a bone and teeth strengthener, to a hunger controller, among other helpful peeps to better aid your health and lifestyle, these nutritionally-based powders are only to your benefit to take advantage of.

When buying a juice or smoothie, besides being healthy for

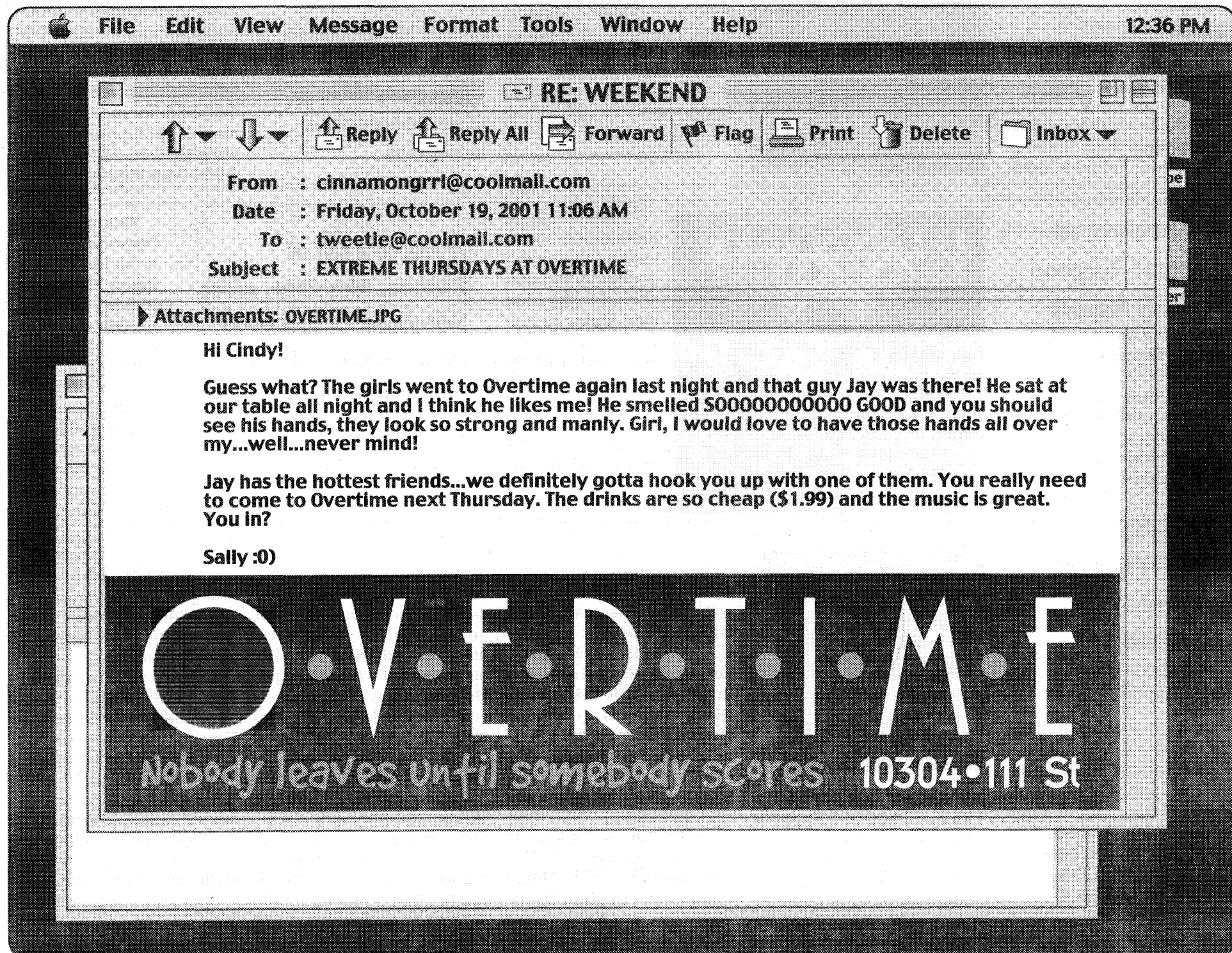
your body, the cups that Booster Juice's products come in are healthy to the environment as well. With cups made of polystyrene, their environmental impact is that they produce 46 percent less air emissions, 42 percent less waterborne waste, and requires approximately 30 percent less energy than the manufacture of paperboard products.

