

NAIT's GOT TALENT – NOV. 25 AT THE NEST – WIN \$500!

# THE NUGGET

Thursday, November 12, 2009  
Volume 47, Issue 10



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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

## BOOKS RANKED NO. 2

Men's basketball team second in Canada with 7-1 record – Story Page 6



Photo by Claro Cagulada

### LEST WE FORGET

Police and armed forces members take part in a wreath laying ceremony Wednesday during Remembrance Day observances at the University of Alberta. In Ottawa, thousands gathered for the annual ceremonies at the National War Memorial. Prime Minister Stephen Harper, Gov.-Gen. Michaëlle Jean, as well as Prince Charles, were in attendance.

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# NEWS & FEATURES

## The Mo Bros. are here

By RYAN FLAHERTY

If it seems as though NAIT campus has grown a little more mysterious and sophisticated in recent days, it just might have to do with the fact that the school's M. Q., or Moustache Quotient, has reached a new high.

That's right, it's the penultimate month of the year, and that means Movember is in full swing. Men all around the school are classing up their faces in an effort to raise money and awareness for men's health, and prostate cancer in particular.

Here's how Movember works. Participants, known as "Mo Bros.," register their intent to grow at [www.movember.com](http://www.movember.com). They then solicit pledges for donations to Prostate Cancer Canada from friends, family and coworkers. At the end of the month, gala parties are held all across the country to celebrate the Mo Bros and their moustaches. Participants are encouraged to dress in costumes that match their moustache style and prizes are given for best moustache, best costume and, of course, most money raised. Team participation is welcome as well.

As for women? Well, although some are capable of growing their own facial hair, their participation is generally limited to supporting the Mo Bros and even recruiting new Bros. These women, known as Mo Sistas, play an important role in moustache encouragement. Even more importantly, their presence at the month-end parties ensures that the galas are not complete sausage festivals.

In a part of the world where most folks are increasingly bundling up at this time of year, it makes a certain kind of sense that Canadians would embrace Movember. Why not add a little facial insulation to stave off winter's frosty kiss? Include the unique charitable twist of the event and you have something that is in many ways quintessentially Canadian in nature.

Although most give credit to a group of Australians for creating the relatively new moustachioed movement, Movember has been widely embraced in Canada and has grown in popu-



Photo by Chase Cunningham

**Mo Bros. Kris Gies, left, and Josh Bourdages proudly show off their 'staches.**

larity with each passing year. There appear to be several reasons for this. For one, many iconic Canadians have sported fabulous moustaches, from Lanny McDonald to Burton Cummings to Alex Trebek. Another reason would be the aforementioned tendency to scruff up during the winter months. But above all other reasons is the fact that Canadians have huge hearts and any excuse to raise money for a worthwhile cause is reason enough.

Radio and Television student Doug Yearwood explained how

the event seems custom-made for him.

"Proud, courageous, a tiny piece of hope in an otherwise dreary season," he said, describing his own moustache.

The charitable angle appeals to him as well. "I like the cause, so I might as well rep it," Yearwood stated. So this month instead of making fun of your friend's cheesy 'stache, thank him for reping it on behalf of men all over the world. Make this a Movember to remember.

## Drinker's best bud

By TAYLOR POLLMANN

As the Christmas season falls upon us once again, sadly so does the number of drunk driver related deaths in our fair city. That is why a group of people in Edmonton have begun to put the enormously popular Operation Red Nose back into full throttle.

Operation Red Nose is a nationally run program in which volunteers take intoxicated holiday celebrators' phone calls and drives the callers back to their own home in their own vehicle.

"It's a safe alternative to drivers who have been drinking or do not feel safe to drive," said Edmonton Mayor Stephen Mandel. The whole operation is free of charge for users, which is extremely helpful when one doesn't have to think about paying a \$50 cab ride home.

Last year the Alberta leg of the campaign alone brought in over 1,000 volunteers across the province.

"The volunteers will never know how many lives they saved," says Edmonton Police Const. Wally Henry.

The lives saved rode in one of the 80,000 rides offered last December in over 90 Cana-

dian cities. The whole operation is run in conjunction with the police, which helps the program follow the guidelines and regulations of the law.

"We would like to thank the police force for stepping up to the plate," says Vincent Braun; an Operation Red Nose volunteer.

The whole operation would not be able to function, however, without the support of the Insurance Bureau of Canada.

Through their generous gift of insurance coverage, the volunteers are not liable for the damages that may be inflicted on clients' vehicles. Also, the Spirit Society of Edmonton has taken on the chal-

lenge of hosting the headquarters of Operation Red Nose, which will make the Boilermakers Hall a 24-hour building.

If you would like to volunteer or even give up one night of your holiday season, you can phone 780-757-SAFE. The same number is also available for users of the program. So as Christmas once again enters our hearts, remember the phone number that can save a life. As best stated through the words of the mayor: "Let's make this the safest holiday season yet."



**Veterans march during Remembrance Day ceremonies at the University of Alberta on Wednesday.**

Photo by Claro Cagulada



# The truth about dogs



**BRITTANY BLACK**  
Assistant Issues Editor

Are you a loner? Get a dog!

It's a typical trend in our society: the beautiful and talented get famous, get attention, get noticed. People flock to a flawless face or body and of course it helps to have lots of money. Some people are just more favoured than others ... and the same goes for dogs, apparently.

## Dogs invite trust

Linda Glasier, the associate chair of the Veterinary Administrative Assistant program here at NAIT had an on-going belief that some dogs are just more favoured than others. And in her recent findings, she also discovered that humans tend to be more trusting of a total stranger if they have a dog with them. I would like to hope that a creep in a vehicle trying to lure you with candy doesn't end up persuading you with his Yorkshire terrier.

All jokes aside, the female research team – Glasier, Galene Fasenko (U of A professor) and Alicia Glasier (U of A student) carried out a study on Whyte Avenue in early 2009.

## 'A bit shocking'

The team researched 295 people and tested their reactions to the photos of four different dog breeds: a Doberman pinscher, miniature pinscher, Bernese mountain dog and a King Charles cavalier spaniel. They also calculated the level of social trust that people had for those actually walking the dogs. They were surprised to see the shocking percentages of the increase of social interaction between strangers with a dog.

"It was a bit shocking and surprising to us," Gaylene Fasenko told the Edmonton Journal recently.

"Because trust, obviously, is a very descriptive and heavy term – if you trust someone, that means that they're safe to you. And people said that

strangers who have a dog are more trustworthy."

The people in company of a dog appeared to give off an increased comfort level with strangers. 82 per cent of those surveyed said they were more likely to talk to a stranger with a dog than without a dog, and 66 per cent said they would trust strangers with a dog rather than alone.

The dog celebrity of the day was Khyber: the Bernese mountain dog with large, floppy-ears and a long coat was chosen by about 55 per cent of those surveyed. The not-as-popular pooches were the Doberman and miniature pinscher (maybe they should stop playing World of Warcraft.)

Fasenko explained in an article that is currently available on the NAIT website, that the study results are positive, "because it shows there is a place for companion animals in the fabric of our society. However, a finding that concerned us was an apparent level of discomfort towards certain breeds of dogs – in this case, the Doberman and miniature pinschers."

They believe that this discomfort could

inhibit social interaction amongst people. Linda believes the findings show that if they could educate people about different breeds, they may be able to build social trust.

Hey, if educating humans about the different humans in the world won't distribute celebrity status more evenly, it won't work for dogs either. A good-looking dog is a good-looking dog.

It's very much like the real world: If an unattractive or otherwise unknown person was dating a celebrity, they automatically reach a level of trust with society. If he is dating HER, he must be someone ... right? So, if a total stranger is walking with a dog, especially an I-want-to-pet-you-now kind of dog, then they too, reach a certain level of trust with others. That's what I think ... and I have a dog, so you can trust me.

All-in-all, the studies regurgitated some very interesting results and now Linda and Galene are planning additional research to further examine why some breeds were chosen over others.



www.karebearberners.com/

**Not surprisingly, research has shown that this Bernese mountain dog generated the highest level of social trust of the four dogs studied.**

# U of A saddled with debt

By **ALEX TOSTOWARYK**

For some long-term staff and faculty at the U of A, hearing that the university is deeply in debt is all too familiar.

"The university has gone through this cycle about four or five times," says historian Rod Macleod.

"They go through building booms and each time at the end, one way or another, end up in a financial crisis. The U of A faces an estimated \$59 million shortfall, a staggering eight per cent of next year's budget. What does this mean for the university, the faculty, the staff and even the students?

Administrators claim that layoffs will be a last resort, but it will be hard to cure the debt without them. There have also been talks of plans to raise \$20 million from tuition but that requires approval

from the province. Also there are plans to cut \$20 million from a decrease in expenses and/or salaries and to find \$20 million from administrative efficiencies.

This isn't the best of news, especially for a university that went from 166th in the world to 59th in world ranking, according to one well known survey.

University President Indira Samarasekera has said on many occasions that she wants the U of A to be one of the top 20 public universities in the world by the year 2020.

But it's not as bleak as some see it. With new ways of becoming more efficient to save money, the university should be a little better at cost cut-

ting so that maybe in the future a deep debt may be less likely for the university.

One student from the U of A, an aspiring teacher, said he feels that "It's ridiculous that

everyone else is going to have to pay to help keep the university afloat when many professors who work so hard for the students have to be fearful of layoffs and aspiring students will have to work extra harder in the summer to hopefully pay their tuition."

However the university digs itself out of the hole this time, we can only hope that it will become a far leaner, meaner and well-oiled teaching machine.

But for now administrators are going to have to be taking the hard path going through budgets line by line to squeeze out every possible saving.

