

NAIT NUGGET

Thursday, September 2, 2021
Volume 59, Issue 1

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WIN
PRIZES

ORIENTATION

equity
diversity
&
inclusion

CAREER
planning

1962
spirit

volunteer

SOCIAL

personal
professional
development

REFLECTIONS

wellness
wellness
wellness
wellness
wellness

sustainability

CAMPUS
TOUR

cross off each section as you complete it!


NEW STUDENT
EXPERIENCE

pages
5

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yego.death

302 posts 16.7k followers 159 following

DAILY AFFIRMATIONS

I AM EDMONTON STAR
Manifesting positive
Claiming LOVE and LIGHT
Real energy

#yeg #affirmations #manifesting
open.spotify.com/playlist/6wM91482b05TYqENXGdkq?si=F5aBHPKT...

Followed by strathconapoints, 18khujuwty, jptaramita +49 more

POWER

YEGO IRL

MANIFES

RELAX

LOVE

POSTS

REELS

TABOOS

MIKE NICKEL
I WILL LOSE

I can definitely afford this meal at La Ronde in

I do NOT regret last nights Steel Wheels trip

THE BIRD
WILL RETURN

I AM THE BEST AT LAYING PIPE

My bike helmet makes me look sexy

reading in the bar DOES make me better than everyone

Suddenly, I understand my love for edmonton

I WILL NOT SEE A

17 EDMONTON'S VIRAL MEME PAGE

most of the time

IT'S RIGHT NOW

I am the hero

everyone

NAIT Students First to Use ETS's Electronic Fare System



Photo via edmonton.ca

By Stephanie Swensrude

After a pilot run this summer, ETS' new electronic fare payment system, 'Arc', will be used by NAIT students through their one AT NAIT cards.

All students must upload a new photo to the one AT NAIT website. You will receive pick-up or delivery options in your photo approval email.

After upgrading to and activating a new one AT NAIT card, students will simply tap their cards on an Arc reader to use transit anywhere in the Edmonton Metropolitan area. This area includes Edmonton, St. Albert, Strathcona County, Fort Saskatchewan, Leduc, Spruce Grove and Beaumont.

To clarify, it is necessary to upload a photo, upgrade to a

new one AT NAIT card and activate the card on the NAIT student portal. Any questions about this can be directed to: 'one@nait.ca'.

The Arc system is being rolled out to select fare groups this month. The city says the system rewards frequent transit riders as fares count towards a daily or monthly cap.

For example, a regular adult rider's cap is \$100. If they commute to and from work every day, that would be a round trip of \$7. This means that after approximately 14 days, the rider will have reached their cap and won't be charged any more to ride transit.

There is more information on the U-Pass on page 17 of the NAITSA Student Handbook.



The NAIT Nugget

"Our purpose is to give students the opportunity to take intelligent risks in order to educate & entertain their peers."

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TO APPLY FOR AVAILABLE
POSITIONS VISIT
[NAITSA.CA/CATEGORY/
JOBS/](http://NAITSA.CA/CATEGORY/JOB/)

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



Photo via Twitter

NAIT's Award-Winning Campus Bar Reopens

By Alleah Boisvert

Students looking for a place to unwind can look forward to NAIT's popular on-campus bar reopening on Sept. 8 after a long hiatus.

The Nest, an award-winning campus bar in Edmonton, will be bringing back the fun events and daily specials that NAIT students are used to with enhanced safety measures and a new promotion that serves as their version of a happy hour.

Their new promotion, the Midday Munchies, will offer mini pub snacks during the week for \$5.25, including BBQ chicken bites, cocktail meatballs, mini sliders, and mini quesadillas. The Nest will also have tempura cauliflower bites as a vegan option and new non-alcoholic mocktails. The general manager, Michelle Dirksen, is excited to reopen after deciding to keep The Nest closed last fall.

"We're pretty pumped. We're very excited. We've been closed since March 2019, so yeah, it's been a long run. We attempted to open last fall, but we made

the difficult decision [to stay closed]. We just thought, you know, it's just not safe enough, let's not do this yet," said Dirksen.

