

HAVING FUN AT KARAOKE SINCE 1963.

THE NUGGET

Thursday, January 30, 2003
Volume 40, Issue 17

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

It's Here

Singing Students take the Stage



JENNIFER
Benoit

Karaoke Night at The Nest takes place every second Tuesday. That means the next Karaoke Night will be on February 4th at 4:30 PM.

A fair crowd showed up for the first Karaoke night of the year. People took their turns and there seemed a wide range of male and female singers that took the stage. While some songs seemed far too long, other songs allowed a lot of talent to be displayed that night! There are some really good singers at NAIT, including a few staff members of The Nugget.

Mr. Entertainment, the karaoke company that hosted the party, did an excellent job. There was a long song list to choose from, with everything from AC/DC to Alan

Jackson to Elvis to Avril Lavigne. Ask the host about a song that may not be on the book list because sometimes he may have it.

What is needed is a less sarcastic crowd and more participants. There were only two or three singers that put on most of the show, despite the wide range of other participants. That's not how karaoke should work.

Last Tuesday's episode of Karaoke night encouraged me to dig up the big old karaoke etiquette rules book to refresh everyone on what the rules are (or should be).

Karaoke Etiquette

1. You should try karaoke regardless of how good or bad you may think your singing is.
2. If it's a busy night, do not try to sing more than two songs. Allow other people to have a turn.
3. Don't say, "You suck!" to the singers on stage because chances are that you suck, too.

4. It's not good to choose songs you don't know well. Pick songs you really know – that way you'll be able to keep the rhythm and not stumble over the words.

5. Don't stop to explain if you can't keep up with a song. Just pretend you know what you're singing.

6. Don't scream or yell into the microphone. You'll bust a speaker or you'll hurt an audience member's ear. The proper way to use a microphone is to hold it close when you're singing quietly or to hold it away when singing loudly.

7. Sing easy classics such as She Hates Me by Puddle of Mudd or Girls Just Wanna Have Fun by Cyndi Lauper if you're not the best singer.

8. Always applaud when a singer enters and exits the stage. No matter what.

9. Do not join with any singer on stage unless you are invited.

10. Do not put your friend's name in to sing if your friend hasn't



The Nugget's own Kameil Williams impresses The Nest crowd.

agreed to it. You'll just waste time.

11. When it comes to song selection, unless you wrote it, you don't own the song. Do not be upset if another person sings your song.

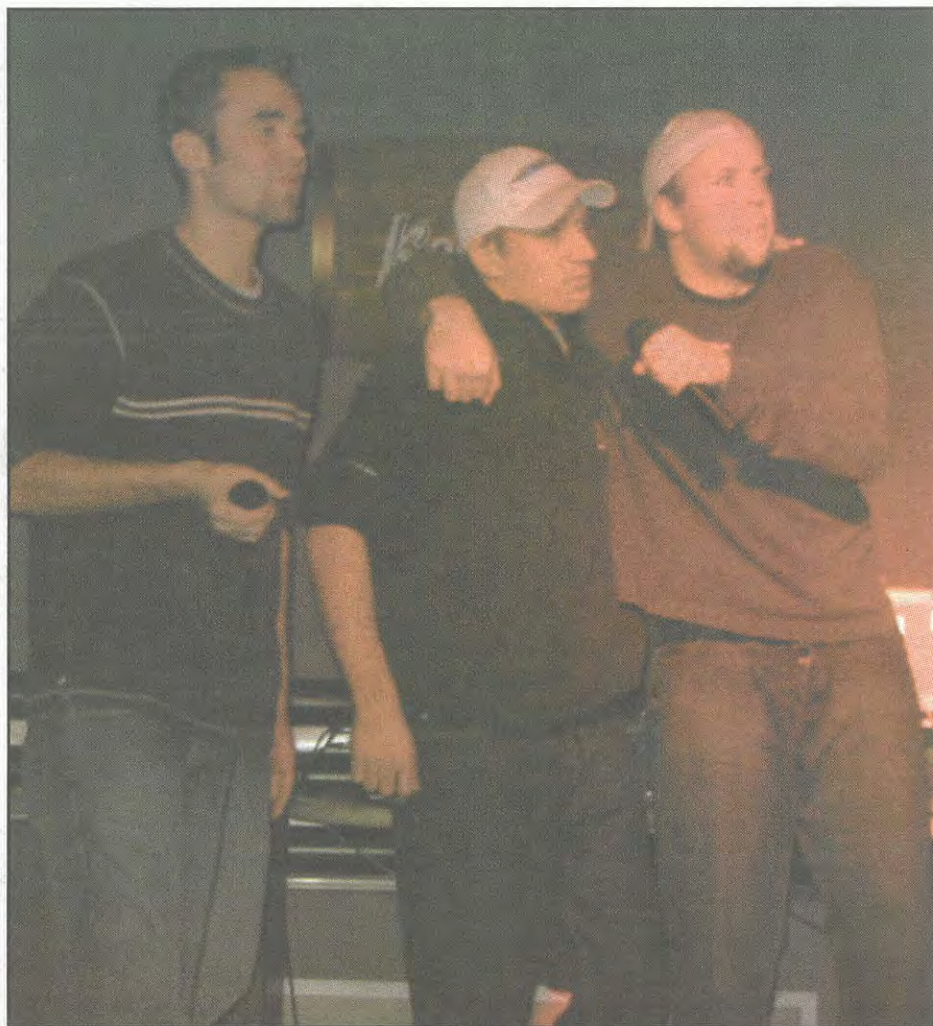
12. Upbeat songs tend to go over

better than slow songs, so try to sing an upbeat song.

And remember, folks, as the Karaoke Guy says, "You never know what you're gonna hear next."



Trevor Bannert poses for the camera.



(L-R) Joe, Shawn and Chris aren't afraid to take the stage.

The Schematics rock the Indie Stage



JENNIFER Benoit

I got my wish. I visited Mother's Music drum shop recently. While I was there, all I wanted was to hear a really good drummer play the drums like a madman. The shop had a floor filled with drum sets and no drummer in sight. Two days later at The Nest, Robin "Nashman" Nash of The Schematics did exactly what I wished.

The Schematics came to play at The Nest last Thursday, January 23rd, as part of Indie Thursdays.

The Edmonton band formed three years ago, but Dylan Jay and Nashman jammed with each other for about 13 years. They created a band called 16 Days, but started anew with The Schematics. The bass player, Blaine "Blalien" McNamee, joined the band just three months ago. "He's great," Nashman said, "couldn't be any better. He has some alienistic qualities about him." Hence the name "Blalien". Dylan Jay plays guitar and Nashman plays the drums. Both Dylan and Nashman do vocals.

The Schematics played mostly modern rock with some punk rock. Their songs consisted of a lot of tempo changes, but the trio managed good timing with each other. Blalien is a very talented bass player, and Dylan is solid on the guitar, but to complete the band's sound, a lead guitar would be a good addition to the well-established framework sound

The Schematics already has. This would add diversity to The Schematics' music. However, there was a good moment when Nashman played keyboards for On The Wall. The song was a nice change from the monotony of the other songs. Nashman showcased his vocal talent with the very soulful song.

"The song is symbolic of the representation of the good and the bad hunter... it's about human mentality," said Nashman. He explained that there are good hunters – those that live off the land and hunt solely for survival. Then there are the bad hunters, those people who hunt for "selfish reasons", or for the "trophy". "It's about self-awareness."

Many of the lyrics in The Schematics' songs are about human mentality and life adventures. Plaid Friday is a catchy, high-energy song about breaking up and needing space. Realtime, the title track of their album, and by far the best song they played that night, is about looking for one's soul.

Dylan and Nashman sang well together. Dylan's mewly voice can be characterized the same as Billie Joe Armstrong's vocals during Green Day's Dookie days.

After The Schematics played On The Wall, Nashman broke into his drum solo. This made the very low-key, inattentive crowd at The Nest more excited. After five minutes, Dylan and Blalien joined in and showed the crowd some of their talent as well. The set ended with Realtime, which proved to be the best song with which to finish.

Musical influences of the boys includes Sublime, which is evident with the touch of reggae in some of their songs. Other musical influences are Weezer, Kool Train, Rene Samard, and Johnny Buttons (the accordion player). The Schematics have many independent musical influences from Edmonton, such as GhettoBlasters and Turbines, "Edmonton bands from the Gulf War," as Nashman described them. "There's a tight community in the music scene (in Edmonton)," said Dylan.

The Schematics are doing well locally. They played at Red's on New Year's Eve with Wide

Mouth Mason and created a "gentleman-like bond" with the popular Canadian band. They also played Stage 13. Blalien won Battle of the Bands at NAIT last year with the band Truth.

Even though The Schematics' album Realtime came out in 2002, they are already working on a new

single for their fans called Side-ways. All the songs from Realtime were tracked at Homestead Studio and mixed at The Warehouse (Mark Frazer in Vancouver, AC/DC's mixing engineer).

To find out more about The Schematics, visit their web site at www.theschematics.com



Dylan Jay, Nashman and Blalien of the Schematics.

70's

Style

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READS

NEEDS

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Late Boxing Days

Check what is on clearance this week!