**"The university has gone through this cycle about four or five times."**

– **Historian Rod Macleod**



## The Nugget

Room E-128B  
11762-106 Street  
Edmonton, Alberta  
T5G 2R1  
Production Office 471-8866  
www.thenuggetonline.com

## Editor-in-Chief

*Chris Carmichael-Powell*  
studenteditor@nait.ca

## Sports Editor

*Landon Hommy*  
sports@nait.ca

## Assistant Sports Editor

*Curtis Binkowski*  
sports@nait.ca

## Entertainment Editor

*Colleen Nuc*  
entertain@nait.ca

## Assist. Entertainment Editor

*Kathy Le*  
entertain@nait.ca

## Issues Editor

*MacKenzie Marshall*  
issues@nait.ca

## Assistant Issues Editor

*Brittany Black*  
issues@nait.ca

## Photo Editor

*Raymond Ip*  
photo@nait.ca

## Production Manager

*Frank MacKay*  
fmackay@nait.ca

For advertising, call 471-8866  
or e-mail: fmackay@nait.ca

**Submissions encouraged:**  
studenteditor@nait.ca

The deadline is noon on the last school day of the week. (All submissions must include your name and student ID number.)

The opinions expressed by contributors to the Nugget are not necessarily shared by NAIT officials, NAITSA or elected school representatives.

# Letters

## We want your views

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general?

Get those thoughts into print. Keep them short and to the point. No more than 100 words. Hell, we're a newspaper not an encyclopedia. Give us a break!

Submit your letters with your real name and phone number to: studenteditor@nait.ca.

Don't sweat it. We won't publish your phone number, but we do need to list your real name.

It's all good. Getting something off your chest is downright therapeutic. Write us.



## Linda's TechTalk

# E-reading the future

By LINDA HOANG

Once upon a time, you'd have to leave your home and go to a bookstore or library to buy or borrow your next novel conquest.

This is not the case anymore, thanks to electronic readers.

These tiny, library-bookstore-in-the-palm-of-your-hand devices let you access online bookstores and buy and read digital books, basically anywhere.

Some might call it the book lover's best friend. Others might call it the death of real books.

Though electronic book readers have been around for some time, and have slowly but surely and impressively been improved upon over the years, this holiday season seems to be the season for e-readers.

Currently Sony's Digital Reader series dominates the Canadian e-reader market and come December, a brand new

model is being launched. Just last week, Barnes & Noble announced their new, function-packed 'Nook' e-reader will be released at the end of the month.



Barnes and Noble's Nook

E-reader prices range from \$200-\$300 and e-books typically go for \$9.99.

Common e-reader features include a back-light, adjustable font sizes for easier reading, highlighting, writing your own digital notes or digitally bookmarking your page. With touchscreen e-readers, you can turn pages with a single swipe of your finger.

Steve Haber, president of Sony's Digital Reading division, says the goal of e-readers and e-books "is to expand the market and provide open access to what consumers want to read when they want to read it."

Regardless of e-readers' neat features and attempts to look like a real book with paper-like

displays, I don't want to spend hours at school or work in front of a computer screen and then wind down for the night in front of a smaller computer screen.

Call me old-fashioned, but I still enjoy the feel of a real book, the crack of the spine, and the good ol' smell of worn paper.

I also doubt that e-readers and e-books could actually fully replace real books and bookstores in the future, though e-stores and title selections are increasing all the time.

Who knows, maybe you'll find this article in a Nugget e-reader archive on your own little e-device in the future.



Sony's e-reader

# Girls get a look at NAIT programs

By KATHY LE

On the evening of Nov. 4, the normal hustle and bustle heard down the hallways and in the classrooms was not from typical NAIT students going to classes or passing by. Instead, the chatter came from nearly 100 excited Girl Guides participating in the Fourth Annual Girl Guide visit to NAIT. The girls, from Edmonton and the surrounding area, were part of the Girl Guide subgroups called Pathfinders, ages 12-14, and Rangers, ages 15-17.

Linda Tutt, co-ordinator of the event, explains that "the event is initiated and sponsored by the dean's office of SEET (NAIT School of Electrical and Electronics Technology) and came from the idea of a woman named Evangeline Rafols who wanted to expose young women to non-traditional science and technology related careers and schooling."

The event is always run during the first week of November, in conjunction with National Technology Week, which also celebrates women in technology.

During the event, the girls are educated on the importance of technology professionals in the workplace and how these positions play a part in the industry.

There were six different activities to participate in, such as calculating one's carbon footprint, measuring one's heartbeat with a clothes pin, investigating invisible light and cool elec-

tronic things, Electrical Engineering Technology, the world's smallest electric motor, computer programming and telecom: home networking.

"Although each of the activities had something different to offer, I heard the carbon footprint was really interesting. They were blowing up balloons and using analyzers to measure the carbon going back into the air," says Linda Tutt.

Other activities involved the participants using infrared light to sense their heartbeat and the construction of a working electric motor from a D-cell battery, paper clips, magnets and wires. The activities were mostly hands-on, which highlights one of the beneficial advantages of NAIT programs.

All of the instructors and volunteers during the event were from NAIT. Specifically, the instructors are from the dean's program of SEET, except for the Physics Program.

In addition to the activities, each group of girls was led around the campus by a tour guide. The guides were all female NAIT staff and student volunteers, which provided the girls with more exposure to a post secondary institution.

"The ages of these girls are the right time to put that seed in their mind about their future schooling," Linda emphasized.

"And science is traditionally a man's world and we want to say hey we do have female students in these programs, so let's expose them to science and technology in a fun way."

### NAIT Children's Christmas Party

Date: Saturday, December 5, 2009  
Time: 12:00 - 4:00 pm  
Tickets: \$6.00  
(Tickets includes: gift, meal, craft, cookie decorating, balloon animals, & face painting)

**SOUTH LOBBY:**  
Santa Claus & Mrs. Claus,  
Gift Booth

**NORTH LOBBY:** Carnival  
SWIM: 12:15 - 3:45 pm  
SKATE: 1:00 - 2:00 pm

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# OPINION

— Editorial —

## It's an easy way out



**CHRIS CARMICHAEL-POWELL**  
Editor-in-Chief

I'm not sure if anyone remembers John Allen Muhammad, but he was the D.C. sniper. A few years ago he was shooting people out of the back of a modified car, which ended up being an effective killing machine. By the time Muhammad was caught, 10 people had

lost their lives. On the evening of Nov. 11, Muhammad was killed by lethal injection. When I watched this on the news it made me realize that I'm not sure how I feel about the death penalty. Both a sensitive and controversial topic, something about the idea of the state having the ability to say someone deserves to die doesn't sit right with me.

I understand that Muhammad did something awful and unforgiveable, which is not something I'm disputing. But should the state have the right to kill him for it? Aside from the cost saving the government receives by eliminating a prisoner, what purpose does it really serve?

### What happened to hard labour?

(And let's be honest, perhaps prison costs would not be so high if prisons looked like prisons and not like hotels. It's bad enough that there are televisions and the Internet available to the criminals when there are decent families that can't afford those luxuries. Three meals a day, living rent free, I know a few students that would jump for an opportunity like that. What happened to hard labour, blood, sweat and tears? Anyway, this is a whole different topic, don't get me started.)

If I were a victim of someone that was sitting on death row, I think I'd rather know they are rotting in jail. The death penalty seems like the easy way out. When someone is having a hard time in their life and they're considering suicide, society tells them not to, because it is the easy way out. So why is it OK to give the criminals an easy way out? We shouldn't. If it were up to me, the criminals would suffer in jail until their last natural breath, or until they're shanked – whatever comes first.

### Does that sound barbaric?

On top of everything else, sometimes the victims' families can watch the execution. Really, does that sound barbaric to anyone else? People are allowed to sit there and watch someone die. That is disgusting. Maybe it gives them a sense of closure. I have had a family member murdered before and I can honestly say it would not have made me feel any better to see the people who did it killed. If it made me feel better, would I be any better than the murderers themselves? I think there is something wrong getting satisfaction in someone's death, regardless of the situation, not to mention I'm pretty sure I would find watching the execution quite traumatizing.

Bottom line, I'm happy I live in Canada where the death penalty is no longer practiced. Do I think the people on death row deserve to live? No, but I do not think killing them is the answer.



deathrowpeaks.info

## LETTERS

Dear Student Editor,

I am so sick and tired of the chaos that has been stirred up due to this H1N1 pandemic it isn't even funny. It has made it so that I can't stand to watch the news anymore, because it's all they ever talk about. People are panicking way too much over the H1N1 and the media is to blame. More people die from hitting their head or drowning while in the tub than the regular flu or H1N1.

This pandemic is no differ-

ent than any of the others that our world has gone through like SARS, or the bird flu. From talking to family and friends, I've heard that people in North America are the only ones freaking out. Other places like Australia and Europe, they don't even talk about H1N1. Also, this isn't the first time the world has seen a strain of this influenza. It was here in 1918-19 and in 1976. Another thing that has gotten way out of hand is the push to get immunized. People are in

such a rush to get the vaccine, regardless of what the side effects are.

After what I've heard about the vaccine's content and side effects, you won't be seeing me in those four-hour long lineups. What this really boils down to is that people should wake up and get back to reality. We will get through this like we have several times before.

Sincerely,

Chase Hollingworth,

Business Administration, Year 1

## Your views are important

We want to hear from you!

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Don't sweat it. We won't publish your phone number, but we do need to list your real name. It's all good. Getting something off your chest is downright therapeutic.

Trust us on that.

Write us.





# SPORTS

## These guys are good!



By **LONDON HOMMY**  
Sports Editor

The adage “second place is the first loser” doesn’t really work here. At season’s end, maybe, but until then it’s something to be proud of.