Besides using polystyrene cups, however, Booster Juice also encourages their customers to purchase one of their environmentally-friendly 24 ounce mugs. The mugs cost \$9.95 plus GST, and you also receive a free drink with the purchase of your mug. As well, each time you use your mug, you get a free additional booster to add to your drink! The drink sizes at Booster Juice come in 12 ounce, 16 ounce, and 24 ounce cups.

No juice and smoothie bar would be complete without a selection of snacks, and Booster Juice does not disappoint in this area, either. There is a *chicken panini* (Ital-

ian grilled sandwiches) with your choice of BBQ or pesto mayo sauce on focaccia bread, a *Mediterranean panini*, which is a veggie lover's delight, and *quesadillas*. There is also a *Rhino Shot*, which is a one ounce liquid shot which can be taken straight or added to a juice or smoothie.

No matter how you look at it, the Booster Juice bar is an essential place to visit if you want to keep or improve your lifestyle and put it on the healthy track. Sometimes, life is just too busy to think about eating healthy, but the juices and smoothies, along with the food at Booster Juice make it easy to. If you haven't had the opportunity to visit a Booster Juice location near you, take the time to do so and discover the boost in your life you've been missing. The comment most heard by those who have tried Booster Juice products is "addictive," and this is one addiction you won't ever want to break. Try Booster Juice today and see why they truly are an Edmonton success story!



Networking 101

SHARON Brown
NAIT Career Advisor

Network: A group of people who exchange information, contacts, and experience for professional or social purposes.

You've got the best resume ever written, but the only jobs you know to send it out to are ones you've seen advertised in the newspaper.

How can you increase your chances of an employer seeing your resume and calling you for an interview?

Where are all those other jobs that keep getting snapped up by your classmates?

How can you find out about them if they're not posted?

The answer is networking or, to put it simply, **talk to people!**

Eek! I can feel the cringes already!

When most people think about networking, they shudder and say, "I don't want to go around talking to strangers and begging for a job!"

But if you think about it as a way of spreading the word that you are looking for work and increasing your chances of hearing about unadvertised positions, then it doesn't seem quite so bad.

Think about it. If you were an employer, would you rather spend a lot of time going through the hiring process, or would you rather have someone recommended to you? Most employers would rather save time and money by drawing on their contacts for referrals. So, how can you use this knowledge to find a job?

You don't have to search far to start your own personal network! Instead, start with the people who are already in your cheering section:

Your family.

Strange as it may seem, the people in your family do know and talk with other people besides you. Most of them have been working for quite a while and have friends who may know others who could be a great contact for you.

Your friends.

People who know people are the luckiest people in the world! You get my point. For example, a friend of mine in the computer industry gets a \$1,000 bonus every time a person she's referred to the company gets hired. Talk about motivation!

Program staff, Career Services staff, and other NAIT professionals.

Most instructors have connections with people in their field; many of these may be past graduates they've stayed in touch with. Use the many options available in Ca-

reer Services (Room 0-117, South Lobby). Don't forget to talk to the administrative people in your program - they usually know just about everything and everyone!

Other people in your life.

The doctor, the baker, the candlestick maker! Seriously, spread the word with people who talk to other people. How about your doctor, hairdresser, dentist, practicum/co-op supervisors, or your pastor? How about people in your sports club, hobby group, or dog walking group? You never know who could happen to be in the right place at the right time to give your name to that special employer.

Now that we've covered the What, Why, and Who part of networking, we need to talk about the How-to part. It's not enough to just tell people you need a job, you have to clearly state exactly what you're looking for and how you can be contacted if something comes up. That's how you get the jump on the competition!

You may even want to make some cards with your name, address, and phone number/E-mail address and your job objective on it to give out to people. Make it easy for them to network for you. You should also get their phone number and call them back from time to time to let them know you're still looking (or even to tell them you just got a job and thank them for their help!).