Let The Girls Have A Go



TOM Ace

After a letter concerning female masturbation (or lack thereof) was published last week, I received several follow-up letters from the female readership of this column. This week's column is going to be used to voice the opinions of those women's responses and to give the ladies a chance to rebuttal. So here we go:

Dear Tom,

The letter printed last week has prompted me to write you and tell all the horny little boys out there to back off. I'm sick of immature guys asking me personal questions. The reason women don't answer guys' questions is because we don't know them that well. So guys, if you want to know if a woman masturbates or not, get to know her first. And I'm not talking get to know her for ten minutes while tipping a beer back in the bar. Get to know her on a personal level. It's the only way you'll ever get an answer out of a woman. Oh, by the way, it usually takes anywhere from six months to a year to get to the comfort level that I'm talking about.

Anonymous

Hear that boys, you better start marking your calendars. I agree that you should know someone on a personal level before asking sexual type questions, but there is always the exception. If the mood is right and both parties are feeling playful or flirtatious, I don't see why a few questions of a sexual nature couldn't be slipped into the conversation. It's all about reading the other person correctly, making sure that they won't be offended or made uncomfortable by the topic.

Dear Tom,

I'm a woman. I masturbate all the time. Every night if I can. If a guy asks me if I masturbate I say HELL YES! So not all women are cold fish when it comes to their sexuality. I do wish that more women would be open about their sexuality though. Women don't necessarily have to be sluts to talk about their sex lives. I don't wear short shirts or low cut tops that show off my breasts, I'm just a normal woman walking the halls

of NAIT. So girls, just lighten up! Play with those men out there! Talk about your sex life and then walk away, he won't follow you because he doesn't want anyone to see the bulge in his pants. Dirty Talker

What can I say, the woman has a point. Guys don't mind being toyed with, hell, half the time that's all they want is to be toyed with. It adds fuel to the fire, if you know what I mean. Plus it makes the girl just a smidgen more intriguing.

Dear Mr. Ace,

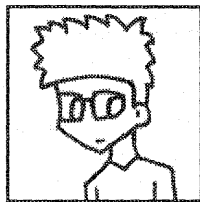
Your theory in last week's column, about parents telling their children that masturbating is a bad thing, was fairly accurate. My parents really never said anything on the subject and I'm sure they would not have cared if I did touch myself on occasion. The only thing is, I never felt the need to pleasure myself. My sex drive has never been that high and ever since childhood the interest has never been there. I have sex now and I love it. I usually have a steady partner so that the sexual activity stays pretty high. I still do not masturbate and frankly do not find the need to. So I guess there are just a few girls out there that feel comfortable leaving their hands out of their pants.

Not Interested

Of course it is a woman's choice if she doesn't want to masturbate, I'm just saying that you are missing out, big time. It's not like regular sex; it's a whole new experience. The possibilities are almost endless when you are a woman who wants to pleasure herself. Take a look at any sex shop, what do you see on the back wall? Usually a shelf of 543 dildos, vibrators, and other such toys designed to pleasure women is what you will find. All I'm trying to say is give masturbation a fighting chance. It doesn't have to be a vigorous sexual romp, pleasuring yourself can be as relaxing as a hot bubble bath. In fact, a hot bubble bath sounds like a pretty good place to...

Angered by a lover? Seeking revenge on a no-good dirty partner? Wondering if it's okay to look at your friend's sibling that way? Write to the love doctor at nuggetlovedoctor@hotmail.com or drop your anonymous letter off in the little black box outside the Nugget office.

My Burning Problem



Mr. Techie

Mr. Techie

I have a Compaq Presario 7947 that I have had for about 2 years now. It came with all the special features including a CD burner and a DVD player. I have recently purchased some CD-RW's for burning data, but when I put them in the software opens up and I have to format them. The software is CeQuadrat burner, and I followed what I would like it to do when I formatted them. While reading how long it will take to format my CD's it had stated about an hour. It seemed to format the CD in less than 20 seconds. I have tried it on other computers and they work fine, and even when they burn too, it seems to run ok. My question is how do I know if I have a good CD that will burn in my burner? What type of CD's I should buy? I can not get both of them to work at all. Are these CD-RW's no good to me?

Sincerely Blue

My Little friend Blue

Poor poor poor blue...Do not worry. There is nothing wrong with your CD burner, or the CD's that you use, or with anything for that matter.

What the problem is that your CD burner doesn't recognize the CD's that you are trying to use. I know that may sound dumb, but it's true. When a CD burner comes out it can only handle certain CD types, and for example your CD burner can probably use the 60-min and the 70-min CD's. But you probably would start having problems if you try and use 80min CD's or higher.

See the problem with technology is that you have to update it. Now in your case the problem is that you need to update your burning software application. It is a really easy fix. It might cost you a little bit of money but it is an easy fix. All you have to do is go the website of the application that you use (as long as they, being CeQuadrat, still recognize that version), and go to the section that is either labeled support or downloads. Find the version that matches your application. Look for the upgrade, download it and install it. That's the easy part. Now,

if your current version of CeQuadrat is too old, what you will have to do is buy the newest version. If you have to do that it is probably going to cost you about \$70 US. Now I know what your thinking, it kind of works now, why should I have to buy a new one. Well its called business. Do you think you would make any money if you had a product that would last more than 2 years?

Now I am all for businesses and companies to make money, but if you don't want to buy it don't. You can either go with out it, or choose a non-legal choice and download an illegal version off the net. Another choice is you and a couple of friends could get together and buy one copy and share the cost. But that is illegal and I do not recommend that, but hey that is your choice, and I am not pushing you either way. In any event I hope your burning does improve, and I am not responsible for any actions that you take. If you need more assistance please send your questions to naitnugget@hotmail.com

Send Mr. Techie your "burning" questions or computer frustrations to naitnugget@hotmail.com

TIME IS RUNNING OUT!

There's still time to enter the First Annual Greater Edmonton Business Plan Competition. It's open to individuals, companies and post secondary institutions with high-growth business ideas. Through seminars, tools, templates, and a mentorship program, VENTUREPRIZE will help you transform your idea into a plan for growth!

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**FURIOUS
George**

What's got value?

What's the deal, man? Is it just me, or is everything overpriced these days. It just seems we easily accept high prices. Two or three days of bickering and then it's just accepted. How do we know what's worth what? I took a female to a movie the other day (she pitied me). It cost \$13.50 X 2 plus food. Over \$40.00 after all is said and done. That's \$20.00 per person for an hour and a half entertainment: \$13.33 per hour to be exact! If one were to work for minimum wage, three hours of work would pay for that hour and a half of entertainment. If he were a guy, he may have to buy, and that means six hours of work. I'm no whining cheapo, but chicks don't dig me. I need to take a lot of girls out to find one that'll actually see me again. I'm interested in value. I think a good way to figure out what something's "worth" is by calculating the hours-of-entertainment to dollars-spent ratio.

So going to see a movie these days is \$13.33 per hour. Bruce Springsteen is coming to Edmonton. Tickets for his show are \$115.00. Let's see, 2 hours of entertainment, that's \$57.50 per hour.

Activity Cost/hr per person*

Movie • \$13.33

The Boss Concert • \$57.50

Oilers game

(Reeds and Needs Tix plus munchies) • \$16.66

Television

(basic cable) • \$0.07 (hey!)

Gym (one hr a day) • \$1.30

Dinner for two at the Keg • \$53.33

NAIT Student • \$3.33 (hey!)

Smoking • \$1.20

Lap dance at the local club • \$240.00 (ah, no.)

Playdium • \$30.00

Going outside for a walk • \$0.00

*Approximate calculation with many variables, not extremely scientific, but close.

You can calculate anything by dividing the cost in dollars by the time spent in hours. It looks like watching TV is still pretty frugal. Going for a walk is free, but it's a pretty lame activity. Lap Dances are fun, but pretty expensive. Maybe I'll just ask for a raise.

Grey Cup vs. Super Bowl

It's all the Same to Shania



**MIKE
McGuire**

The Associated Press reported that police in riot gear responded with tear gas Sunday night after rowdy crowds set cars on fire and threw rocks and bottles at passing vehicles following the Oakland Raiders' loss in the Super Bowl.

I have a different theory as to the events, and it all stems from the acts of a certain Canadian "diva". For those of you that watched the big game last weekend, you know what I'm talking about. For those that don't, here's the skinny: Going into the Super Bowl Half-time show, the score wasn't the only thing people were speculative about. Sure enough, amidst dancers, pyro, and her band, there was Timmons Ontario's own Shania Twain.

Dressed in that way that separates an every-day streetwalker from a mistress, and hopping around as though in need of a downer, Shania managed to perfectly belt out her previous hits "Man, I Feel Like A Woman" and new single, "Up".

What was most remarkable

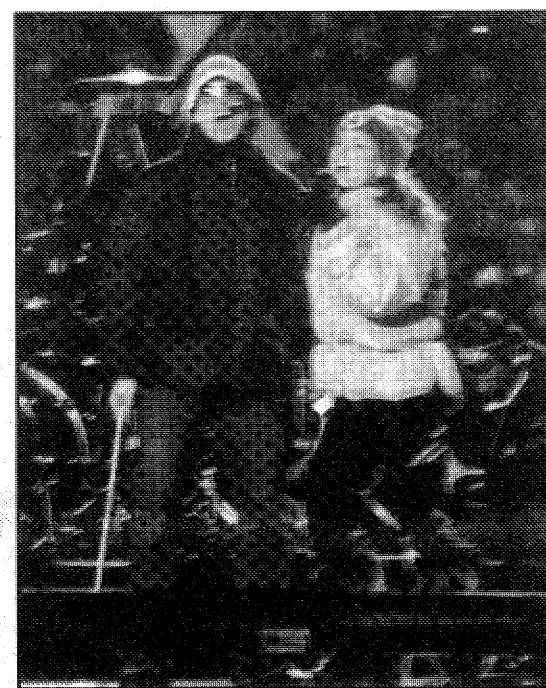
about Twain's performance was the fact that use of a microphone was completely optional. In a brief encounter with some rabid fans, Shania began shaking hands while her song played in the background. Proving that her ventriloquism classes have been paying off, Twain then managed to sing without opening her mouth for a few bars. Damn impressive.