Long story short, the NAIT men’s basketball team is ranked No. 2 in the country behind the St. Lawrence Vikings from Ontario.

The Oaks improved to 7-1 last weekend after two victories over the Lakeland Rustlers. However, both games required a second half comeback as they struggled to capitalize on a hot start, something head coach Don Phillips is clearly aware of.

### Need killer instinct

“Though it is always good to secure victories, it is painfully obvious that we need to work on not letting teams back into games,” says Phillips.

“Good teams do this naturally by finishing the game and if we consider ourselves one of the tops teams in the country like the CCAA rankings state, we must reflect a good team’s mentality and/or killer instinct.”

Strong defensive play and a persistent attack helped them regain the lead in both games, en route to relatively convincing wins.

After last year’s season, which was plagued by injuries, academic suspensions and other distractions that prevented the team from reaching its potential, Phillips has the 2009-2010 edition rolling – well, sort of.

“Regardless of the No. 2 ranking, it’s been hard to keep them focused because they’re so young,” admits Phillips, who goes on to explain how the ranking can make you think you’ve won something when you haven’t, or it can make you play like the No. 2 team in the country.

“And the No. 2 team in the country is going to take care of business.”

The addition of some key players in the offseason deserves much of the credit for the improved performance this season. Cous-

ins Shane Reese and Shane Cox from Toronto have been huge for the Oaks so far, along with recruits Rodel Grenaway, Chris Neptune and Gerard Mozwa. All five see considerable playing time.

Cox is the team’s leading scorer at 17 PPG, followed by guards Mozwa and Grenaway. All three show great chemistry as they consistently dismantle opposing defences. Reese, on the other hand, is a beast inside, showing off his superior athleticism in the many mismatches he encounters, often leading the team in rebounds.

“When I recruited them I told them point blank that I need (them) to come out and lead us. Here’s the keys to the car, where are you going to drive us?” says Phillips, who was quick to praise the other aforementioned recruits. “You can’t forget about those guys or they’ll hurt you.”

Returning players are by no means out of the picture. Last year’s leading scorer Cyril Ashworth played a major role in Saturday’s comeback win, providing a big energy boost in the third quarter off the bench. Jesse Denscombe and Evan Eger are counted on regularly as well.

So what is that, eight standouts? Chalk up depth as another major factor in making this squad the most talented NAIT has produced in years.

### Entertaining team

The kicker is the team’s entertainment value. Spectators are consistently treated to spectacular offensive and defensive plays. Alley-oops, dunks, blocks, steals and fast breaks constantly wow patrons, meaning the free access for NAIT students is a bargain when considering the calibre of ball they get to watch. Besides, who doesn’t love a winning squad?

It’s easy to be a homer with this team as the excitement surrounding them is starting to spread across the league – and throughout the school – prompting Oaks fans to anticipate a great result this season. Of course, Phillips isn’t about to get caught up in the hype.

“When we reach the point where we actually gel, which will come, we’re going to play some good basketball.”

A scary thought for opponents, the next of which is the King’s College Eagles. The home tilt goes down at 8 p.m. on Friday (Nov. 13), followed by another 8 p.m. game time on Saturday across the city.



Photo by Claro Cagulada

Rodel Grenaway shoots in a game Nov. 7 against the Lakeland Rustlers, won by NAIT 90-72. The Oaks are 7-1 in league play.

In Oil Country...  
there are only 2 days of the week  
“Game Day”  
and  
“Waiting for  
Game Day.”



Los Angeles Kings  
Tues. Dec. 15/09



Nashville Predators  
Thurs. Dec. 17/09



Washington Capitals  
Sat. Dec. 19/09



St. Louis Blues  
Mon. Dec. 21/09



Calgary Flames  
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**CURTIS BINKOWSKI**  
Assistant Sports Editor

#### 5. HEMMER AND PENNER

Usually this list covers the past seven days, but my list took a two-week vacation to somewhere tropical. After a two-week hiatus, the Top 5 is back! Ales Hemsky and Dustin Penner became the first Oilers to both record five points in the same game since Glenn Anderson and Jimmy Carson did it in November of 1988. I wonder when was the last time it happened, period? Perhaps Mario Lemieux and Jaromir Jagr in the late '90s? Joe Sakic and

# The Bink wrap ...

Peter Forsberg in the early '00s? If my memory serves correctly, Alex Tanguay and Jarome Iginla had five each against the Oil one New Year's Eve. I wonder who was the last Oiler to have a five-point game on his own. Doug Weight?

#### 4. KID CANADA 20/20

Our boy Steve Nash of the Phoenix Suns was the last player in the NBA to record 20 points and 20 assists in one game. He netted 26 points and delivered 22 assists in New York on Jan. 2, 2006. In the Suns' 119-115 win in Philadelphia this past Monday night, Nash did it again, with 21 points and 20 setups.

#### 3. YANKS WIN

For the 27th time in history, the New York

Yankees are World Series champs. Their win was highlighted by the base running of left fielder Johnny Damon. Damon became the first player in MLB history to steal two bases on one pitch in the World Series. With the win, the team plans to fill the new Yankee Stadium with money, then swim in it.

#### 2. DOUBLE 100+

Miami Dolphins WR and return specialist, Ted Ginn Jr., had never returned a kickoff more than 52 yards. In the Dolphins 30-25 win over the Jets two weeks ago, Ginn Jr. became the first player to return two kickoffs for touchdowns in the same quarter since 1967 when Green Bay's Travis Williams completed the feat. Ginn Jr. is,

however, the only player to return two in the same game that eclipsed the century mark, 100 yards and 101 yards.

#### 1. NFL, NBA, NHL, MLB

For only the second time in history, all four major North American leagues had games in the same day, creating the ultimate fantasy for sports fans. The stars aligned because of the World Series. November baseball has only happened once, in 2001. As magical as this sports lineup is, it didn't end there. NASCAR was in Talladega, the CFL was in action, Manchester City and Birmingham battled in the premiership, and the Williams sisters clashed in the Sony Ericsson tennis tourney final. Mamma mia! What a day for sports!

## MENS SOCCER

# Five-year streak is over

By **CURTIS BINKOWSKI**

After back-to-back-to-back silver medal finishes in the ACAC finals, the men's Oaks soccer club opened the season looking to finally crack the second-place curse. A gold medal would have meant a trip to nationals.

Their season started with a draw, followed by two victories, and in their fourth game, they suffered their only loss of the season. From then on, the Oaks were unstoppable, winning their final six contests. Their 8-1-1 was the best record in the ACAC. Those 25 points won them a first round bye at NAIT's airplane friendly field. Highlighting the team's offence was striker Joe Adjei, who led with six goals.

The Oaks semifinal match-up had them lined up versus Mount Royal University from Calgary. For the first 70 minutes of the game, the Oaks looked exactly

like who they were; a skilled, defensively responsible, well coached top team in the ACAC. They looked like they were well on their way to their sixth consecutive gold medal game. With a 2-0 lead and 20 minutes to go, the wheels fell off the Oostrain. MRU netted a goal on a broken play to make things interesting. Suddenly, the Oaks were on their heels. After about 12 minutes of relentless pressure, MRU struck again and sent the game to extra time.

The Oaks gathered themselves and came out hard in extra time, coming close several times. On a scramble at the side of the net, MRU fired in their third goal to complete the remarkable comeback and seal a spot in the gold medal game, consequently ending the Oaks five year streak.

The bronze medal game had little meaning to the Oaks and it showed, as they lost in a 2-0 snoozer.

The lady Oaks on the other hand had a mediocre season and failed to make the playoffs with a 5-5-0 record. The x-y chromosome squad never got the results against the top teams, 8-0-2 Concordia (lost 3-1 and 1-0), and 6-1-3 MacEwan (lost 1-0, and 2-0).

"In the end, we just couldn't put it together sometimes," said 18-year-old starting defender, Alessandra Bruni. "M.P. (Duxbury) is a great coach and we really gelled as a team, but we just couldn't finish. This group can definitely win together, but next year, we're just gonna have to work and train harder."

The women's team will have leading scorer Leanne Kadatz (13 goals in nine games), and their 18-year-old diva defender, Bruni, as returning players to lead the Oaks next season.



**Joe Adjei**

## Athletes of the week

November 2-8

### Laura Williams Hockey



Currently Laura is third on the team in points with two goals and three assists, including a beautiful shorthanded goal and an assist on the go-ahead goal this past Saturday in the Oaks 3-2 victory over the RDC Queens. "Laura comes with a winning attitude and contagious work ethic! She is a trusted player by the coaching staff and team; she is a player that helps teams win championships without needing any credit. She is a team's unsung hero," said NAIT head coach Deanna Iwanicka. Laura is in her first year of Cytotechnology – a program with only six students.

### Bret Peppler Hockey



Bret has been chosen as the NAIT Oaks player of the week. Peppler had six goals and one assist this past weekend (Nov. 5, 6) to help lead the NAIT Oaks to two wins over the Portage Voyageurs. After netting a hat-trick and an assist at Portage on Friday, Bret followed that up with another two goals at home Saturday night. "Bret showed true leadership and skill this past weekend by not only logging lots of ice time but by producing on the scoresheet," said NAIT coach Terry Ballard. Brett is a fourth year Business student from Rhein, Saskatchewan.

# Off to Cowtown

By **GARIT BYINGTON**

With a 45-13 victory over the B.C. Lions, their first win against the Lions this year, the Edmonton Eskimos are headed to Calgary for the Western Conference semi-final. After disappointedly finishing fourth in the West for the past three years, rookie Head coach Richie Hall guided the team to a 9-9, third-place finish in the closely ranked West.

Ricky Ray had another stellar year with a league-leading 4,916 yards passing, a 67.3 completion percentage, 22 passing touchdowns, and ran for six touchdowns in himself. With Ray at the helm, you have as good a chance as anybody to win the Grey Cup in this era of parity.