Dirksen, who started as a server at The Nest 20 years ago, has played a considerable part in their spot as Edmonton's Best Campus Bar at the Best Bar None Awards five years in a row. Best Bar None recognizes bars in Alberta that prioritize patron and staff safety in a fun environment.

"When it comes to Best Bar None, I like to use the phrase that we surpass industry standards. So, when it comes to food service standards, we try to surpass that. When it comes to AGLC standards, we try to surpass that. Anybody can go to any bar and have a bottle of Canadian [...]. What makes The Nest special [is that] we're warm, we're inviting, we're inclusive. And truly, our employees are just top-notch high performers, and they feed off knowing that they have an opportunity here to learn a lot and again, surpass industry standards," said Dirksen.

The staff at The Nest will continue to

surpass industry standards in safety by participating in the POST Promise, a voluntary promise to help prevent the spread of COVID-19 in collaboration with the Public Health Safety of Canada.

Students can still anticipate events at The Nest while staying safe and comfortable.

"Some of the crowd favourites like Dirty Bingo, Nest Fest, of course, is happening this year, Oktoberfest, Latin Night, Music Bingo, Cards Against Humanity. I think we even have a couple of Murder Mysteries in the evenings. So, everything we were able to do in the past, if it's safe to do so, we will carry on and host those events," said Dirksen.

Students can check out The Nest at their official reopening on Sept. 8 in room S110 at 10 a.m. and snack on their Midday Munchie menu daily from 1 p.m. to 3 p.m. They are open from 10 a.m. to 3 p.m. Mondays and Tuesdays, 10 a.m. to 6 p.m. from Wednesdays to Fridays, and closed on weekends.