So what's my point? You already know what it is. How much longer are concert-goers going to be forced to watch high-priced air-band shows? If it wasn't for No Doubt and Sting, I'd honestly say that this year's half-time show was a complete shill. Did anyone else notice the insane amount of times Shania's album name showed "up"?

We accepted Shania's sync act "because of the cold Canadian air". So what's the reason for the blatant bastardizing of the concert-going experience this time? What was it Shania,

didn't want to get the vocal cords exposed to harmful UV rays? A friend commented "Why would she do that when she can sing?" Kinda makes you wonder if she really can. Producers can do some great things... just ask them (nyuck nyuck).

In closing, Shania, if you have any scruples about work ethic left, please lose the voice-track. If not for giving your fans value for their money, do it because Britney's pissed you stole her gimmick.



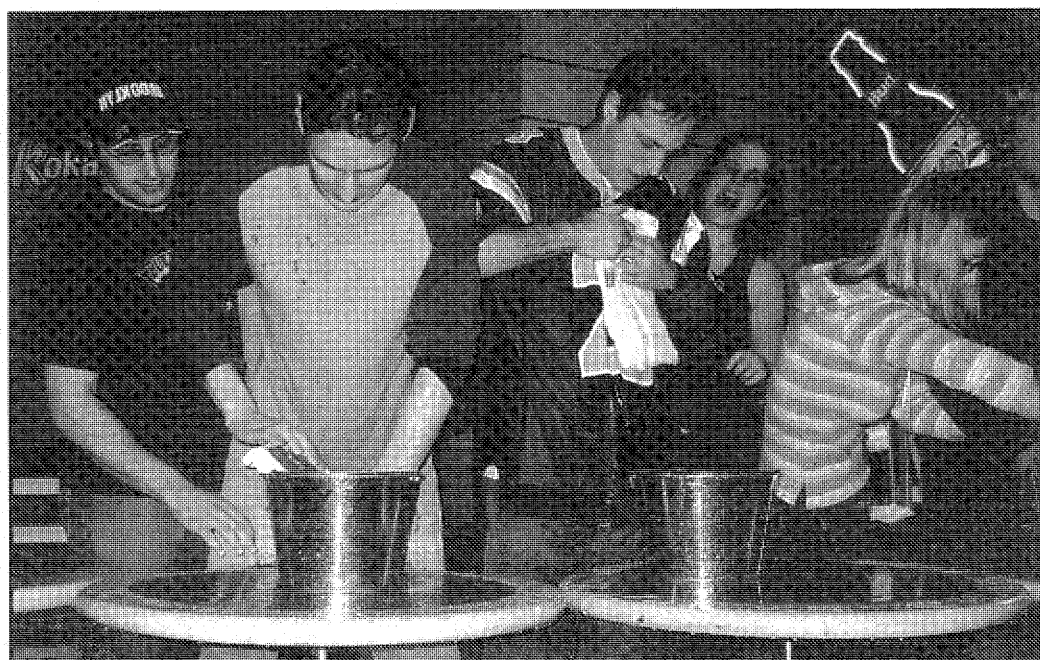
What does it have to cost?

WHAT WOULD YOU DO TO WIN?

These students at the Superbowl party at The Nest last Sunday were just some of the people there to win tickets to the NFL Pro Bowl in Hawaii.

Teams of two had to take a frozen shirt, thaw it with water and put it on. The team to do this the quickest won the trip for 2 to spend 8 days in Hawaii.

Congratulations to Sarah Heacock



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IN

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- FINAL PAYMENT DUE FEB. 1ST. CASH ONLY.

For info or to make payments go to the NAITSA office (E-131) or phone 471-8855.

NAITSA
Students' Association
www.naitsa.ca

CTM

Sign up for the Vegas trip at the NAITSA office Friday, January 31st and be entered to win Oilers Tickets.

KOOK HOCKEY

FAN BUS

To RED DEER

Thursday, January 30th

Tickets

\$15



Includes:

- Beverages
- Coach Transportation
- Admission to Game
- After Party in Sylvan Lake

Tickets available at the NAITSA office (Rm E-131)

Bus leaves at
4:30 p.m. in front
of the Nest.

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submissions

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

All submissions must be
accompanied by your name &
student ID number

The opinions contained in *The Nugget*
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New Year, New You?



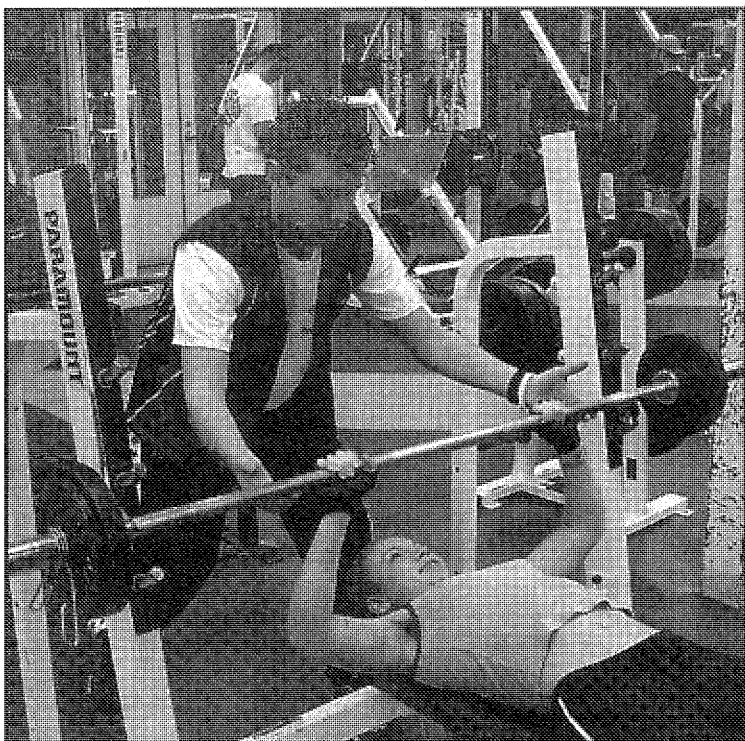
**HARMEN
Van Andel**

Well, it's a month into the New Year, are you sticking to your resolutions? I visited the exercise facility downstairs and it seems pretty popular. It's open to all NAITSA members (basically all students who have paid their fees), so take advantage of it!

What's great about working out at NAIT is that it doesn't take long for a routine to take over. You arrive in the morning and leave in the afternoon, and you've been to school and worked out in the same building. You can exercise in the morning before classes, during your spares, or simply stay after school. Once a routine is developed, it becomes part of your every day life. "Consistency is very important. It will help you stay motivated to stick with your program," says Personal Fitness Trainer student Curtis Wilson, "but it does take longer to lose muscle and fitness gains than it does to gain it. If you have 1 month of consistent fitness training, it will take 3 months to lose it."

There are several reasons to visit the gym. One could be to lose weight, another could be to gain muscle mass, or some people go to simply keep their cardiovascular system healthy. Your program in the gym depends on your fancy. "To simply lose weight, cardio training and a proper diet are your best bets. That'll burn the most amount of fat," says Wilson. "Weight training will build muscle and burn fat, but you'll gain some weight because muscle is heavier than fat. Remember that muscle also needs time to rest and recuperate. This lets the muscle heal larger than it was before. If you work intensely every day, you won't see gains as fast because your muscles don't get a chance to heal."

Whether you want to shed off the pounds or get 'Army' big, working out could be a great way to kill that open spare or start your day. The gym is downstairs at the west-end of E-wing. The hours are 6 am to 10 pm weekdays, 8 am to 5 pm weekends. Just remember to bring your NAIT student ID.



Personal Fitness Trainer Curtis Wilson spots for Pre-tech student Karla Seckinger.

Winter has Come!



**STACEY
Laing**

Well, I don't know about you, but I've been hoping for snow all winter and it's finally here. Now, I know that driving conditions aren't the best, but think of all the great activities that are possible now with snow. My favorite snow activity would have to be tobogganing, there's nothing like flying down a hill on a piece of cardboard or toboggan with the snow hitting your face. Go out with a bunch of people, see how many you can fit on a toboggan or have races to see who can go the furthest and the fastest. Once you've had your fill of tobogganing or you can't feel your feet anymore go and get some hot chocolate. A warm drink is a great

way to end the day.