The Eskimos were a very streaky team in the regular season, due in large part to their inconsistent defence. The Eskimos' defence and special teams held their opponents to 13 and 10 points in their last two games.

With a full season of playing together, all the new faces on defence appear to have figured one another out and look to be playing their best football; which is exactly what you're looking for heading into the CFL playoffs.

The offensive line appears to be gelling at the

right time, and will need to play as an elite offensive line if the Eskimos expect to succeed in the playoffs. Fred Stamps quietly led the league in receiving with 1,402 yards and the "Mississippi Missile," Tristan Jackson, remains the league's most dominant return man, with 1,928 return yards. Look for both of these players to have a big game if Edmonton is to advance to the Western Final.

After years without a running game, the Eskimos finally established a running threat. With the speed and finesse of Arkee Whitlock and the size and strength of Calvin McCarty, the Eskimos' have a thunder and lightning ground game. McCarty emerged as a true playmaker in this league, finding the end zone seven times in the 11 games he played. Whitlock began the year third on the depth chart, and finished the regular season with 1,293 yards (third in the league), and 2,082 all-purpose yards.

Whitlock had 6.1 yards per carry, and 12 rushing touchdowns (second in the league). Coming off his best performance with 20 carries for 168 yards and two touchdowns, Whitlock, along with McCarty, will have to be major factors if the Eskimos are to win in Calgary this weekend.



**Ricky Ray**  
Stellar year

# Playing the hurting game

By SAMANTHA SILVA

What does it take to be a professional athlete? Whether you have the skills like Michael Jordan or Sidney Crosby, the key is how to condition yourself to prevent sports injuries.

Accidents do happen. But if there were a way to prevent sports injuries, do you think you would try to stop it from happening? Simon Bennett, the fitness consultant with the Edmonton Oilers, says there is no difference between low and high performance. But what does this mean to you as the reader?

## Preventing Injuries

**Step One:** It is important to note how much effort you are willing to put in and what results you would like to see come out of it. Being a professional athlete takes a lot of hard work and determination. But chances are you will prevent sport injuries with a healthy eating regiment and balance of exercise.

**Step Two:** Find a sport that you would like to do and understand what type of fitness level is required. If you want to be a runner, Scott Morris, a NAIT Personal Fitness instructor, suggests that you need the proper footwear and to stretch before you run. If you don't take the time to research, then you risk getting hurt.

**Step Three:** Exercise frequently. The more you exercise, the better you feel and can perform at high levels. If you eat such things as junk food and don't exercise, but still decide you want to run in a marathon, what do you think the result would be? However, it's important to remember that professional athletes don't over-exercise. You need to listen to your body and find out what is appropriate. Morris says, "What you don't know, ask."

The professionals such as trainers at the gym or your doctor will tell you what you can and can't do. They know best.

## What to do if you get hurt?

Whether you have twisted your ankle or fractured a bone, sports injuries are an athlete's nightmare. It either sets an athlete back indefinitely or ends his or her career (just look at the Edmonton Oilers). The more injuries you have the less likely a team will want you.

But there are signs and symptoms when they do happen. Some signs may be from swelling of the knee to an acute pain in the upper part of your body. But the best person to talk to is your physiotherapist. You may think you can diagnose the problem yourself, but the professional will be able to pinpoint what's wrong. This will reduce the amount of time it takes to recover, because of the specific type of treatment you will get.

But have you ever wondered why it takes a short time for professional athletes to heal compared to the ordinary person? The truth is professional athletes get the best care possible because their careers depend on it. They have access to a personal trainer who is focused two to three hours per day on get-

Personal Fitness instructor Scott Morris works on NAIT volleyball player Austin Hinchey.



Photo by Samantha Silva

ting the player better. But for most of us, we have to go to a regular physiotherapist and see them occasionally once or twice a week and it's always based on our time schedule. These are the perks of an every day athlete.

## What to do if you are already hurt

If you have been dealing with a long-term injury, you need to balance the kind of exercise you must endure with getting better. Although it may be a slow process, it is important to note that for any athlete the key is to keep consistent in your activities.

Whether this means you have to ice your knee or walk with crutches, you need to take care of yourself. For example, you

may decide to do a leg press to gain strength for your injured knee, but Morris suggests creating a balance by exercising the other leg as well. This will prevent future damage from occurring.

All of this may be common sense to you. But you would be surprised how many people are getting hurt because they are not following these simple steps. If you follow a healthy regiment and feel motivated to keep fit, you will essentially make yourself untouchable as an athlete. Imagine, you can move around anyone or anybody. Whether this is Sidney Crosby or Michael Jordan, you can literally be the best without having the skill.

# NFL at the season's mid-point

By TAYLOR POLLMANN

Welcome to Week 10 of the 2009 NFL season. In a league built on the hype and marquee allure of franchise players, the



Peyton Manning  
The best ever?

midway point of the current campaign has brought plenty to the table. As of now the NFL is under fire from the wrath of two top-tier teams.

In the AFC there is the Indianapolis Colts who are led by possibly one of the greatest quarterbacks to ever suit up in a jersey. On their tail are four quality teams in New England, Cincinnati, Pittsburgh and Denver.

The NFC is a conference that, as of right now, has only seven teams that have a realistic chance of making it to the big dance. Of course on top of the pack is the undefeated New Orleans Saints. While they may be benefiting from a schedule that sees them play two lackluster teams twice apiece, they have won their fair share of respectable victories.

Then there are the beasts in the East, the division that contains three playoff-calibre teams, even though the Giants have experienced an atrocious four-game losing streak as of late. In the south, the Atlanta Falcons have found a new bark in their game that is considerably different than the one led by their for-

mer franchise player. Probably the most significant team in the mix, though, is the multi-threat offence of the Minnesota Vikings who have two lethal weapons in Brett (short term memory loss) Favre and Adrian Peterson.

That brings us to the final affliction of the current season. The summer blockbuster news that Michael Vick, world's greatest animal handler, had re-entered the league sent the press into a frenzy. Upon his arrival in Philly, there was talk of all the great things he would bring to the offence. Instead, he is simply a figurehead of his past assigned to holding the clipboard that comes with the territory of a second-string quarterback. There is even talk he will go to Buffalo before the season is over.

The upcoming week will bring with it yet again some big match-ups. Cincinnati plays Pittsburgh and New England faces the proud and mighty Colts. So be sure to tune your receivers to the gridiron this weekend as we are treated to three days of football due to the American Thanksgiving holiday. So buckle your seat belt and let the drive begin into the NFL playoffs.





# ACAC Standings

MEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
SAIT	10	8	8	1	0	1	62	27	17	
Mount Royal	10	8	8	1	0	1	46	22	17	
Concordia	10	7	7	2	0	1	42	26	15	
Augustana	10	6	6	3	0	1	55	48	13	
NAIT	10	5	5	5	0	0	55	37	10	
Portage	10	2	2	8	0	0	25	45	4	
MacEwan	10	1	1	9	0	0	23	55	2	
Briercrest	10	1	1	8	0	0	26	74	2	

**RESULTS**  
**Nov. 6**  
NAIT 6, Portage 3; SAIT 3, Concordia 2;  
MacEwan 8, Augustana 4;  
MRU 6, Briercrest 2  
**Nov. 7**  
NAIT 9, Portage 2; MRU 7, Briercrest 3;  
Augustana 7, MacEwan 2;  
SAIT 6, Concordia 6

WOMEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
Mount Royal	8	4	4	2	1	1	25	21	10	
SAIT	6	4	3	2	0	0	21	18	8	
NAIT	6	2	2	2	1	1	18	19	6	
MacEwan	6	3	3	3	0	0	13	16	6	
Red Deer	6	1	0	3	0	2	9	12	4	

**RESULTS**  
**Nov. 5**  
NAIT 2, RDC 2  
**Nov. 6**  
NAIT 3, RDC 2; MRU 5, MacEwan 3;  
**Nov. 7**  
MacEwan 3, MRU 1

MEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
NAIT	8	7	1	14	757	594

MacEwan	6	5	1	10	523	441
Lakeland	6	4	2	8	545	435
Concordia	6	4	2	8	544	438
King's	8	2	6	4	560	704
Augustana	6	1	5	2	460	516
Grande Prairie	8	1	7	2	512	773

South Division						
Team	G	W	L	Pts	PF	PA
SAIT	6	5	1	10	497	383
Red Deer	6	5	1	10	515	449
Mount Royal	4	4	0	8	397	293
Lethbridge	6	2	4	4	522	548
Medicine Hat	4	0	4	0	240	326
Briercrest	6	0	6	0	416	588

**RESULTS**  
**Nov. 6**  
NAIT 92, Lakeland 83;  
Concordia 99, GPRC 61;  
Lethbridge 114, Briercrest 87  
RDC 75, SAIT 65; MacEwan 106, King's 50  
**Nov. 7**  
NAIT 90, Lakeland 72;  
Concordia 90, GPRC 61;  
Lethbridge 86, Briercrest 57;  
MacEwan 98, King's 64; SAIT 81, RDC 70

WOMEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
King's	8	6	2	12	481	470
Concordia	6	5	1	10	467	301
MacEwan	6	5	1	10	380	323
Grande Prairie	8	3	5	6	482	530
Lakeland	6	3	3	6	397	428
Augustana	6	2	4	4	397	407
NAIT	8	0	8	0	434	579

South Division						
Team	G	W	L	Pts	PF	PA
SAIT	6	6	0	12	495	285

Lethbridge	6	6	0	12	493	367
Mount Royal	4	2	2	4	311	252
Medicine Hat	4	2	2	4	230	265
Red Deer	6	0	6	0	330	471
Briercrest	6	0	6	0	281	500