Also, keep notes so you don't forget anything you need to remember. Be professional when you're networking and listen to any advice they may give you. Take what you need from the advice that's appropriate for your situation. Don't forget to thank them for their help!

Here are some other ideas for networking sources:

- Go to Career Services and get a copy of the list of program-related employers who have advertised with us in the past and contact them. Check to see if they have a website! Go visit them!
- Search the Internet. Don't forget our job site at <http://www.nait.ab.ca/careers>.
- Use the Yellow Pages.
- Read the job ads.

So that leaves us with the When part of networking. You can start networking any time, and probably the sooner, the better. Most employers search internally for people to hire and often ask staff to refer outside people to them. You want to be one of those people, not one of the

200 who apply if the job gets advertised outside the company!

It's time to stop saying, "You're so lucky!" to people who are getting jobs instead of you. After all, "Luck is what happens when preparation meets opportunity." Be determined, demonstrate a positive and enthusiastic attitude, and don't give up. Remember that positive actions attract positive reactions!

If you need further help, check our website at <http://www.nait.ab.ca/careers> or drop by Career Services, located in Room 0-117 in the South Lobby on main campus.

Tune in next week for the next installment of the Marketing Yourself to an Employer series: First Date: Preparing for an Interview!



POOL CLUB

On October 15 the Nest will be starting a Pool club. It will start at 4:30 Monday night.

It will cost \$5.00/person to play. Sixteen people can enter. (Two pools of eight.) The entrance fees will be awarded to the winner of the tournament. The winner will also be awarded two tickets to the Oilers.

It's one big round robin. Each player will play at least 2 games. Winner of Side A plays winner of Side B.

If you have any other questions call Robin at 471-8560.



WEDNESDAY
"Ladies Hump Nite"

WIND TUNNEL and your chance to win \$10,000.00 diamond ring.

99¢ Hiballs 8-9

\$1.50 Hiballs 9-10

\$2.10 Hiballs 10-Close

THURSDAY NIGHT is



"CACTUS CASH NITE."

\$2.10 Hiballs

\$3.25 Domestic bottle beer Shooter specials

We're giving away \$1000 every Thursday Nite.

DOORS OPEN AT 8 PM

Useless Knowledge for the College Soul



**DARIA
Morgan**

This week has not been a fun one, by any means. Granted, it was a bit shorter due to the long weekend, but it has also been nothing but non-stop work. Hell, even the fun events that I got to attend this week were still work-related.

Some days, I wish I were a southern belle princess, or at least a blonde with one hell of a boob job (I have one out of two down) so I could land some sap with one foot in the grave and strike it big like Anna Nicole Smith did. But, then again, many say money is the root of all evil, and I really don't think I am a material person by any means.

What I would settle for, though, is an evil twin to do all my work – or at least most of my work – for me, so I could have some time to do the fun things I want to do before a time comes that it is too late to enjoy them. Basically, life is short – too short, that being a workaholic for most of it is really no way to live it.

Is it really too much to ask for one day off from all that must get done?

Is it really too much to ask that deadlines be forgotten, watches be cast aside, and hours of fun be pursued?

Ah, the life of a diva. If only... and now, without further adieu, this week's installment of Useless Knowledge for the College Soul.

Quote of the week:

"Experience is a hard teacher because she gives the test first and the lesson afterwards." – Vernor Sanders Law

Fact of the week:

Generations ago, it was considered lady-like for a new bride to be (or appear to be) hesitant to "give herself" to her new husband, whether or not she truly was. At their bridal chamber threshold, the husband would often have to carry the bride over to encourage her to go in. The tradition is still observed today.

Word of the week:

Strident (/STRIDE-ent/): shrill and harsh-sounding
"The strident sounds emanating from The Nest told us that it was 3

p.m. and that liquor was now being served."

Town name of the week:

Skookumchuck, British Columbia

Joke of the week:

She left him on the sofa when the phone rang and was back in a few seconds.

"Who was it?" he asked.

"My husband," she replied.