Another great activity is an old fashioned snow fight. Start one spontaneously with your little brother or sister or with your friends. It's a great way to get some fresh air. As well, a snow fight is a great way to take a break from shoveling your driveway or sidewalk. Of course, if you like to ski you can't ask for better weather. There are several ski hills in Edmonton, like Sun Valley or Rabbit Hill. The prices are very reasonable and if you've never skied it's a great way to learn with little expense. However, if you have the time this weekend, take a trip to Banff or Jasper. Currently, Jasper is offering reduced rates at their hotels and there are several discounts around town, because of Jasper in January. This is a great time to go, not only is there a ton of snow, but there are great prices as well. Don't get caught staying in watching videos when there is so much to do outside.

**Anything Goes
Thursday
Prettiest Panties
Contest**

JANUARY 30TH

@ Longriders

11733 - 78 St

**Do U Have
The Prettiest Panties?**

Doors @ 7:00pm

**Cash &
Other Great
Prizes**

**Anything Goes
Thursday
Best Boxers
Contest**

JANUARY 30TH

@ Longriders

11733 - 78 St

**Do U Have
The Best Boxers?**

Doors @ 7:00pm

**Domestic Beer \$3.00
7:00pm - 10:00pm**

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**Call 914-0076
or 479-7400**

To Enter

**Cash &
Other Great
Prizes**

**'Toonie' Highballs &
DRAFT All Night**

**Domestic Beer \$3.00
7:00pm - 10:00pm**

Hourly Shooter Specials

Call 914-0076 or 479-7400

To Enter

Get Motivated

MARGARET Marean
Counsellor
NAIT Student Counselling
Centre

It is not uncommon for students to start the year full of energy, enthusiasm and great intentions. However a month or so into their program many students feel less than motivated. Here are some tips that might help get you back on track:

- Set realistic goals that are challenging yet achievable. Try setting goals for each day and each week as well as longer-term goals. Written goals are the most effective.
- Make a daily "to-do list" - a checklist of what you can realistically accomplish. Prioritize the items from most to least crucial and always work on your most important tasks first, even if they are the most difficult or the longest.
- Specify a clear-cut goal you want to achieve before you sit down to do homework or to study

(i.e. "by the end of this hour I want to accomplish ..."). This puts you in a competitive mode and stimulates you to stay motivated and focused.

- Get into a routine. If you start setting aside the same time every afternoon or evening for studying, it will become a habit within a few weeks.
- Know your body rhythms. If you are a morning person do your most important tasks in the morning - don't force yourself to do them at 11:00 p.m.
- Evaluate how long you can realistically concentrate (no longer than 50 minutes for most people) and make sure you take breaks when you need them.
- Get started on tasks early, the day you receive the assignment if possible. Tasks that are put on hold cause guilt and de-energize you; getting started right away arouses your interest and gets your creative juices flowing.
- Work on building a positive

attitude. Self-statements like "I'm too lazy", "I'm a procrastinator" or "I can't do this" can become self-fulfilling prophecies. So can statements such as "I am self-motivated" and "I love to learn".

- Visualize yourself being successful. A clear picture of what success means can keep you going when your workload seems overwhelming.
- Don't waste energy being negative and blaming yourself or others for how much work you have or for past failures. Negative energy makes it difficult to learn and to be creative. Put your energy towards accomplishing your goals instead.
- Concentrate on your successes and build on them. Evaluate areas where you could have done better, learn from them and change them into future successes.
- Surround yourself with positive, motivated people.
- Set realistic standards. Being a perfectionist can de-motivate

even the brightest of students. Decide how much time and effort each assignment is worth and allocate accordingly.

- If you are feeling overwhelmed by a project or assignment, break it into smaller parts and focus on one part at a time.
- Set rewards for accomplishing difficult tasks or getting through a study period when you aren't motivated. For some people it is also helpful to set penalties

for failing to follow through with tasks.

- Give yourself pep talks - remind yourself why you have chosen to continue your education and the long and short-term benefits this will have.

- And finally, take care of yourself by getting enough sleep, eating properly, exercising and having some fun. Motivated, energetic people have balance in their lives.

If motivation continues to be a problem for you, book an appointment with one of the counsellors in the Student Counselling Centre, Room 0117, phone: 471-8921.

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THIS WEEK AT THE NEST FEBRUARY 3 - 7

**Monday
FEBRUARY 3**

**MOVIE
NIGHT**



PUNCH-DRUNK LOVE
ADAM SANDLER TIMOTHY WALKER

**4:30 pm
Start**

**Tuesday
FEBRUARY 4**

**Karaoke
NIGHT**

5:00 pm Start

75¢

Draft

**Wednesday
FEBRUARY 5**

**Name
That
Tune**



5:00 pm Start

25¢

Wings

**Thursday
FEBRUARY 6**

**Live Music
NIGHT**

with



SUGAKANE



5:00 pm Start
\$2.75 Pints of Budweiser

**Friday
FEBRUARY 7**

**OILERS
NIGHT**

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Oilers

VS

Flames

7:00 pm Start

Every time the
Oilers score \$1 off
the price of a jug
of beer.

Jugs will go down to
minimum of \$3.95

What's it Like to be a Rock Star?

A look from inside



HARMEN
Van Andel

Need extra cash? Find work as a part time Rock Star! I spoke with 3 of the members of local band "Disgrace The Retroman" to find out what's involved:

You guys look like you have a pretty good job, what gives?

Brian: It is a pretty good job, But it is a job, and sometimes people (our audience) forgets that it is just that. They come to the venues to see the shows and drink beer. But what they don't see is all the extra time that we need to take to prepare for a show. Hauling gear in minus 30 deg. weather and having to be there 3 hours early for sound-check is just not something people wish to see, or are interested in. Sure, there can be a lot of glamour involved, but I

am more exhausted after putting on a three hour show than I am working a 12 hour shift.

Dave: TJ (guitar) called me up one day and said he met up with a singer/guitar player (Brian) and they needed a drummer. Since I wasn't doing any playing at the time, and was itching to play (okay, my parents were threatening me with rent if I didn't do anything), I joined them. It has put a dent in my video game time though.

Yeah, that new Vice City kicks ass. What kind of dough you guys make?

Dave: For us, anywhere from 300 for one night where the venue supplies the Sound man and sound gear, to 1500 for two nights where we drive out of town, rent the sound and lighting we need, and run it ourselves. Figures are in band gross pay, before we deduct expenses and spilt it four ways.

So, Kraft Dinner then huh?

Dave: Sure, because it's yummy,

Ramen too.

TJ: It's the breakfast, lunch, and dinner of champions. That and those Chinese noodles.

Brian: For me it's KD and MGD.

How often do you work?

TJ: It varies a lot. January we played every weekend and now there's nothing booked for Feb. You have to be pretty persistent to stay employed in live music. It requires a lot of time on the phone. Our gaping hole in our play schedule is due to our lack of schmoozing in January.

How much practice time is necessary?

TJ: We practice a lot. We get together about 2-3 times a week as a band but we also do a lot of practicing on our own. It's not uncommon for all of us to get together and run songs that we've never played together before. Also a lot of time is spent writing with smaller groups of us getting together to piece together new material. When we play a lot of shows the band can get pretty near

a full time job. It's good that we all get along, except for Corey. Man, what a dick.

How long has the band been together?

Dave: About a year now.

Brian: I met TJ just over a year ago through the See magazine. I have played with a lot of other musicians, and I guess something just clicked between us. We have a lot of the same ideas about the music that we want to create. Dave has been a friend of TJ's for many years and is good solid drummer. I have known Corey for almost three years due to playing the same venues and talking after the shows. His energy was just what I need for our live show.

How long have you been playing your instruments?

Dave: I've been playing Drums for 12 years now.

TJ: 13 years on guitar.

Brian: 10 years on guitar, about three years on vocals.

If I held him down, would you shave the head of that Justin guy from American Idol?

TJ: With a grapefruit spoon. He's a talented guy no doubt. But his publishing contract would probably make you cry. He'll make whoever signed him a lot of money, the industry will beat him like a red headed step child, and then we'll never see him again. Poor guy.

Brian: What? What's American Idol? I play in a rock band.

Has your sex-life improved since starting the band?

Dave: What's a sex life? Anyone care to have sex? Please?

Brian: I suppose it has, but the girls that I meet at shows just want in my pants, and I finally found a quality girl that I have been dating for about a month.

Yeah, I can't stand it when chicks just want in my pants. Ahem. Who gets lucky the most out of the four of you?

Dave: Brian (lead singer) he goes



home with about 4 or 5 women each and every show. Oh you meant non-family members? TJ (guitar), has the advantages of a loving, caring, monogamous relationship. Did I say monogamous? I meant he's a regular man-slut, and dead sexy, so if you're female and come to one of our shows, please throw your bodies all over TJ.

Who gets all the ugly chicks?

Dave: Corey (bass) is regularly cougar meat, does that count? Not saying all "older" ladies are ugly though...

TJ: Friends don't let friends hook up with ugly chicks. As a band member / friend you have an obligation to your mates to look out for them. We are always keeping an eye on each other. Except for Corey. We'll send him up the river any day.

Brian: Corey always takes one for the team.

Do you have a problem with chicks jumping on stage uninvited like the Beatles did?

Dave: Only Fat Ugly Drunk Bitch's friend, and Stagman. If you really want to get on our bad side quickly, jump up on stage, hi-jack a microphone, and start slobbering on it drunkenly without asking us if you can do it first. Guys automatically get a scowling of a lifetime (or if you're Stagman a boot in the ass, and a trip sliding across the dance floor, twice). Girls get leeway, directly proportional to how hot they are, and how well their friends can be quiet if they get asked to leave the stage. That's right we're assholes! Bring it on! Actually, no, don't bring it on, buy us booze.

