

# Bad Coffee, Bad Grades & Japanese Monster Movies

This Week: Learn How to Rave in 10 Easy Steps

By Good Ol' Whats His Name

And this is just in time for tonight's resurrection rave in the SUB cafe featuring D.J. Mir and D.J. Nonsense from CHSR-FM's Beat Confusion and Bass Bin respectively and Halifax's D.J. Brain. Raving is not as complicated as you might think but then again it's not as simple as it looks either. Here is a guide to help you through your current state from alcohol-only inspired dance enthusiast to rave-aholic.

1. Raves are for everyone. Leave your attitude at home.

2. You may not wish to drink before attending a rave. Bearing in mind that the music aside from resembling the theme music from "Sprockets" on 45, it rarely goes under 130 beats per minute. There's nothing more embarrassing than dancing to music anywhere and not being able to dance to the beat. Watch any episode of American Bandstand for a simple demonstration.

3. Buy a hat. Make sure it's an unconventional piece of headwear in some form or another. Hats are a crucial accessory for some ravers. We're talking serious designed-by-

Dr. Seuss hats here, no check-out-my-awesome-new-tam-mon lids, only zany caps that you would probably be too embarrassed to wear anywhere else, but in a room full of weird hats, who's going to care?

4. The music will be fast and furious more akin to the 20 minute workout than to the Lawrence Welk Show. Running shoes or some kind of very comfortable footwear is definitely in order. Otherwise you may end up with blisters on your feet the size of a Buick station wagon with fake wood paneling on the sides. . .and that's gotta hoit.

5. Wear something comfortable and funky. Bright colors are fun as well as the ever popular basic black, of course it's always fun to dress up right out of the tickle trunk. But if you can't, accessories can be used as a substitute (see step #3). One popular accessory is a whistle, used to both show your approval when a good song comes, but also add your part to the percussion track of the song, it's very much an audience participation thing. Be careful some ravers really hate having whistles blown right in their

ears so be kind and courteous. Remember what your mom said about loud noises.

6. Get a good night's sleep the night before or a power snooze prior to coming. You're going to be up late. Some raves go from sundown to well after sun up. It's also quite an aerobic activity so it helps to be in the mood to get in shape. It does wonders for diets.

7. Unlike most of the press written about raves, drugs are not a pre-requisite to having a good time at a rave. Lots of people dance for hours on natural highs but if you're wondering about why words in the music (what few there are) make constant references to ecstasy, it's the drug of choice for ravers. However, drawbacks include severe unavailability in a town like Fredericton and its incredible out-of-this-world price. That kind of money is better off spent playing video games under the influence at the Regent Mall.

8. Wave your arms in the air. Don't ask me, the Europeans do it so it must be cool.

9. Don't expect the music to have fifth and sixth movements or mental-

mosh parts. The bass drum will be thumping and some keyboards will be crunching, bleeping and blooping and not much else. As mentioned earlier, the odd sample of "ecstasy" comes in but for the most part that's about it. Some novelty tracks may catch your ear here and there (i.e. Sesame's Treet, Star Trek, James Bond's licensed to dance) but these are mostly just to heighten the fun factor.

10. Cut loose, have fun and dance your ass off. Forget the calgon shit, let the music take you away. If you've never been to a rave, come get a taste of the biggest underground scene in North America and Europe. If you have, come to this one because it will be fun. I promise. If you like to dance but don't know what the hell I'm talking about, come dance and I swear you won't hear "Achy Breaky Heart" at resurrection. Rave on:

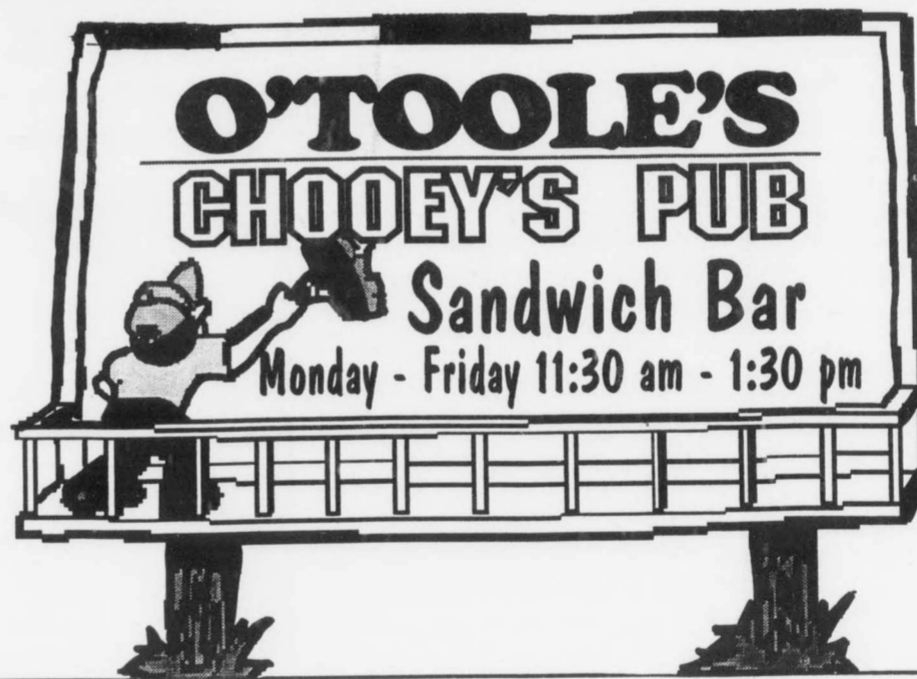
See you tonight, at the SUB cafe

Bugs and fishes,

Nick

Same bat time, same bat channel next week.

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