"I better get going. Where was he?" he asked.

"Relax," she replied, "He's downtown playing poker with you."

Up And Coming Concerts

October 11 – Diana Krall (Winspear Centre)

October 13 – Serial Joe (Playdium)

October 13 – Aerosmith with The Cult (Skyreach Centre)

October 17 – Jesse Cook (Winspear Centre)

October 19 – Jimmy Rankin (Myer Horowitz Theatre)

October 20 – The Smalls (Red's)

October 26 – Default, 54-40, and Hidden Agenda (Shaw Conference Centre)

October 27 – Honeymoon Suite (Shaw Conference Centre)

November 4 – BB King (Jubilee Auditorium)

November 5 – Terri Clark with Jason McCoy (Jubilee Auditorium)

November 6 – Sloan (Dinwoodie Hall)

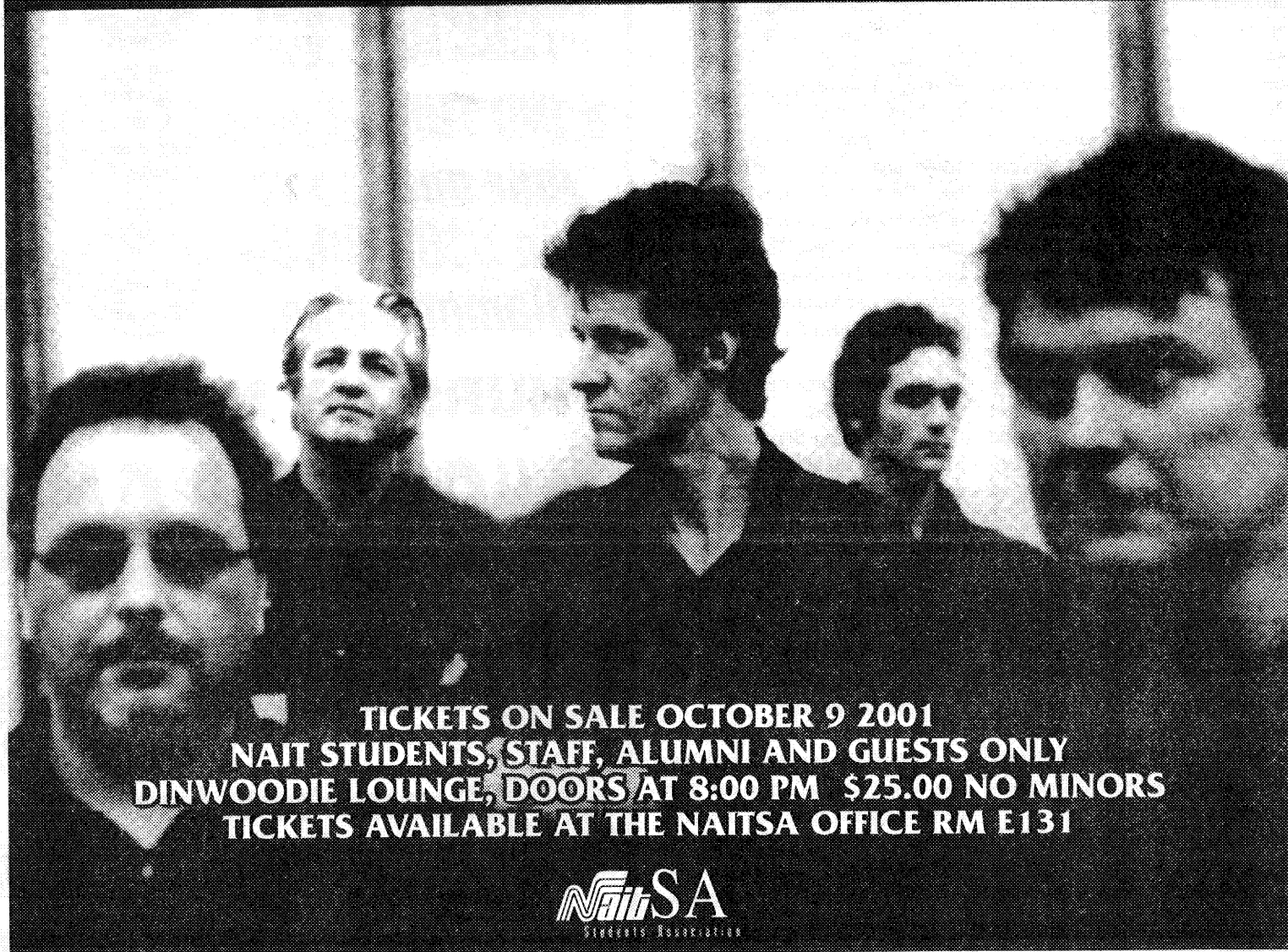
November 15 – Merle Haggard (Skyreach Centre)