**RESULTS**  
**Nov. 6**  
Lakeland 67, NAIT 61; Concordia 80, GPRC 58;  
Lethbridge 80, Briercrest 54; SAIT 91, RDC 45  
MacEwan 59, King's 49  
**Nov. 7**  
Lakeland 82, NAIT 73; Concordia 96, GPRC 51;  
Lethbridge 90, Briercrest 51;  
King's 57, MacEwan 40; SAIT 94, RDC 49

MEN'S VOLLEYBALL						
North Division						
Team	MP	MW	ML	GW	GL	Pts
MacEwan	6	6	0	18	2	12
GrandePrairie	6	4	2	13	10	8
King's	6	3	3	13	9	6
NAIT	6	2	4	7	14	4
Keyano	6	2	4	6	13	4
Lakeland	6	1	5	6	15	2

South Division						
Team	MP	MW	ML	GW	GL	Pts
Red Deer	6	5	1	15	5	10
SAIT	6	4	2	15	7	8
Mount Royal	4	3	1	11	7	6
Briercrest	6	2	4	9	16	4
Lethbridge	6	1	5	8	16	2
Medicine Hat	4	1	3	4	11	2

**RESULTS**  
**Nov. 6**  
NAIT 3, Keyano 0 (25-19, 33-31, 25-23)  
Briercrest 3, Lethbridge 2  
(25-13, 25-23, 23-25, 19-25, 15-10)  
GPRC 3, King's 0 (25-12, 25-17, 25-20)  
MacEwan 3, Lakeland 1 (25-19, 21-25, 25-15, 26-24)

SAIT 3, RDC 0 (25-21, 25-19, 25-14)  
**Nov. 7**  
Keyano 3, NAIT 0 (25-22, 25-21, 25-15)  
Lethbridge 3, Briercrest 1 (25-19, 22-25, 25-23, 25-23)  
GPRC 3, King's 2 (22-25, 25-21, 27-25, 16-25, 15-9)  
MacEwan 3, Lakeland 0 (25-19 25-17 25-17)  
RDC 3, SAIT 1 (25-17, 36-34, 19-25, 25-15)

WOMEN'S VOLLEYBALL						
North Division						
Team	MP	MW	ML	GW	GL	Pts
MacEwan	6	6	0	18	7	12
Grande Prairie	6	4	2	15	9	8
NAIT	6	3	3	13	12	6
Lakeland	6	3	3	12	13	6
King's	6	2	4	9	15	4
Keyano	6	0	6	7	18	0

South Division						
Team	MP	MW	ML	GW	GL	Pts
Red Deer	6	6	0	18	2	12
Mount Royal	4	4	0	12	0	8
Briercrest	6	4	2	12	8	8
Medicine Hat	4	2	2	6	9	4
SAIT	6	0	6	7	18	0
Lethbridge	6	0	6	0	18	0

**RESULTS**  
**Nov. 6**  
NAIT 3, Keyano 1 (23-25, 25-17, 25-23, 25-21)  
Briercrest 3, Lethbridge 0 (26-24, 25-22, 25-17)  
GPRC 3, King's 0 (25-13, 25-19, 25-23)  
Lethbridge 0 (25-8, 25-19, 25-14)  
RDC 3, SAIT 2 (24-26, 25-14, 25-17, 18-25, 15-13)  
**Nov. 7**  
NAIT 3, Keyano 2  
(25-18, 19-25, 22-25, 25-22, 21-23)  
Briercrest 3, Lethbridge (25-21, 25-14, 26-24)  
King's 3, GPRC 2 (20-25, 26-24, 25-22, 16-25, 21-19)  
MacEwan 3, Lakeland 1 (27-29 25-22 36-34 25-21)  
RDC 3, SAIT 0 (25-11, 25-18, 25-20)

# Yankee doodle dandy of a playoff

By DOUG YEARWOOD

The New York Yankees are World Series Champions, that much is known. What is to be disputed is how they won. Did the Phillies give it away, or was this a team of destiny, hungry for its first championship since 2000? Backed by the "Core Four" (Mariano Rivera, Derek Jeter, Jorge Posada and Andy Pettitte), the Bronx Bombers won the 27th title in the team's history.

On paper, one could be as bold to say the Phil- lies had an all-out collapse, with the exception of all- star Chase Utley, pitch- ing standout Cliff Lee and the big bat of Jason Werth. Jimmy Rollins, the guy who claimed a World Series victory in five games, and Shane Victorino were a combined 9-45 in the series.



Derek Jeter

That doesn't seem so awful, though, when you consider Ryan Howard's new record for strike- outs in a series, passing Willie Wilson with 13.

His .174 batting average and only three RBI (two coming in the Game 6 finale, a 7-3 loss) in the series should be deemed unacceptable to his teammates.

In the pitching depart- ment, Pedro Martinez proved that the Yankees were indeed his Daddy, and Cole Hamels never returned to his 2008 postseason form, where he posted a 1.80 ERA and 4-0 record in the play- offs, helping the Phillies win the World Series.

This year it was as if they were in practice mode and the World Series

started next week.

The Yankees, on the other hand, simply dominated the playoffs, overtaking the Twins,

Angels and eventually the Phillies en route to capturing their moment in the sun in the new ballpark. Andy Pettitte, who holds the record for career postseason vic- tories with 18, closed out Game 6 and possibly his Hall of Fame career with his fifth World Series Championship.

Also of note throughout this matchup was how well the likes of Hideki Mat- sui, Alex Rodriguez and Derek Jeter played. Godz- illa posted 13 RBI this post- season, including six in his series finale performance, winning the World Series MVP. A-Rod had a tremen- dous playoffs, batting an impressive .365 with 18 RBI while Jeter batted over .400 in the World Series and posted 11 hits.

So this again begs the question – was this matchup destined for a Yankee romp? Or did

the Phillies tragically underperform?

The former. After Cliff Lee had his incred- ible no-walk, 10 K performance in Game 1, the Yankees' veterans awoke and a beast of an opponent emerged as they outscored Philly 31-21 over the last five games. Joe Girardi exemplified what a man- ager should represent, using an excellent batting rotation and strategy, and setting up a tremendous lineup in the bullpen as well as start- ing rotation. The Yankees convincingly overpowered their foe, never giving the Phillies a real shot.

I guess we'll have to wait for next year, when Hank Steinbrenner will surely go after the top free agents, to see if David can once again take its shot at triumphing over Goliath, and bring the Evil Empire to its knees.



Mariano Rivera

# Cross country season winds down

By TAYLOR POLLMAN

It is said by some that the world is always moving and it never slows down. That espe- cially holds true for the NAIT cross-country team.

After a gruelling season of training that would make the average man cringe in pain, the team is gearing towards the National Champi- onships this weekend in Camrose.

The team has had a relatively success-

ful season, maintaining competitive times and positions in most of their races throughout Sep- tember and October.

In the ACAC Provincial Cham- pionships that were held at Red Deer College, NAIT's own Jenna Hall finished 16th with a time of 24:42 in a very tight race that saw the two leaders finish within one second of each other. Melissa Christenson and Crystal Jensen



were 31st and 35th respectively.

Lethbridge swept both the women's 5k and men's 8k titles. Purity Kandi won the women's individual competi- tion and Willy Kimosop posted an impressive 27:43 time en route to his victory on the men's side.

For the Oaks, Hayk Houl- der and Adam Koning finished 25th and 27th respectively with times of 37:14 and 37:47.

It is encouraged that students with an inter- est in elite-level running make the trip down to Camrose.

"It's not often that we can see high calibre athletes so close to home," said one fan who is a student in NAIT's Radio and Television program.

Who knows, you may get to see the next Usain Bolt (or at least the long-distance version).



# ENTERTAINMENT

## A laugh riot



By **LANDON HOMMY**  
Assistant Sports Editor

I went to the Just for Laughs Comedy Tour on Sunday, you know, just for laughs. It reminded me what an idiot I am, since I went once before about six years ago, which is not nearly enough.

In all seriousness, between the two shows, this was likely the four most gut wrenching, tear-jerking and pants-wetting hours of my life – well worth the \$40 ticket price.

Sugar Sammy hosted the event. He's funny, obviously, but why it's an adult show is made clear right away. He wasn't crude so much as controversial. Getting hundreds of people laughing requires some tact, and making fun of Mill-woods and women was his way of doing it.

The first act was New Yorker Pete Correale. He brought the comedy down to a level both sexes could understand. Alonzo Bodden did the political and current events bit, and Danny Bhoy was back for a second straight year to close out the evening with some Scottish humour.

The highlight of the night, though, was a guy by the name of Godfrey. He's Mugatu's assistant in *Zoolander*, FYI. He came out chastising the crowd for taking their hands for granted, and then said "I'm African, which is surprising since I'm wearing clothes." It was bold and it worked – the crowd didn't want him to leave.

The novelty of professional comedians stood out all night. When people know what they're doing you avoid the awkward/unfunny humour of a non-rehearsed show. The hecklers are generally eliminated since there isn't much to heckle, making everyone's night more enjoyable. Plus, the Winspear Centre is a far better venue than some dingy basement.

The tour should make its way back next year if you missed it, or you could fly to Vancouver in a week to catch it then. Either way, it's worth it, you know, if you like laughing.



flickr.com/photos/cnma

Sugar Sammy

**Dine&Dash**  
GRUB CRAWL

**\$20/PERSON**  
INCLUDES: FOOD, TRANSPORTATION  
& BEVERAGES (NON ALCOHOLIC)

**DEC. 8**

**BUS LEAVES @  
4:30PM**  
TO PURCHASE TICKETS GO  
TO THE NAITSA OFFICE,  
ROOM E-131

**LANGARD SKIES**  
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**NAIT's**  
*got Talent*

**Show off your unusual or impressive talents at the Nest for your chance to win!**

**Whether it's cool, odd, or embarrassing, we want to see your special talent!**

**Nov. 25th  
5:00 pm**

**1st \$500**  
**2nd \$250 • 3rd \$100**

Do you have a special talent that you love to share? Five minutes in the Nest spotlight could mean big prizes!