Brian: I had that problem last Saturday.

Any groupies that follow you gig from to gig?

Dave: Just Brian's girlfriend, and Grant (guitar player from the ex-band, Face First) But if some-

one wants to audition to be our groupie(s), come to our next show, and we can discuss it.

Brian: No comment.

Have you ever gotten drunk while working?

Brian: Yeah, one time about 4 years ago, when I was just playing guitar I was playing an out-of town show in Provost. They were having a deal on tequila shots for a buck a piece, and this rig pig (oilworker, for those of you who don't know) came in a bought the band fourteen rounds. We were actually opening and closing for Streetheart. The opening set was okay, but by the end of the night I couldn't tell you the difference between a B-chord and a G-chord. Funny though, I actually can get really smashed a play and sing, but my voice just doesn't have the stamina to last for a whole night, so I just don't drink until after the show.

Has your bar tab ever been higher than your wage?

Dave: Mine hasn't, I don't know about Corey though, he's the band lush.

TJ: Me, no. Corey, maybe. But he's addicted to video games, does that count as bar tab? He pumped 60 bucks into Deer Hunter in Edson.

Brian: Yeah, I really think we should get more discounts.

Have you ever walked off stage?

Dave: Only between sets, and at the end of the night.

Brian: No, but there were a few times that I would have liked to. You try and not let drunk idiots bother you when you are on stage. Besides, "I have a microphone, and you don't.....SO YOU WILL LISTEN TO EVERY WORD I HAVE TO SAY."

Roger that. Have you ever been fired? Kicked off stage?

Dave: We're working on that.

Do you think Keith Richards would benefit from botox injections?

Dave: He's the guitar player in Slipknot right? I don't know, I have never seen him with the mask off.

TJ: The guy from Nirvana? Didn't he shoot himself?

Brian: Probably, but do you really think it would help him now?

No. Do you scrap with each other occasionally à la Van Halen vs. David Lee Roth?

Dave: Yeah, Brian wears the David Lee Roth pants (not literally), and the rest of us are Van Halen.

TJ: Not really, but we all take turns picking on Brian. Really he's got the biggest balls in the band, but we give him a hard time. He's got a back like a turtle.

Brian: Of course we do... but try not to let shit get in the way too much. I've always said a band is like a family.

Tell me a good bar story. One time...

Dave: So a horse walks into a bar, and the bartender asks him "Why the long face?" *Ba-Dum Ching*

Good one. Does it make you feel cool when you walk through line ups at busy spots and say you're "with the band"?

Dave: Not really, most of the time they don't believe me when I say I am Drummer in the band, and don't let me in. Or they ask me to pay for non-alcoholic drinks, since no one cares about the Drummer... *Insert Rodney Dangerfield quotes here*

Eminem or Alice Cooper?

Dave: Eminem, or Smarties if you're sharing.

TJ: I think Alice would win the steel cage match.

Brian: Definitely Eminem. 8 Mile kicked ass.

Do you guys have any originals?

Dave: One, with about 6 in the works.

Some people think bands like Metallica 'sold out'. You guys gonna 'sell out' one day??

TJ: I sold out a long time ago. I sold out the minute I took my first check from a show. "Working musician" is a synonym for "Sell out". But most people won't consider you a sell out until you break one million records sold. Today, you're a sell out if people like your music. People that write bad music aren't considered sell-outs. We call them indie. I'm going to get flack for that I just know it.

Brian: Who cares about some word, all I care about is making music that I love with friends who are like brothers.



Christina, Britney, or Justin?

Dave: Can I pick two? Britney and Justi... Christina. Sex is wrong and bad though.

Brian: Gotta be Britney...oh yeah ...Oh yeah baby... Grrrrr... wait, are we talking music?

No. we're not talking music.

So, there you have it. You could be a Rock Star too. You may have to learn an instrument or two, or sing in key (sort of), but a little organization and you have a cool part time job. Special thanks to the boys of DTR for spending the time to answer my questions. You can see them this weekend at The Sportsman Lounge on 50 St.



All Good Things...

Concordia Stops Men's Basketball Streak



MIKE
McGuire

**Concordia Thunder - 78
NAIT Oaks - 76**

The intensity in the air at the NAIT gym reached paramount last Saturday, as the number two division ranked Concordia Thunder came to take on our number two nationally ranked Oaks.

The contest came following a narrow win by the Oaks the night prior at the Thunder gym, and promised to be another nail-biter. Both teams delivered.

Concordia's David Vanderelde made the first successful shot, to which Leif Puffer would be first to respond from NAIT.

Some fancy fake-work by Slav Kornik setup the pass to Loren Balon, and gave the Oaks a narrow lead, something that would become a trend for both teams.

During a hard run by NAIT's Kornik and Concordia's Andrew Parker, the two players collided, and the referee called a push on Parker. While the foul may have been questionable, it had little effect on the Concordia offence, as a long 3 by Matt Hamilton closed the score gap to a 19-18 NAIT lead.

Following another 3 by Graeme Reid, Concordia took the lead once more. Joel Allen was next to strike, and the Thunder had the lead at 26-23.

Late in the first, foul-line efforts from Slav Kornik managed to tie the game at 33, but Con-

cordia would continue to respond, eventually ending the half with a 45-35 lead.

Down but by no means out, the Oaks began the second half with a strong effort, eventually taking a 48-47 lead. Eventually, the game would again tie at 50, keeping both teams busy.

Eventually, a 3 pointer from Joel Allen would help establish a 57-52 lead, which would serve as the beginning of the end for the Oaks.

Concordia managed their second 10-point lead of the night, with a 74-64 lead, adversity which the Oaks responded too, but all too late. With the final seconds winding down, and down 78-76, Nat Schaefer went for the long shot for three, only to hit the rim. The rest was history, as the Oaks were handed their first Canadian competitive loss in almost a year.

"It was a tough loss... they made some tough shots on the stretch," reflected OOK Loren Balon.

Concordia coach Brian Ross accredited a great game to both squads. "Hopefully we bring out the best in them because they certainly bring out the best in us. Hopefully we're going to see them one more time in they playoffs."

Ook Mark Dorado can't wait for that rematch. "In playoffs we're going to get it back. It's killing me because I

know we can beat these guys by double-digits. I can't believe we lost by such little points."

"They played well, they hit some big shots. I give them a lot of credit," said a somber Oaks coach Marc Dobell. "A win is a win and a loss is a loss... (losing by) two or twenty - it doesn't matter. It's disappointing to lose".

The Oaks look to return to their winning ways, taking on The King's University College, in their gym on the 31st, and back here on campus on February 1st, both games start at 8:30 pm., and admission to the home game is free for NAIT students with proper ID.



photo by: Mike McGuire

DENIED: NAIT's Slav Kornik gets shut down by the Concordia defense as the Oaks saw their first loss in nearly a year last weekend.

Come Check Out The Beaches at the NAIT Basketball Tech Challenge

MARC Dobell

NAIT Athletics

On Friday February 7th, our 3rd NAIT Athletics Tech Challenge of the year will take place at our home basketball game versus the Red Deer College Kings and Queens as we welcome a beach theme. We are planning a big night for this challenge and we hope that each technology can produce at least one team to come and compete for the Tech Challenge Championship.

Teams can consist of 5 or more people (the more the better!!) who come to the game together and cheer on the Oaks to victory. Each technology can enter as many teams as they want, as long as each team has at least 5 members. Teams will be judged on number of people in a group, cheering ability of group, and ability to fit the theme of the night. Prizes will be awarded to the top three teams at each Tech Challenge.

Prizing for the Tech Challenge is substantial. As one of our main sponsors, Labatt's Canada will offer a concert party with a private suite for 20 at the Joint

Nightclub or Tonic. Other prizes available for the Tech Challenge include a Pizza Party courtesy of Boston Pizza- NAIT, specials at Cowboys Nightclub, and cash towards your technology.

The theme for this Tech Challenge will be a beach theme. Your team should come dressed for the beach, ready for water-sports! Judges will vote on the best/ most appropriately dressed team, as well as group number and cheering ability.

In addition, each member of a technology that participates in the Tech Challenge will receive 5 points towards their respective 'intramural' standings. If a team reaches 15 participants, the technology will receive an additional 100 points! Remember that these points are redeemed for cash towards your technology (top 3) at the end of the year.

In order to enter a team in the challenge, simply call Marc Dobell at 471-7606 or drop by the office at S-105LA and provide details on your team before February 7.

I hope to see you all out this year cheering on your Oaks to victory!!

The Cruise needs you

Volunteers are needed for the S.S. Benefit NAIT Cruise to Vietnam on Saturday, March 1. This annual NAIT corporate fundraiser needs individuals for duties ranging from setting up the event to monitoring the silent auction. If you'd like to help out, call Tammy Carreiro at 471-7514 or Al Morrison at 471-8412.

This is Bob. Bob's having a great time 'cause he's sitting in a Molson Half Price Single Seat.

Molson Half Price Single Seats

It's unheard of, but now you can purchase a Molson Single Seat for the next Oilers home game at half price! Tickets go on sale every game day at 12 noon until sell out. Cheer about that!

Tickets at Ticketmaster
or call 414-GOAL.