November 17 – Rod Stewart (Skyreach Centre)

December 3 – Holly Cole (Winspear Centre)

December 14 – Watchmen (Shaw Conference Centre)

OCTOBER 15 2001 RECORD RELEASE PARTY BLUE RODEO



**TICKETS ON SALE OCTOBER 9 2001
NAIT STUDENTS, STAFF, ALUMNI AND GUESTS ONLY
DINWOODIE LOUNGE, DOORS AT 8:00 PM \$25.00 NO MINORS
TICKETS AVAILABLE AT THE NAITSA OFFICE RM E131**

NAITSA
STUDENTS ASSOCIATION

CINEMA CITY 12
3633-99 St. Movie Info 463-5481

MOVIES 12
5074-130 Ave. Movie Info 472-9779

\$1.25
admission
EXPIRES OCTOBER 17, 2001
valid Monday to Thursday-one coupon per admission
no reproductions-no cash value

\$4.44 + TAX
medium drink
medium popcorn
EXPIRES OCTOBER 17, 2001
valid anytime-one coupon per purchase
no reproductions-no cash value

2 admissions
for \$2.50
EXPIRES OCTOBER 17, 2001
valid anytime-2 admissions per coupon
no reproductions-no cash value

\$7.01 + TAX
2 medium drinks
1 large popcorn
EXPIRES OCTOBER 17, 2001
valid anytime-one coupon per purchase
no reproductions-no cash value



GRAPE VINES

The Grapevine signed by "Bubbles & Blush" will NOT be printed because, between the two of them, they still lack the brain capacity and obvious IQ to remember to include their FULL NAMES with their student ID numbers! Better luck next time, gals.

The Really Mean Typesetter

The poem entitled "The Soldier" will not be printed because no name or Student ID number was submitted with it. We'd like to print it, so please submit this information to be verified.

The Nugget

Have you ever been driving along and suddenly thought to yourself, "Shit, where are my keys?"

Thanks a bunch to the Pizza Lady.

Support your local gopher track.

Alan Gibson smells funny.

Just because some people are in a position of power, doesn't mean they have a backbone. It's time to stop hiding behind your position and grow a spine as a real human being.

Thanks to the two guys who shared that something special with us Friday night after the Big Sugar concert. You showed us what school spirit is truly all about!

I have the best boyfriend in the world. How many guys will look after their shamefully drunk girlfriends and then tuck them into bed afterwards with a kiss on their forehead? I am so damn lucky.

To all planning people looking for cabaret locations, please read... DO NOT PICK THE ROXY ON WHYTE. You will not be given what you ask for, and you will not be treated nicely! Unhappy Cabaret People

Classifieds

WORK WORLD, Kingsway Garden Mall, requires P/T Sales Associate for evenings and weekends. Retail experience an asset. Must be friendly, honest and eager to perform all duties of a retail clothing store, including customer service, till transactions, inventory counts, receiving, merchandising, cleaning. Wages depend on experience and ability. Forward resume to Arlene.

ATTENTION!

Looking for Female student, non-smoker, 1 clean basement bedroom in Clareview home. Close to bus and LRT \$350.00 incl. utilities. Avail. immediately 473-8359.

Looking for experience with a **National Park**? The Friends of Elk Island Society are recruiting volunteers and board members. We require 6 hours/month minimum commitment. For more information please contact: Amy Leach (Chair person) at 490-7037.