- crack some jokes
- sing
- burp the alphabet
- tap-dance
- impersonate a celebrity
- play an instrument
- breakdance

...think about it...everyone has a skill, yours could earn you \$500!

Deadline for registrations is Nov. 23. Registration forms can be picked up at the NAITSA office or at the Nest, beginning Nov. 4, or you can sign up at the NAIT's Got Talent Kiosk in the South Lobby between 11AM - 1:30PM on Nov. 10 and 18th.

\* All skills registered must be in reasonably good taste and be safe to perform in public.

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FOR YOUR LISTENING PLEASURE ...

# \$3.99 mix-tape

**RYAN FLAHERTY**

In an effort to honour the spirit of Movember, this week's play list has an emphasis on musicians daring enough to sport

their finest upper lip hair. These songs enjoy a smooth glass of scotch, turtleneck sweaters, maybe even an autumn evening on the porch. Notice that the moustache is a timeless fashion statement, persisting on rockers' faces decade after decade. These are songs to get classy to, songs to help you get in touch with your inner alpha male, songs to make you want to hunt a moose with your bare hands. So put on that flannel shirt, grab some fondue, curl up on a bearskin rug with your best gal (or guy) and get hairy with this week's play list.

The Guess Who – "These Eyes"  
 Jim Croce – "Bad, Bad Leroy Brown"  
 Hall & Oates – "Kiss On My List"

Gordon Lightfoot – "If You Could Read My Mind"  
 Crosby, Stills, Nash & Young – "This Old House"  
 Queen – "Innuendo"  
 Frank Zappa – "Catholic Girls"  
 Metallica – "Fuel"  
 Soundgarden – "Fell On Black Days"  
 Foo Fighters – "Stacked Actors"  
 The Killers – "This River Is Wild"  
 Sebastien Grainger & The Mountains – "American Names"  
 Gogol Bordello – "Supertheory of Supereverything"  
 B.A. Johnston – "Hobo 4 Life"

# Whiskey Jacks – a bar you can love

**BRITTANY BLACK**  
Assistant Issues Editor

Picture this: It's Friday night and your friends dragged you to Whiskey Jacks, the brand new country bar in West Edmonton Mall. You are upset because all you wanted to do was go to Iron Horse and pick up chicks in short skirts and pointy-toed stilettos.

You are upset that you may have to listen to country all night, since you are the Akon - Sexy

Chick type of guy. And lastly, you are upset that you just may not be taking a drunken partner to bed tonight.

But then, you walk through the doors at Whiskey's and the messiah of clubbing himself comes on the intercom and bellows their golden slogan: "Welcome to Whiskey Jacks: Guaranteed to get laid, or your money back!"

So here it is: If you like to grab asses or have your ass grabbed, then this is the place to go. If you like to get exceedingly drunk and grind with other meat-eaters ... then Whiskey Jack is your hero.

Now, let's get serious. Whiskey Jacks is an urban saloon. Do you know what that means? Well, there was a 45-year-old man who kept repeating "these kids wouldn't know how to two-step if their lives depended on it."

Poor old man, this is an urban saloon, not a country bar. Don't you know that by simply putting the word urban in front, it automatically allows them to play an 80/20 mix of Top-40 pop music and country music? Respectively.

There are three reasons I would pick this urban country bar over the many that we have in the oil-riggin', fightin', drinkin', Alberta city we live in:

1.) Ladies ride free on Fridays. This means, you get in for free. Yes, please. No cover? I would much rather have another beer, or a late night snack than pay \$5 just to enter your horny-teen bar.

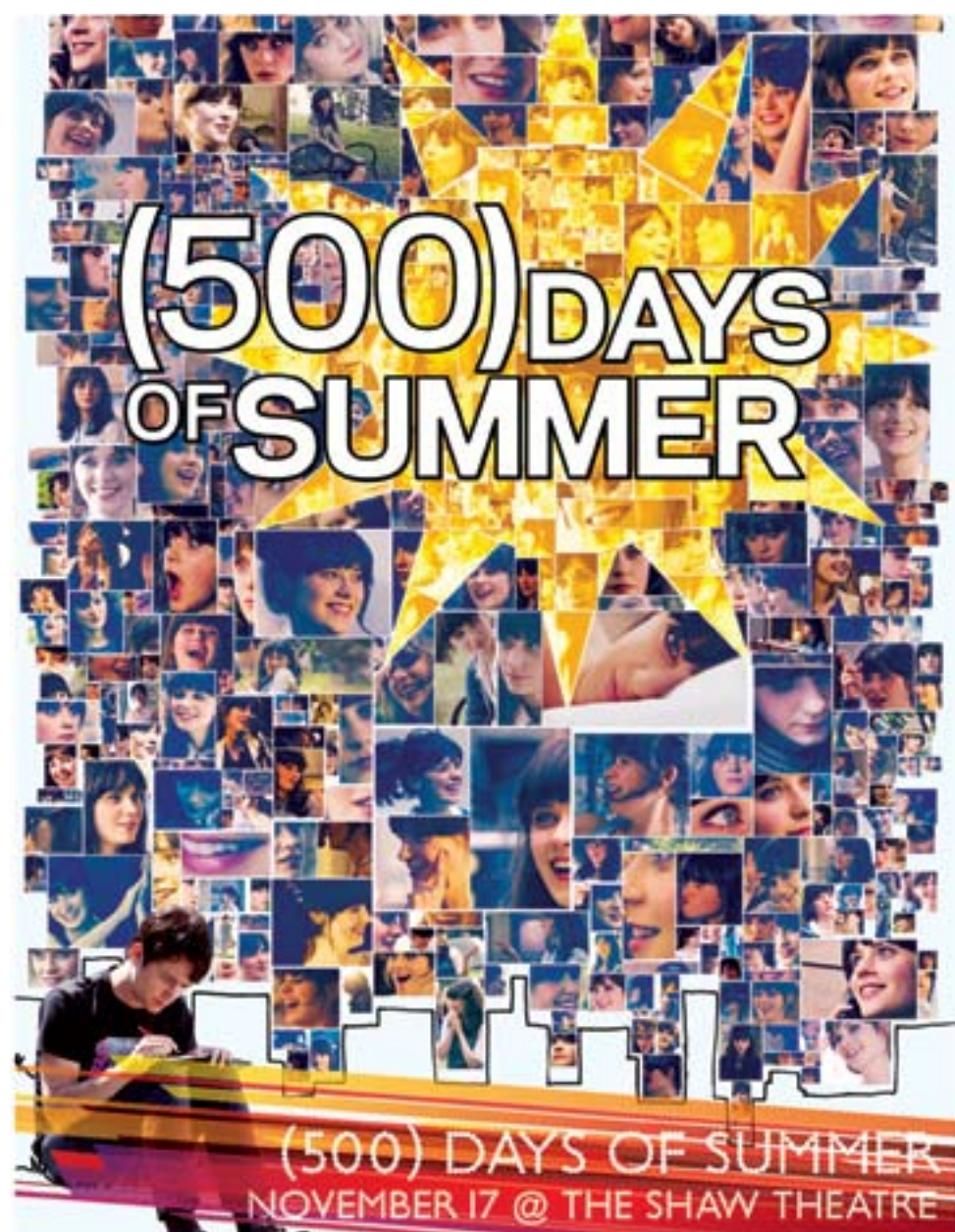
2.) Although it is in the mall, the entrance enters from outside. You do not have to be inside the mall whatsoever. Although, if waiting for the cab, you have the choice to stand in the doorway

of the Bourbon Street entrance in heated quarters. Come winter, you can have your cake and eat it too if you are a slutty-outfit wearer.

3.) Coming from a dancing queen herself, any excuse to wear cowboy boots while dancing to Miley Cyrus is an excuse to have a good time. And ... they sent us a media package with pretzels, beer and a cowboy hat. Whiskey, you sure know how to make an Albertan blush.

Let's just sum up your potential Whiskey Jacks' experience by tweaking a Toby Keith song:

*You'll see short skirts, you'll see big breasts,  
 Blue collar boys, gangsters and rednecks.  
 We got lovers, and lotsa lookers,  
 You'll even see dancin' girls that you'll confuse for hookers.  
 Come to drink beer, or to meet a girl or two.  
 Mmmm, you love this bar ... yes, you do.*





# Edible? Absolutely!

By KITA MURU

When I was penned with a trip to Absolutely Edibles, the first question out of my mouth was “Where is it?” Turns out the café is really close, just north of NAIT’s campus along 118 Avenue.

First off, Bjorn Cochran and Brenda Button established Absolutely Edibles in 1999. It was conceived with the purpose of flexible catering for clients and a restaurant/café preparing meals from scratch with fresh ingredients. Also, they avoid using additives and preservatives in their meals whenever possible and bake meals as an alternative to deep-frying foods.

As I walked in, I noticed the dark red paint job on the walls and the comments left behind. They were full of praise for the fantastic food, comments like “absolutely delicious” or “The best kept secret in Edmonton” from not only Edmontonians, but from people all over Canada. There were also comments left behind by well-

known musicians like Jann Arden, Diana Krall and Nelly Furtado.

The menu features different kinds of hors d’oeuvres (appetizers), soups, salads and sandwiches. My meal was a Greek burg-air, although it didn’t look like one; some beef and lettuce drizzled with tzatziki sauce, wrapped in a pita. The side was some pasta salad and both tasted amazing. The meal lives up to the fresh food tag, while being incredibly tasty. The meal in all was about \$10 and was worth every penny.