Attack of the Trojans

Consecutive Losses Drop Hockey Men in Standings



MIKE McGuire

Continuing the battle for play-off spots, results in the ACAC Men's Hockey league last weekend showed fans that every game counts.

Friday's game started with a quick attack by NAIT, as Blair Rota made the first dent in the scoreboard, thanks to the handoffs from Clint Atkinson and Jeff Ainsworth.

Following some successful penalty kills, a slight opening in the Ooks defense allowed a shot by SAIT's Jason Steenbergen to get by Ooks net starter Tim Barlow.

4:41 left in the first, and it's all SAIT. Great setup from Drew Norman and Craig Bezjack created a scoring opportunity for Trojans' Derek Rupprecht, who managed to get by Barlow clean.

Mutual dislike for one another was displayed on the ice, as several near-clashes were diffused by officials that night.

Second period, and NAIT again took the scoring initiative, when Jeff Ainsworth pounded in a goal of his own, with the helpers from Clint Atkinson and Nathan Kerbes.

While the hits got harder, the tempers got hotter. Soon enough, yet another on-ice battle was averted as six players decided to heed the warnings from the head official and let their cooler sides prevail, with the exception of Ooks Ainsworth and Trojan Brent Gay, who each earned the rouging penalty.

Shots on goal were another issue plaguing the Ooks in the second. Jeff Ainsworth's shot wasn't only a goal, but it was the only shot in the entire second.

Third period, and while the Ooks managed to outshoot themselves from the period before, Trojan Shane Frank would take the lead for his team late in the period, forcing NAIT coach Terry Ballard to pull Barlow for the extra-man advantage.

The worst thing that could happen for the Ooks, did. Frank was once again able to get ahold of the puck and through the Ooks defense, scoring the empty-netter and pretty much claiming the game with only 40 seconds remaining.

Last minute heroics were not present for the Ooks, and SAIT walked out with a 4-2 victory.

"We did have a couple of miscues defensively. I think we took

a few too many penalties early on. We just didn't shoot enough throughout the game. They had breakdowns and we just didn't capitalize," comments Terry Ballard, who at the time was readying for the rematch.

The following night, SAIT handed the Ooks another loss, this

time with a 5-3 scoreboard.

These losses combined with wins by Augustana and Mount Royal put the Ooks in 3rd in the division, merely one point behind the prior mentioned teams which are presently tied for second. The Ooks look to get their spot back this weekend against Red Deer.



photo by: Mike McGuire

DOWN BUT NOT OUT: Scott McDonald and the Ooks may have dropped to third in the standings, but that could all change this weekend.

Scoreboard

BASKETBALL

Men
NAIT 81 - CUCA 76
NAIT 76 - CUCA 78
Women
NAIT 77 - CUCA 67
NAIT 42 - CUCA 47

HOCKEY

Men
NAIT 2 - SAIT 4
NAIT 3 - SAIT 5
Women
NAIT 2 - RDC 6

VOLLEYBALL

Men
NAIT 3 - LLC 0
NAIT 3 - LLC 1
Women
NAIT 3 - LLC 1
NAIT 3 - LLC 0

UPCOMING EVENTS:

Friday, January 31st
Men's Hockey vs. RDC
7:00 pm NAIT Arena

Volleyball vs Lethbridge
W@6:30pm
M@8:00pm
NAIT Gym

Saturday, February 1st
Volleyball vs Lethbridge
W@6:30pm† M@8:00pm
NAIT Gym

Basketball vs TKUC
W @ 6:30 pm
M @ 8:30 pm
NAIT Gym
Women's Hockey vs U of C
7:00 pm NAIT Arena

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Alberta

3883

From rINGSIDE

Hulkamania, Stone Cold Comeback – Rocky Leaving (?), and Wrestling Back at NAIT



MIKE
McGuire

First and foremost, I have to plug my show, and send out a big "thank-you" to all those who caught the first and second episodes of "nr92 rINGSIDE Radio." Hosted by myself (under the tag of MikeWildfire) and Mike "Mr. Grizz" Cook, we have already had some great chances to showcase some of the finest talent here in the Edmonton independent scene. This Tuesday, we welcome PWA Promoter/Commissioner Kurt SoroChan. SoroChan has a great background in the business, and has yet (to my knowledge) be

one to shy away from any question. Definitely a show you do NOT want to miss. For more details, visit www.ringsideradio.rocks.it.

Looking at the past couple of weeks back, I can't help but start with the return of the Hulkster. As the build-up for Hogan vs. McMahon at WrestleMania continues, it will be interesting to see what tactics the Smackdown writing team has lined up for this feud. Either way, Hulkamania (minus that ridiculous black beard) is running wild once more... **BROTHER!**

Now for the return of Stone Cold. It should come as no surprise. WWE needs Austin, and while I'm glad to hear that he has got his life back in order and is ready to work again, I'm a little disappointed with the obvious shil-

ling attempt revolving around his homecoming. Okay, so the interview in Raw Magazine should be an interesting read, but combining that with an invitation to return at the PPV just seems like a bit of a cash-grab.

Reports from an extra on the set of the Rock's newest film, "Hellorado" have the Brahma Bull openly admitting he wants to leave the ring and work in Hollywood for "as long as Hollywood will have him". Rocky should be back soon, at least for a couple of months – before leaving... perhaps for good.

It's old news now, but it appears WWE is going through some housecleaning. Raven, Justin Credible, and Bull Buchanan (B-2) were all released in the past two weeks.

Big props to the Divas on Raw. Trish v. Victoria was another great clash, and was sweetened by the return of Jazz. Hard to believe that these are the same women who were once forced to regale us with mud and gravy bowl matches.

After Mother Nature and Jack Frost provided a wicked winter (albeit a little late), the PWA cancelled the last show in Sherwood Park. Fear not though friends, as they are coming back to NAIT at our own gym on February 22nd. Tickets are available now through BAS, and you know I'll be getting some for giveaways in the weeks to come.

Other upcoming indie action includes a show by Monster Pro Wrestling at the ACCA Centre on the south side of town. Reports are that the show will be a fundraiser for the Youth Emergency Shelter Society, with a portion of ticket sales going to the charity.

Lastly this week, a special congratulations to Phoenix Taylor and NAIT's Marky Mark, who made their second appearance down in Calgary with Stampede Wrestling. Good on ya guys!

Til next week, email all your comments/questions to mikenait@shaw.ca, and don't forget to listen to rINGSIDE Radio every Tuesday!

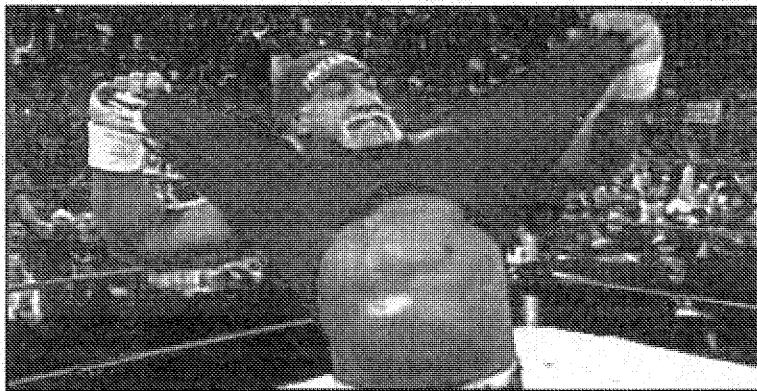
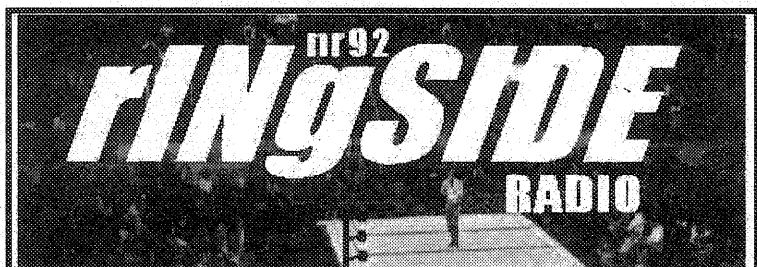


photo by:WWE

WHATCHA GONNA DO?!? Hogan wants to end it with Vince.



TUESDAY, FEBRUARY 4 5:00p.m. MST



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SHARMZ

Do many peeps out there know how much talent there is in our beloved city of Champions??? There's so much its not even funny. Sometimes I wonder to myself why the hell are some of these artists not signed and making some money? Actually there are a lot of reasons why, none relating to raw talent though. Anyways, emcees in Edmonton are blowing up, and they doing it in class with high caliber producers. Edmonton's most known producer extraordinaire, Stress of Smashtbenz Studios, has been making ill shit for a while now. He's worked with local artists, Politic Live, CV's Finest, Jae Lah., Double D, Yakk, Reason, and more. His beats are different and it puts a stamp on the Edmonton style our emcees have. So the question is, are you an Emcee that can spit like crazy but got wack ass beats off the net to work with??? No prob homeboy, juss go see Stress and spit in a high caliber studio.

As an emcee who has worked with Stress I had a chance to sit down and talk to him bout his company, his style, his goals, and his music.

1. When did you start to produce music?

I gotta taste real early making beats for me and my older bro's on a shitty little keyboard when I was like 11. I messed around on that thing for years making melodies and recording raps on tapes and stuff. I moved onto a karaoke machine that had the ability to layer sounds so I fucked with that. I was always creating and "producing" music but I didn't get my first production software till 98.