Travel on an Amazing International Program!

Seeking adventure, challenge, education, practical work experience? Dreaming of seeing Africa, Asia, Latin America, the Caribbean, Central & Eastern Europe? Canada World Youth has volunteer programs for youth 17 - 29 who are eager to learn & work in a team in areas of education, information technology, business, social services, or agriculture. Contact CWY at www.cwy-jcm.org or in Edmonton (780) 432-1877 or toll free 1-877-929-6884. Deadline Dec. 7/01.

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.

ROOMMATE WANTED: One bedroom available in a west end condo. Close to WEM. Ideal for students attending NAIT. Rent is \$270/month plus share of utilities. For more info, call 440-9103 or 951-6405.

LOST: My pet turkey Gobbles. Last seen running away from maniac cousin with an axe. Believed to be hiding out in remote farm area just outside of Sherwood Park. If found, please continue hiding him from my cousin. Will pick up next Thanksgiving.

CLUB MALIBU

LADIES NIGHT MONDAY

\$1.75 Corona & Ice 8-11 pm

UNIVERSITY

Kokanee Student Survivor THURSDAYS

All Domestic Drinks \$2 All Night!!
WIN \$2500 Grand Prize

CLUB MALIBU

ROCKS blind Date FRIDAYS

WIN Tickets, Airfare & Accommodations \$1 Corona & Ice 8-10 pm

UNIVERSITY

BIG SATURDAYS \$2

Featured Bottled Beers & Hiballs 8-10 PM

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COMING SOON SURVIVOR AFRICA

THURSDAYS FREE PIZZA DURING THE SHOW

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AND
Present



NAIT WAKE THE DEAD 2001 HALLOWEEN HANGAR BANGER

SATURDAY, OCTOBER 27

At the Edmonton Aviation Museum (11410 Kingsway Ave.)



Doors @ 8:00 pm

Tickets \$5

Tickets available at the NAITSA Office (Rm E131) & The Nest

Grand Prize:
A LABATT GETAWAY FOR 2 TO LAS VEGAS

2ND Prize:
A TRIP FOR 2 TO JASPER

3RD Prize:
A BUDWEISER BEER FRIDGE

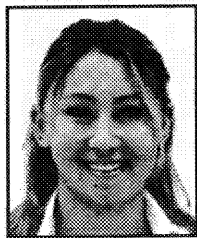
SPONSORED BY:



\$2.50 BEER ALL NIGHT

"If You're Drinking... Who's Driving?" NO MINORS

Chatting With The Stars



CHANTAL
Eder

Last week, I had the express opportunity to chat with Steve Zahn and Paul Walker, the stars of *Joy Ride* — the latest thriller to hit the theatres. I was excited, of course, to speak to them and find out what they thought of their latest flick, what they did during the shooting, how they got along, and what they have coming up in the future.

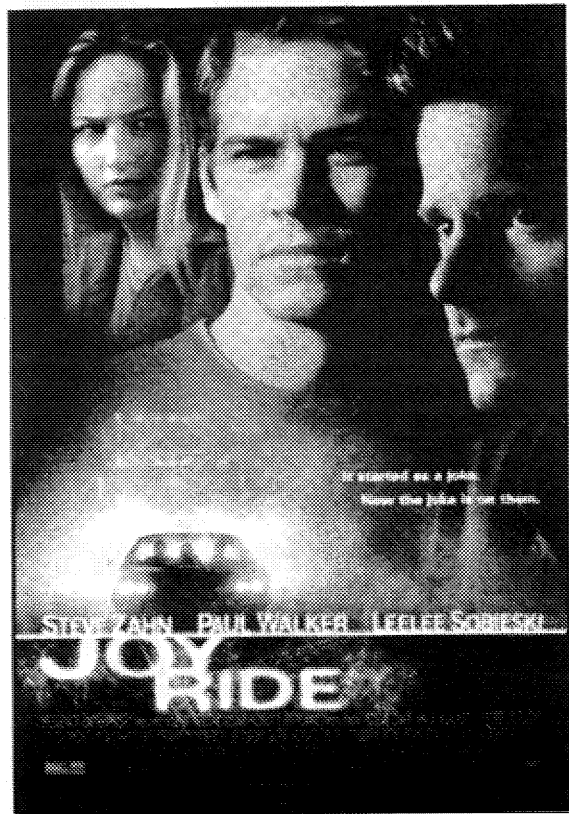
Steve Zahn hit the phone lines first. He immediately started in with his wit and humor, telling me that my Canadian accent is pretty close to his Minnesota twang... here is an excerpt from that conversation.