The menu includes various orders for breakfast, lunch and dinner, and there are choices for vegetarian customers, along with ethnic dishes. Also the restaurant offers flexibility for any allergy concerns – just ask and it will be done. If you haven’t been to Absolutely Edibles, it’s recommended that you go there and try out the food. It’s moderately priced, especially if you’re on a budget, and the food is golden.



# Spinnerette and what do you get?

By RYAN FLAHERTY

Brody Dalle is a person who wears her influences on her sleeve. As lead singer of the Distillers, she borrowed a little bit of PJ Harvey and the Sex Pistols. The Distillers even sounded a bit like estrogen-infused Rancid, due largely to Dalle’s marriage to singer Tim Armstrong. These days, despite divorcing from both Armstrong and the Distillers, Dalle still has a difficult time escaping her influences with her new band, Spinnerette.

Spinnerette’s self-titled debut full-length release is a mostly successful attempt to mix all of Dalle’s influences – past and present. Comprised of 13 tracks of churning rock, there’s just enough variety here to satisfy the average listener. Right from the first notes of opener *Ghetto Love*, the biggest of Dalle’s influences is front and centre. In fact, until the vocals kick in one could be forgiven for thinking they were listening to a Queens of the Stone Age album.

The impression is not coincidental. After all, Dalle has been married to Queens frontman Josh Homme for almost four years now, and sometime Queens guitarist Alain Johannes fills the same

role in Spinnerette. Johannes also serves as Dalle’s co-writer on every single one of the album’s songs.

However, Dalle largely manages to put her own spin on things. As a bass player, many of the tunes emphasize the low end of the spectrum – like on the Garbage-esque *Distorting a Code*, and Dalle displays a wide range of vocal styles. She’s weakest when she tries to sing pleasantly

and at her absolute best when she harkens back to her Distillers days and just screams gutturally, featured on songs like *Sex Bomb* and *Rebellious Palpitations*.

Spinnerette’s first album improves as it progresses. The highlight is definitely the final three-track sequence of *The Walking Dead*, *Impaler*, and *A Prescription For Mankind*, the latter of which fades away into nothing for about 40 seconds before roaring back for a rousing conclusion.

All told, despite the sonic similarities displayed throughout their debut effort, Spinnerette manages to come up with a flavour all their own.

★★★★☆



## GRADUATION PORTRAITS



**Book your appointment @**

**<http://www.lifetouch.com/appointments/naft>**

**or**

**find the link on the NAIT student portal website.**

**Portrait Sessions starting Nov. 16-20 on NAIT campus**

**Room U209-E**







Colleen Nuc  
and  
Brittany Black

# If you were stranded on a desert island, what is the one thing you would bring?



"A hockey stick."

Blair Taphorn  
Electrical



"A cellphone."

Jen Lutgen  
Business Administration



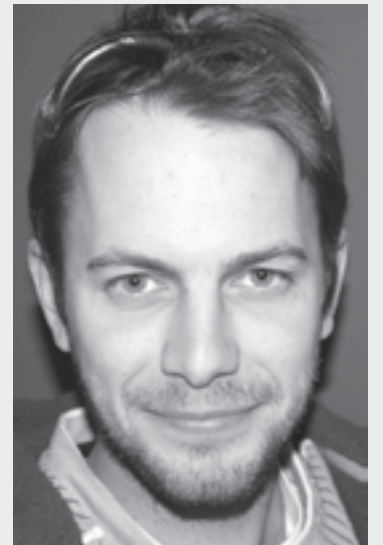
"A surfboard."

Dallas S.  
Electrical



"A sexy man."

Sarah Jenkins  
Business Administration



"My potbelly pig. I'm from Saskatchewan."

Chris Terres  
Electrical

# NAIT NEWS WATCH

**SUNDAYS**


**@ 6PM ON**

**/ACCESS**

The Next Generation of News

DO YOU KNOW  
WHERE YOUR HAND  
HAS BEEN?

STOP THE SPREAD OF GERMS  
Wash your hands  
Cover your mouth when  
you cough or sneeze  
Stay home when you are sick




Visit [www.nait.ca/h1n1](http://www.nait.ca/h1n1) for the latest on the NAIT response to the H1N1 pandemic.



# Easy tips for men

By **ALESSANDRA BRUNI**  
and **BRIANNA MCCUTCHEON**

So considering that NAIT is 90 per cent male, and only 10 per cent female .... Why on earth is it always us girls who have to impress the guys with our sense of style?

Well, this week on the NAIT fashion side, we are switching things up! Boys, it's your turn to impress the ladies and show them you know a thing or two about looking good! There will be no talk about bras, jewelry, skirts or panty hose, so boys PAY CLOSE ATTENTION!

For those of you men that have to wear neon coloured work vests and steel-toed boots, don't worry, some girls like the whole "construction workman" vibe. However, just because you have to dress like you've been working all your life, doesn't mean you have to smell like it.

Men, please try to remember that ladies don't like the smell of concrete, mud, B.O. or whatever you may be dealing with! So pick a cologne that suits you, and carry a little bottle with you at all times.

With cologne, there are two basic scents, floral or spicy. Choose one for you. Keep in mind spicy is more of an evening scent and it is always good to have a couple of choices. That way when it's time for your hot date, you will smell great and in return exude amazing confidence that she will notice.

The second thing recommended is some hair gel and a comb. There is no need to wake up five minutes before

school and forget about the hair.

Boys, please keep up with the hair. Comb it every once in a while and bring along some hair gel so you don't look like a wild animal. In addition to the whole hair on your head thing, the facial hair business – unless it's well kept or you look amazing with a beard, do us a favour and shave it off!

With the exception of Movember, Nobody wants to kiss a scruffy, bearded face, so do yourself and your date a favour and pull out that Schick Quattro and keep it under control.

As for dressing, men if you have a sexy set of abs, by all means shirts are optional ... just kidding gentlemen, we ladies would love to introduce you to what we like to call a WASHING MACHINE! Keep those Levi's

nice and fresh, and get rid of those dirt stains! Ladies do not appreciate dirty jeans or shirts with holes in them.

If you know your clothes are going to take a beating, use clothing that you won't wear outside of the work place. It's not all about the clothes, sometimes it's just how you take care of yourself! How people perceive you is half the battle.

As corny as this sounds, how likable your personality is goes hand in hand with how many people want to get to know you, date you, and so on. Until next time, stay fashionable, and remember, we're watching.

**Boys, please keep up with the hair, comb it every once in a while and bring along some hair gel so you don't look like a wild animal.**



jeanshook.com

**Looking good!**

## PB & J

By **KATHY LE**

### *Ricotta Pesto Manicotti*

Another super easy recipe! This one is so yummy you'll think you bought it at a restaurant. It's a vegetarian dish, but it's so cheesy and rich that you won't even miss the meat.

#### **The Stuff:**

1 can (680 mL) pasta sauce, divided  
1 egg, beaten  
1-3/4 cups ricotta cheese  
1-1/2 cups shredded mozzarella cheese  
1/2 cup grated parmesan cheese  
1/4 cup pesto  
12 manicotti shells, cooked, rinsed in cold water

#### **The magic:**

1. Heat the oven to 350° F.
2. Spread about 3/4 cup of sauce onto the bottom of a 13x9 inch baking dish.
3. Mix the egg, cheeses and pesto until well blended.
4. Spoon the mix into a resealable plastic bag. Cut a small hole out of one of the corners.
5. Fill the manicotti shells with the mix from both ends.
6. Place the manicotti shells in the baking dish and top with remaining pasta sauce.
7. Sprinkle more mozzarella cheese on top.
8. Bake for about 40 minutes.



presents a public talk by:  
**Kushok Lobsang Dhamchöe**

*Freedom  
from Stress:  
Finding Peace  
Through Meditation*

**Kushok** is the Spiritual Director of Gaden Samten Ling Tibetan Buddhist Meditation Society.

**Kushok** is a Tibetan monk from Namgyal Monastery, the personal monastery of the 14th Dalai Lama in Dharamsala, India. He is a master of Buddhist scripture, philosophy, chanting and meditation.



**Wednesday, November 18  
4:00pm - 5:00pm ~ Room S-112**

- ~ Question and Answer Session after the public talk.
- ~ Chai tea will be served after the event.
- ~ Please bring a cushion or yoga mat to sit on.

Questions? Contact Shannon at [ShannonM@nait.ca](mailto:ShannonM@nait.ca)



Tibetan Buddhist Meditation Society  
780-479-0014 • 11403 - 101 Street, Edmonton, AB Canada T5G 2A9 • [info@gasamling.ca](mailto:info@gasamling.ca)  
[www.gasamling.ca](http://www.gasamling.ca)

**EZZIE'S NIGHT CLUB**

*Campus Madness Tuesdays  
Urban Fridays  
Rock Star Saturdays*

Visit our website at  
[www.ezziesnightclub.com](http://www.ezziesnightclub.com)

Check out our Facebook group  
Esmeralda's Night Club!

Ezzie's Night Club | 11834 Kingsway  
780.453.7320



# Grand Opening This Friday 9PM



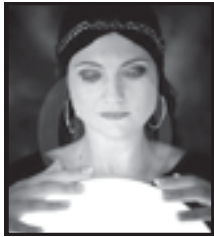
**SOUTH COMMON**  
2104 - 99 St







# Your horoscope



MADAME O

**November 5-11**

(Warning: These Nugget horoscopes are not written by an accredited astrologer; however, believe them if you like, as they are absolute and unquestionable.)