2. What got you interested in Hip-Hop and creating the beats?

Hip-Hop was still struggling to come up when I first heard it. I knew it was on the verge of being huge and wanted to be a part of it. Being a kid and listening to rap was the ultimate high. The attitude was rebellious and I connected with that. I'm hyperactive so making beats is the perfect way to keep my mind workin and staying creative. I'm always tapping on things and making lil beats on tables and stuff. Producing lets me be expressive without having to say anything. It's really a release for me so I'm lucky.

3. If you could compare your style to any other producer in the world who would it be?

I would like to think I gotta twist of 'Organized Noise' in my sound but I can't really say. A lot of Producers out there influence me, but I don't think I sound like any of them.

4. As a hip-hop ambassador in Edmonton, do you believe that the local scene is rising?

Oh ya for sure. There are a lot people doing positive things now. There are some glitches in the game right now though. On a personal level I got some things I gotta iron out. If I didn't have to pay rent and bills I wouldn't be messin' with half the people I'm messin' with to be honest with ya. Unfortunately there's a money issue. I would love to make an album the way an album should be done. Right now I'm juggling too many artists with too many different styles and that's not how to make good records! Too much on my plate! I would love to concentrate on maybe 2 talented groups, lock us in a studio for a couple months with a healthy budget to work with, and I guarantee you it would be the best thing ever to come out of Edmon-

ton period. Till then, I look at what I'm doing as practice.

5. What is your goal as a producer?

Obviously just to make good music! Keep improving, and be in demand. And have some fun too. I would love to make beats for Def-Jam or something don't get me wrong, but I'm realistic, Imma take it one step at a time and just keep doing the little things that help me build my own little version of Def-Jam.

6. How would you define your style of music?

Versatile and original. I mess with guitars more than the average beat maker I guess. I'm out there to do something new, I'm not gonna ride on anyone else's sound, I'm making my own. See I like when an emcee is not afraid to take a chance on a beat or try something completely new. It show's me that there confident in me and themselves and I like that, I need that. I pretty much wake up everyday with no pre conceived ideas and just hit the studio and whatever comes out comes out, I just gotta make sure it's hot and the artist can vibe with it.

7. When did Smashtbenz studios start?

I sold my first beat in 99, but I didn't open up shop fully till 2000, that's when I started having a steady clientele ya know? That's when I started taking things seriously.

8. Where is smashtbenz going in the future? What are your goals and plans with the studio itself?

Right now I'm in the process of planing out a new studio on the south side. I got my eye on a spot and some new equipment. Basically I'm always trying to improve my sound and the atmosphere and this will definitely be a big step up, so watch out for that for sure! I'm crossin my fingers. That will be huge for me, I don't wanna jinx it.

9. How can somebody get studio time with you to record some ish?

Basically just hit me up. My site, my cell, anything. You know my shit, www.smashtbenz.com it's all there.



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Alberta

Horoscopes

Written in the Stars

Aquarius (Jan 20-Feb 17)

The weather may be awful, but that doesn't mean your weekend will. Take time this weekend to have some fun with close friends.

Pisces (Feb 18-March 20)

Stressing over school? Don't! Finish all your homework by Saturday night and leave all day Sunday to sleep in, and wear pj's around the house. You have been working hard and deserve a break.

Aries (March 21-April 19)

Don't take the car out this weekend if you are not prepared. Make sure you have your cellular charged, air in your tires, lots of windshield washer fluid and a shovel. You never know when you may need them.

Taurus (April 20-May 19)

Save your energy for next week. A major project will keep you up late, and group members will leave you frustrated. Enjoy the peace now, it will get worse.

Gemini (May 20-June 20)

Luck may be with you this weekend. You may find that special someone, discover lost money, or just hear some good news.

Cancer (June 21-July 21)

You will hear shocking news this week. How does it affect you? Who knows, but don't be spreading any unconfirmed rumours this week, they will come back to haunt you.

Leo (July 22-Aug 22)

A loved one will surprise you this week. Take their gift and appreciate the thought that they have put into it. It will last you a lifetime.

Virgo (Aug 23-Sept 21)

Physical labour will surround you this weekend. It could come in the form of cleaning your house, or even pushing a friend's car out of the ditch. Just remember to stretch beforehand to avoid muscle aches and pains later.

Libra (Sept 22-Oct 22)

Don't fight with anyone this week. You will not win. Swallow your pride and let this one go, it's not worth it.

Scorpio (Oct 23-Nov 21)

Too much television is unhealthy. Keep the television off this weekend and get some exercise, whether you are walking the malls or enjoying the great outdoors, get off your couch!

Sagittarius (Nov 22-Dec 20)

A special someone is looking out for you. Take their hand and let them take care of you forever.

Capricorn (Dec 21-Jan 19)

Finances will be tough until the end of February. Watch your spending habits now, so that there is still money to treat your date on Valentines.

RESTAURANT REVIEW

The Golden Bird

STACEY Laing

The "no cash" syndrome is something that you must endure throughout your schooling career, so if you want to have good value for your hard earned money The Golden Bird Vietnamese restaurant is a place to take advantage of. The portions are huge and the prices are small.

If you're dining with a small group a great item to order is the soup and noodle dishes. Golden Bird offers several soups and noodle dishes that have an assortment of meat and vegetables for around \$7.00, these are great value. Several of these noodle dishes come with two spring rolls, which may be the best in the city. First, they are huge, almost big enough to be a meal, and second the flavour is amazing they're stuffed with noodles, pork, and vegetables. I always tend to order a noodle dish and usually have enough left over for lunch the next

day. However, if you're not able to eat up be sure to finish the spring rolls as they do not reheat very well.

If you have a group of people and want to try several items Golden Bird also serves several traditional plates. For starters try the salad rolls, they're similar to a spring roll, however they are not deep-fried and they come with a very tasty, rich sauce. Then you can order several dishes with chicken, beef, or seafood. A nice way to end the meal is with a Vietnamese coffee. It's a mixture of condensed milk and an espresso type coffee that drips into your glass, later you mix the milk and coffee and pour it into another glass over ice. Be sure to order this drink early as it takes about 10 minutes to filter through. Golden Bird is a delicious restaurant with great value and so many menu items you can go again and again, and always try something new and exciting.

The Everything To Do With Sex Show



KIMBERLY Ashley

Are you looking for something a little different to do this weekend? Why not try a great trade show, maybe even The Everything To Do With Sex Show this weekend here in Edmonton? This is their 2nd year, and promises to be bigger and better than the last.

The trade show features local retailers that specialize in romance, adult products, self-improvement and more. This can include fashions, home décor, marital aids and toys, information on sexual health as well as entertainment spots in Edmonton for couples.

The show is at Northlands Park in the Sportex building and is open all weekend. The doors open Thursday at 5 pm and close at 11 pm. Thursday night is seniors night, where seniors will get 2 for 1 admission. If you are really cheap, dress up in your leather and lace on Friday and get 2 for

1 admission and the doors are open from 5 pm until midnight. Saturday hours are from noon until midnight and Sunday is from noon until 6 pm. The show is restricted to those ages 18+.

The show also features Josey Vogels, a nationally syndicated columnist on sex, dating and relationships and also has her own television show, which began on the Women's Television Network called My Messy Bedroom. Josey will be speaking at the show Friday and Saturday at 7 pm, and Sunday at 2 pm.

Other special features include seminars and presentations. The seminars are free to attend and there is a schedule of seminars posted on the website. The seminars cover anything from ask Dr. Brian from Planned Parenthood, to orgasmic freedom, buying toys for two and Tantra.

Main stage presentations include hypnotists and magicians, as well as male dancers and fashion shows. There will even be a fake orgasm contest. The schedule for the main stage is also posted on their website.

This show is a great place to take your special someone, or even



your friends. It is a lot of fun, and something different. If you were afraid to walk into some of these stores before, here is your chance to check them out first hand. The show is not scary in any way shape or form. It is informative and is presented to the public in a comfortable, classy and non-threatening environment. Tickets are \$15, but remember if you go Friday in your leather and lace it is 2 for 1 admission. Check it out, you will have a lot of fun, learn a little and find that "special" retailer for all your romance goods. Anyways, have fun, I know that I did last year, and I will again this year!

Visit their website at www.canwestshows.com and follow the links to the everything to do with sex show.

MOVIE REVIEW

Darkness Falls



STACEY Laing

Get ready to jump with this traditional thriller. This is an on-the-edge-of-your-seat movie, which moves at a rapid pace. The story takes place in a small town called Darkness Falls. Darkness Falls was home to a kindly, outgoing old woman named Matilda Dixon until her husband was killed in a fishing accident.

After this incident she became recluse, however, the children of the town remembered how kind she was, and would stop by her house offering their baby teeth in return for gifts and sweets. This gesture earned her the nickname "the Tooth Fairy". Late one night Matilda was sleeping in her house, when it caught fire and terribly disfigured her face.

From that moment on she only came out at night, as her skin was too sensitive for daylight, and she hid her face with a porcelain mask. Matilda kept to herself and still collected baby teeth from the children, but one night two kids did not come home after saying

they were going to visit Matilda. The town went crazy and accused Matilda of murdering the children and then killed her.