Q: Steve, how did you like being in a thriller as opposed to a comedy?

A: This movie is kind of both, isn't it? The script was really unique. Usually, these movies are slasher thrillers, and there's a bad guy and a bunch of people lying around trying to figure out what's going on. This, to me, was a lot different. It was really interesting. The characters had a lot of depth. It was kind of like an old thriller. There was nothing jumping out of a closet with an axe. It was more psychological, and it was funny, which made it kind of real.

Q: Do you think that there are any attractions in this movie for adults? Or is it strictly for teenagers?

A: Oh, no, I think it's a really good thriller. I mean, if you like thriller, if you like suspense, if you like ass, bare ass!!!



Q: What was it like working with Leelee Sobieski?

A: She's awesome. She's a really smart girl, and I'm an old guy. She's very talented. I mean, when I was 17, shit, I just wanted to get laid. I didn't have any ambitions. It was like, "Where are we going to hang out tonight?"

Q: This movie is creepy as all hell, but there's not a lot of gore in it. How do you feel about violence in films?

A: Well, I really think that violence is appropriate in certain circumstances. In *Saving Private Ryan*, that's the whole point, you have to see it. I have a really big problem with people that rate movies. They are saving our children from words like fuck and shit. Meanwhile, you can kill as many people as you want as long as you don't show any blood. That's bogus and ridiculous to me.

Q: What's up next for you?

A: I've got to fix one of my tractors. It broke down. I'm staying at home. I've worked steady for the past two years, and I need to hang out at home. It's kind of quiet right now in the business, too. Things will start kicking off in January, February.

Next up was Paul Walker, the heartthrob of the movie. You can imagine how fast my heart was racing...

Q: Paul, what's it like post-*Fast And The Furious*?

A: I don't think things have changed as much as people would think things have. There's more offers, and there's definitely an awareness. There's more people out there that know who I am. Things are really the same. I don't really notice too much. One thing I guess is, walking around, there's more people that recognize me. That's the cool thing, that's what I like, you know, people just being silly and screaming. Knowing your name is one thing, but when people are coming up to you and saying, "Hey, you're that guy from *Fast And The Furious*. I saw it seven times. It was so great." That's probably the coolest thing about making movies. I think that's probably

the greatest thing — doing a movie that people really identify or connect with and doing a movie that people like. It's the best feeling. The closest thing I could compare it to is — I want to be a rock star. I just do like being on stage, and you're a singer/songwriter, and if I'm Kurt Cobain, I don't think there'd be anything cooler than 2,000 to 3,000 people singing along to the lyrics to a song that you wrote. I just think that would be awesome. I get a bit of that, people coming up to me, a little from *Varsity Blues*, and a lot from *Fast And The Furious*.

Q: What convinced you to sign on to *Joy Ride*?

A: John Dahl, really. I was pretty much sold on just that. I heard he was going to be directing it and that he wanted to have a meeting with me; and, before even reading it, I knew this was going to be something that I wanted to do. I think he has a good eye. I read it, and I thought that it was scarier than hell. I went in and, fortunately, he thought I'd be good for the part of Lewis.