**Aries (March 21-April 19)**

You will become a lover of Macy Gray music and you'll find Lady Gaga attractive. You've gotta figure shit out.

**Taurus (April 20-May 20)**

Remember the veterans, you owe your lazy ass to them.

**Gemini (May 21-June 20)**

Football is on this Sunday ... oh, and you're gonna want that H1N1 vaccine.

**Cancer (June 21-July 22)**

It's Friday the 13th tomorrow, but you guys are lucky, Jason is after the

Scorpios ...

**Leo (July 23-Aug. 22)**

The animal that represents your sign is badass, you'll be all good.

**Virgo (Aug. 23-Sept. 22)**

Watch Paranormal Activity and the Fourth Kind back-to-back. Then wash your pants.

**Libra (Sept. 23-Oct. 22)**

If you hear sleigh bells ringing, get a CAT scan.

**Scorpio (Oct. 23-Nov. 21)**

Ya, sorry about that, all you Scorpios.

**Sagittarius (Nov. 22-Dec. 21)**

You'll catch the squid who's been stealing all the poppy donation boxes – well, one of you will.

**Capricorn (Dec. 22-Jan. 19)**

You will be shot in the upper torso mid next week. Luckily, you will befriend a surgeon tomorrow.

**Aquarius (Jan. 20-Feb. 18)**

Get all your X-mas shopping done this weekend!!!!

**Pisces (Feb. 19-March 20)**

Hold onto your poppies, because money's gonna be tight come Valentines' Day.



TIP OF THE WEEK – FROM NAIT SECURITY SERVICES

# Have a safe walk



The Safe Walk program provides a safe and reliable alternative to walking alone at night on or around campus. Safe Walk service is free of charge and is available to any member of the campus community - students, staff and faculty. We exist so that access to the NAIT campus and surrounding areas is never compromised for those who do not want to walk alone at night. To use Safe Walk, call 780. 471. 7477 and

a Control Centre Officer will take your name, location and destination. They will then dispatch a radio-equipped Peace Officer to walk you to your destination. You can also call from any courtesy phone or HELP phone. Individuals requiring a Safe Walk have the option of booking walks in advance. Which means an officer would be waiting for you at the predetermined place and time to walk you

to your destination. If you would like to set up a pre-booked appointment please come by the Security office. Safe Walk's boundaries extend from 118 Avenue to Princess Elizabeth Avenue and from 102 Street to 109 Street. Our Security officers will also walk with you to the nearest bus stop. Safe Walk: 780-471-7477 For more tips and information, visit [www.nait.ca/security](http://www.nait.ca/security).

If you have information about a crime, contact Campus Security Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). Your identity will remain anonymous, and if the information you provide leads to a conviction, you could eligible for a reward of up to \$2,000. Everybody benefits, except the criminal.

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## Share the Warmth

Please help local charitable organizations by dropping off your donation of

### NEW Mittens, Toques, Scarves and SOCKS.

Share the Warmth campaign will run November 2 - December 4, 2009

### DROP OFF LOCATIONS

A140/141	H303	S105
A167	J213	Timetabling
A272	J303	T110 (NASA)
C103	K105	T300
D-Security	K116	T403
E101	L101	T500
E106	L131	T600
E134	L170	U105
E206	L223	U106
E214	L260	U153
E220	M103	U209
E230	O102	V239
F012	O117	V335
F206	PATRICIA	W309
F303	SOUCH	Y308

PLEASE CONTACT THE NASA OFFICE (471.8702) IF YOU WOULD LIKE TO HOST A DONATION BOX IN YOUR OFFICE BANK.





Photo by Colleen Nuc

## Andrew Bardestani, 22 Pre-Tech

**Three words to describe yourself** – Laid back, playful, spontaneous.  
**What do you look for in a girl** – If she makes eye contact with me.  
**First thing you notice in a girl** – Her eyes.  
**Favourite part of your body** – My ass.  
**What kind of music do you listen to** – Anything, but I love Nickelback.  
**Boxers, briefs or commando?** – Briefs, I need the support.  
**Hobbies?** – I have a killer sticker collection.  
**What do you want to say to the women at NAIT?** – What's up, ladies?

*Are you hot and single? E-mail us at [entertain@nait.ca](mailto:entertain@nait.ca)*

## STUDENT EMPLOYMENT

NAITSA (NAIT Students' Association) is now accepting applications for the following:

### VOLUNTEERS

- Will help carry out events and other NAITSA initiatives. If you need hours for a class, stop by NAITSA and we will find a position that suits your needs and interests.

### SUDS SECURITY

- Supervise and ensure student events are safe.
- Check IDs and ensure policies and procedures are followed.
- Guards will be expected to complete a training program (provided) before starting any shifts.

*Application forms available in E-131, or submit a cover letter and resume to Shannon Marshall at the NAITSA office.*

### ROOM FOR RENT

Close to NAIT.  
 \$550/month includes utilities, laundry, phone, Internet, parking.  
 Call 780-758-2688.

## MASCOT WANTED

NAIT Athletics is looking for a dynamic, enthusiastic student to be the "OOK" mascot!  
 Earn up to \$1,000 per semester!!!

*For more information, contact Jordan Richey at 780-471-7579 or [jrichey@nait.ca](mailto:jrichey@nait.ca)*

## Big Brothers Big Sisters

Kids with great mentors are more likely to attend schools like NAIT immediately after graduating from high school. Volunteer today through one of the flexible mentorship programs with Big Brothers Big Sisters. You don't have to change your life to change theirs.

Call 780-424-8181

or apply online at

[www.bbbsedmonton.org](http://www.bbbsedmonton.org)



# CLUBS CORNER



Music you say? Yes, I'm into that. So are these people.

## Beatles, Bach and the Bloodhound Gang

So, you say you like music, that's kind of a broad topic. Try and narrow that down a bit. You might like getting new CDs based on the cover art, or checking the local indie scene. Maybe you like to play music in your

rock band (or just play rock band, whatever works for you).

The thing is, I bet there are other people like you and me who like music too and I want to get those people together.

No, that's not enough to explain how I feel. I love music.

I love every thing about music. Stuff like finding a band I haven't heard of before, rocking out to classic tunes, playing music (I slap the bass a little), watching a live band. Hell, I even like dancing to music if nothing else is going on. I believe there are people who share this love of music with me and think we should definitely talk about what a NAIT music club would look like.

Do you have some awesome songs written that you want to play at an open mic night? Are you looking to hear from other students about great bands (check out "The Cat Empire." Seriously, YouTube it now) Looking for other people to join you at a concert? We can set that up. Have a band and looking for exposure? Or maybe you play a killer harmonica and are looking for a band. We can help.

This is a club based on your input and ideas. It could be an awesome chance to explore new sonic territory. So, if anybody has any ideas about a music club (or anything related to music for that matter) please send me an e-mail (louisprowe@gmail.com) or get in touch with the Campus Clubs Centre and we'll get something going here.

The new music club will be meeting on Wednesday Nov. 25, with a location to be announced.

**Paramedic Class of 2010  
second annual  
Ugly Christmas Sweater Party**

**Date:** Nov 20 from 7pm to  
**Location:** NAIT Business Tower Top Floor  
**Price:** \$10 per ticket  
**Advanced Tickets Available From The  
Paramedics Association  
UGLIEST SWEATER WINS OILERS TICKET!**

ALBERTA  
**C.O.P.S.**

CAREER OPPORTUNITIES IN POLICE SERVICES

*"Pursue Your Potential"*

WEDNESDAY, NOVEMBER 18<sup>TH</sup>

11 A.M. – 1 P.M.

NAIT GYM

BBQ • PRIZES • ACTIVITIES

MORE INFORMATION AT:

[albertacops.ca/nait](http://albertacops.ca/nait)

## Upcoming Event ...

**Dental Assisting 2010**

**What:** A Bar Night at the  
Docks

**Where:** The Docks bar in

Londonderry Mall

**When:** Friday, Nov. 20,  
8 p.m. onwards

**Small Business Seminar**  
Presented by Business Connex of NAIT

**November 12th**  
**6:00pm-7:30pm**

Shaw Theatre NAIT Main Campus

Come join Business Connex of NAIT  
at the Shaw Theatre for the Small  
Business Seminar.

The seminar will be offering students the  
opportunity to gain valuable knowledge from  
industry leaders about entering the entrepreneurial  
market. The Small Business Seminar will allow  
students to ask questions to the speakers and  
provides a chance to build relationships with  
their fellow students and potential employers.

**Beverages & Snacks Provided**

For Tickets and Questions email  
[BusinessConnexNAIT@gmail.com](mailto:BusinessConnexNAIT@gmail.com) or  
visit the NAITSA office



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Business Connex



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URBAN SALOON

**Whiskey Jacks**  
URBAN SALOON

**SIN CITY**

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- HIGHBALLS
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**Whiskey Jacks**  
URBAN SALOON

**THREESOME THURSDAYS**  
DRINKING TRIPLES AND STAYING SINGLE!

**HI BALLS**  
**\$2.75 SINGLES, \$5.50 DOUBLES**  
**AND \$8.25 TRIPLES!**

**STUDENTS GET IN FREE TILL 11 PM**

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GREAT RESULTS.**



## Suncor Energy Day at NAIT

November 18, 2009  
10:00 a.m. – 4:00 p.m.

**Ready to build your career?  
Put yourself in our picture.**

**Come meet us!**

Look for the Suncor Energy booth at:  
South Lobby • Tech Store Foyer • Petro-Canada/Spartan Centre  
A Suncor representative will be there to answer your questions

Join us for free pizza and pop at our information session!  
Location: North Lobby Time: 11:30 a.m. to 1:30 p.m.



Put yourself in our picture by applying at [www.suncor.com/careers](http://www.suncor.com/careers)