The next day the two children were found safe and sound and the town decided to never mention this incident again. It is from that point forward that on that "the Tooth Fairy" legend began. On the night that you lose your last baby tooth Matilda will come into your room to collect it and

if you look at her face, she will kill you. Kyle Walsh (Chaney Kley) looked at the Tooth Fairy and he survived, however his mother was brutally murdered by Matilda. It is not until 10 years later that Kyle comes back to town to face "the Tooth Fairy". This is a great thriller that gives you enough information to know where it is heading, yet not too much so that you can figure out the entire plot.

Kyle is deeply scarred by the incident when he was twelve and he has spent many years in an institution and is terrified of the dark. He is not sure if his beliefs are real or if he is imagining the visions. This leads to the audience not being sure if what is happening on the screen is real or fictional. The movie is very well done, and if you want to have a little terror in your life go visit Kyle's nightmare in Darkness Falls.



photo by: Suzy Wood

Caitlin (Emma Caulfield), Michael (Lee Cornie, center) and Kyle (Chaney Kley, right) are the prey of the legendary "Tooth Fairy" in Revolution Studios' Darkness Falls, a Columbia Pictures release.



Submit your Grapvines to the Nugget at naitnugget@hotmail.com, or drop them off in the black box outside our office at E-128. Don't forget your name and student ID number!

Dear R-Factor, Why must you follow us everywhere we go? You're birth control and your cock blocking us all. You're like a bad fart that lingers and repels all the Hot ladies away. Our subtle hints have failed, and more direct action may be needed to eliminate the "R" factor from the equation... -- The Ehs?

The Bio Sci Keener King has officially been overthrown in matters of geekdom! Hail to the Micro Master!

What is it with the pretty people getting the free makeovers offered by the Nugget?! I wanna see a 6 a.m., no makeup, hair-all-to-hell, drank-all-night-and-feeling-it-this-morning picture. I mean, come on. Do you sleep with your makeup on? Get real! Let's get some good ol' fashioned nasty-ass ugly-pics going!

Hey you ladies out there! Stop checking out my ass in the hallway, I can't control my urges! The eyes in my ass see all!

Hey VP Academic you used to be hot until you shaved your head. Let your hair grow and my lawn you can mow.

Who likes to masturbate? I do, I do!

Hey Jeremy C, you know we girls like 'em BIG!!

To Karen of the white coat and safety glasses set: The former Miss Todd is looking forward to hearing from you and I can't find you anywhere. Hope you are ok, why don't you E-mail me at "kevinatpeace@hotmail.com" for the info and updates!

Classifieds

Struggling with same sex attractions? Email our Christian support group for more info: virtus_Alberta@yahoo.ca.

Car for sale: A 1988 Pontiac Tempest. Automatic, 4 door (white). About 170,000 km \$1500 o.b.o. A/C & heat. Call Val @ 488-5985. Excellent condition.

ROOMMATE WANTED. 2 bedroom townhouse across the street from NAIT HP Centre. \$345.00/Month & half of utilities. Call Brad @ 405-9960 for more information.

Classifieds

2 BEDROOM APARTMENT TO SHARE. Location: 11730-130 Street on 118th Ave and 130 St. Near to Safeway and convenient bus stop 15 min. bus ride to NAIT. ROOMMATE WANTED: Male/Female clean and responsible. RENT: \$300/MONTH. CONTACT: Franco @732-1007.

Next General Council Meeting will be Tuesday, February 11, 2003 at 4:30 pm in room X-107. All students are welcome to attend.

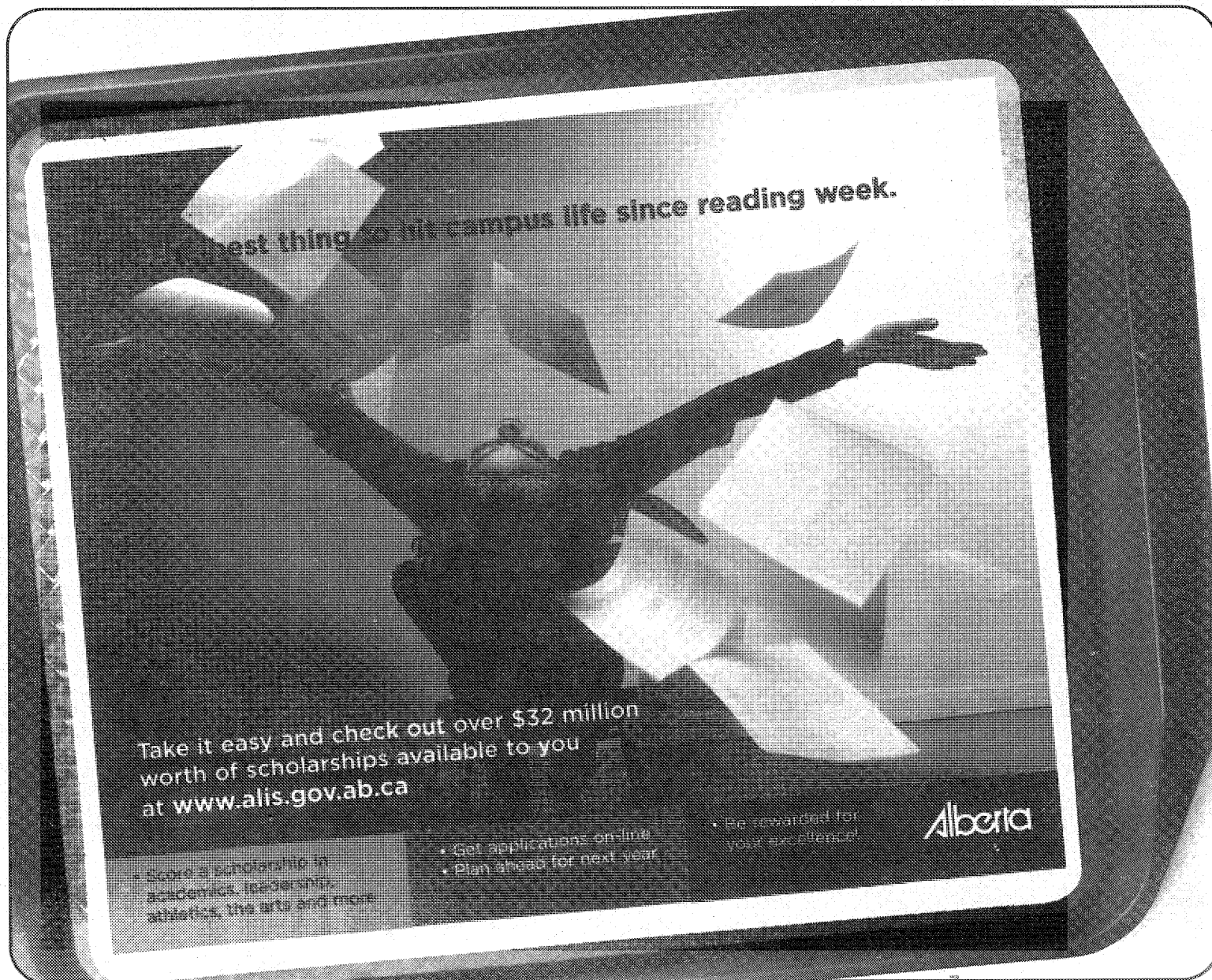
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Wanna Get a Free Makeover?

Submit your entries now!



JENNIFER
Benoit

Bobbi-Jo Van Leuken is the second NAIT student to get a makeover with The Nugget's special makeover series. The first was Jeremy Coules, NAITSA's own VP Communications, who now looks like a rock star with his red and blonde highlights and new haircut. Bobbi-Jo wrote to us, saying:

"I think I deserve a makeover because I always look the same. I look very plain. My hair is brown and I usually tie my hair back. I want a new look that I'd love and would shock my friends and family. I'm too chicken to go on

my own and get my hair dyed or highlighted. I think this would be a great chance for me to try something totally new and I'd have to go through with it. I don't know how to do my makeup. I usually wear mascara and a bit of blush. I'm sick of looking like the

"I think this would be a great chance for me to try something totally new and I'd have to go through with it."

girl next door! I'd love a makeover. Please (I'm a poor student)! Please help me!"

So we sent Bobbi-Jo to Elysium Hair Body & Spirit. She really enjoyed her makeover experience and loves the results.

Listen up! The Nugget is looking for NAIT students who want a FREE makeover. For guys, this includes a hair cut, color/highlights, and hair



Before and...



After



Bobbi-Jo sports her new look.



A little goes a long way.

styling. For ladies, this includes a hair cut, color/highlights, hair styling, and make-up! For the FREE makeover, all you need to do is send in a short description of why you need a makeover, just like Bobbi-Jo did. As well, send us a picture of yourself. If you are chosen, arrangements will be made to accommodate when you are able to have your makeover during the week. The only other thing that is required is that a picture be taken of you after your makeover. Your new look will displayed in The Nugget for all to see. We are having a different makeover every week, so apply now!

WIN A

FREE

Makeover!

- All entries must be submitted to the Nugget Submission Box by 4:00 PM every Monday until April
- Eligibility is open to all Males and Females who are looking for a new look
- All entries must include:
 - A recent picture
 - 75 words or less on why you want (or need) a makeover
 - Full name, student ID #, and Phone Number
- Chosen candidates will be contacted by phone
- All candidates release permission for The Nugget to print Names, photos, and write ups
- Makeover includes CUT, COLOR/HIGHLIGHTS, MAKE-UP