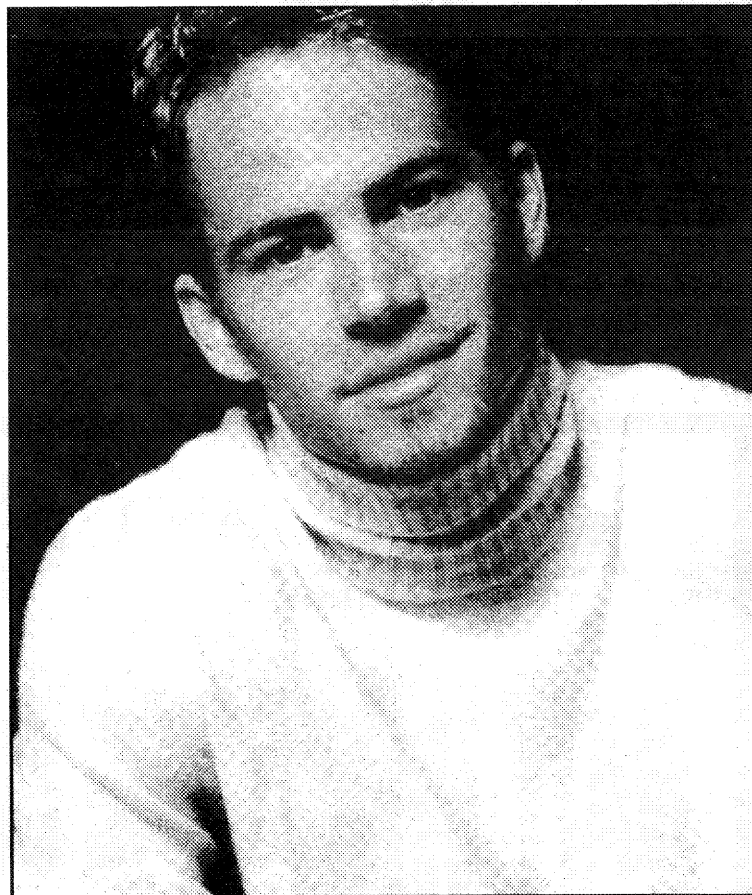
Q: What conflicts are there about your job and being a dad?

A: I love being a dad. I want to have another one fast. That's probably the hardest thing, you know. There's trade-offs in any occupation, but going away on location and missing family and friends is probably the hardest thing. The hours can be — you know, but that's with any job. But, aside from being an international salesperson or a world traveler, actors probably spend the most amount of time away from family and friends, and that's probably the hardest thing.

Q: Since your acting career began, what project or period in your life has allowed you the most personal growth?

A: I don't know. Probably this one. It's hard to say. My life is a trip. Only six years ago, I was living out of a garage and panhandling. I look back at it, and things were kind of a blur. I think, definitely, I'm much more confident than I once was. I think doing a movie with John really helped out. He's really nurturing, he's got a lot going. That's why I worked with him twice. My confidence, I think, that's where the most personal growth has come from. With confidence in who I am and my acting ability, I'm looking back at things and seeing what I could improve on. Acknowledging the scenes that were good, I find a lot of confidence with that, and I think that's really what it's about. You need to see the bad in order to improve.

Q: What's it like working with Leelee Sobieski?



Paul Walker plays "Louis" in *Joy Ride*

A: She's a diva. No, she's really cool. We got along really well. I've worked with quite a few girls, and I haven't really worked with anyone that's been a pill yet. She's probably the sweetest, so as a person, I really like her and am very fond of her. She's really talented, she's got a really good head on her shoulders. She's really smart, and I think she's going to be around for a long time.

Q: Do you have a plan for types of movies you'd like to do?

A: I try not to look down the road too much. I try and look just day-to-day because I think you'll drive yourself crazy. I've actually been there. Evaluate the pros and cons. Kick this around and that around. There's no fool-proof plan or foolproof method of taking on a movie or a film. You can't please everybody. What I do is I read a script, and if I like it and it's something I think I would like to be seen in, if I think it's something that is challenging, I think that's

something I want to do. Naturally, I want to work with countless directors and actors, and that sort of thing. I couldn't tell you what genre. I know what I want to do when I read it.

*I would like to thank Mark Niziol and Phil Parks at Interact Communications for allowing me the incredibly exclusive opportunity to talk with the stars of *Joy Ride* and bring you, the readers, this interview.*



Steve Zahn plays Louis brother "Fuller."