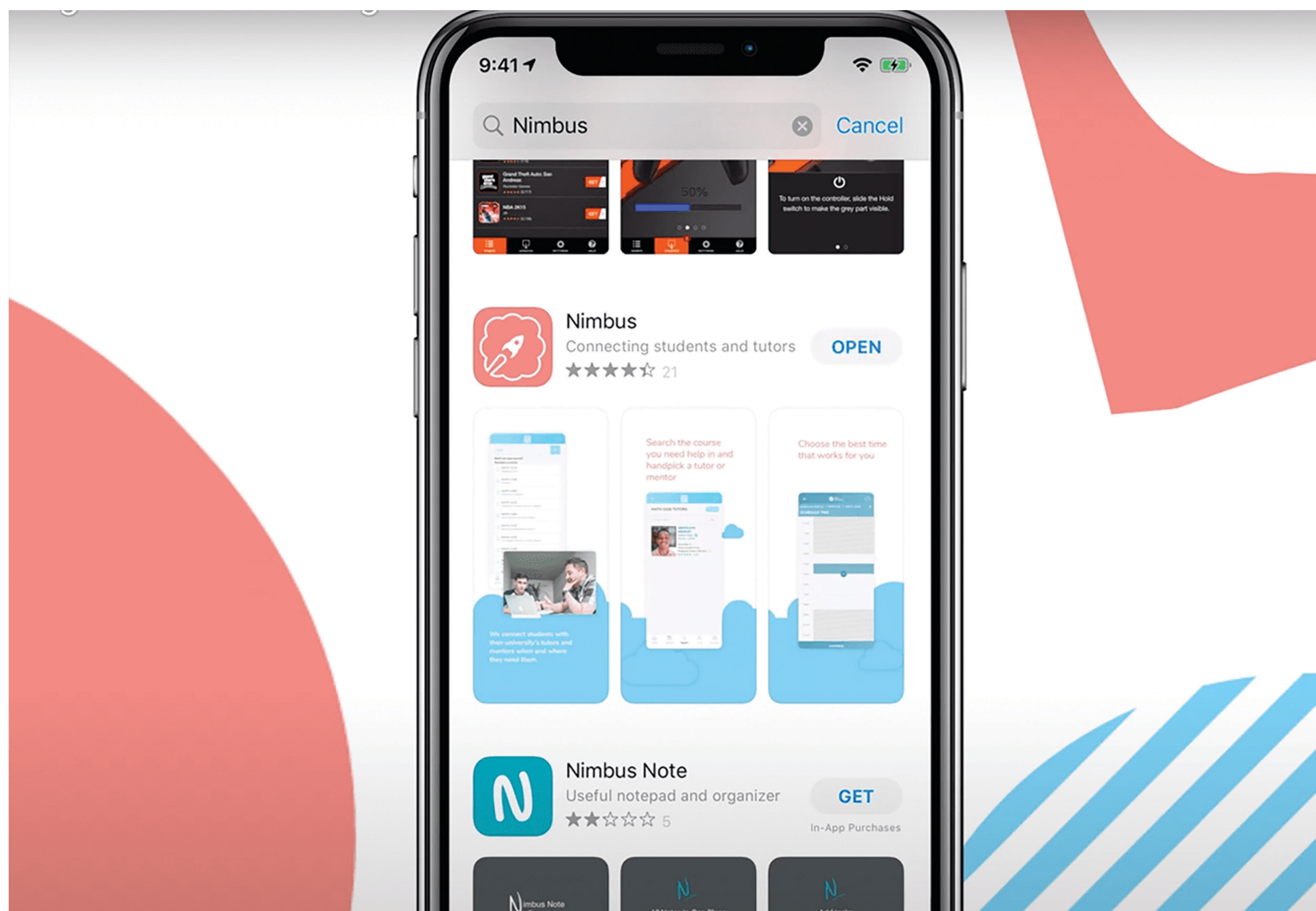


Photo via NAITSA

Nimbus Mobile App Simplifies Tutoring Process

By Almalexia

The tutoring app Nimbus is coming to NAIT, and NAIT Students' Association (NAITSA) hopes it will make the process of tutoring more attractive to students.

Alessandra Medeiros, the Service Hub Coordinator for NAITSA, hopes the new program will alleviate the stress that students may feel in finding a tutor, especially during peak seasons, such as during finals.

"Before we had a tutor registry, but it was just a registry. Just the names of other tutors and students, so it was on the student to make a phone call, check schedules, make arrangements for payment, and a location," said Medeiros. "It took a lot of effort to get a tutor."

The app makes it easy for tutors to make themselves known on campus. It is not only NAIT students who are allowed to tutor, as alumni and external qualified people are permitted to tutor as well.

"[Tutors] can be NAIT students who just took that class within 3 years, or they can be what we call 'external general tutors'. If there is someone who wants to tutor and they have a PhD, who are we to say

they can't tutor?" said Medeiros.

Nimbus makes it fairly straightforward to find a tutor or become a tutor. The app has a very modern, simple interface and contains a tutorial upon first launch. As a student, you simply log into the app through the NAIT portal, using your NAIT email and password, and you are immediately able to search for tutors in your class of choice.

For tutors, the process is also simple, but with a few extra steps.

"To become a tutor you upload your transcript, agree to the terms of use, code of ethics... to make sure you're only tutoring them, not doing their work or breaching academic integrity," said Medeiros. "Any class they wish to tutor for, they need a 75 per cent or better in that class."

The tutor then sets what time they are available. Students can go on the app, see the class they teach and how much they charge, put in their credit card info, and schedule a time and place to meet.

"They can do the session online, and with COVID we strongly suggest that. But if they choose to meet in person we hope they follow the Alberta Health guidelines,"

said Medeiros.

The tutor also gets 100 per cent of the pay. NAITSA, NAIT and Nimbus don't take a cut.

For students trying to find a tutor, they can infer a tutor's quality based on a few things, such as reviews. They can also see how many sessions a tutor has done.

"We assume a tutor who has more sessions would know more, or would be more used to tutoring," said Medeiros.

Tutoring can have a number of benefits for a student who chooses to help their peers gain knowledge.

"When you tutor, you learn twice. That's something you're going to do for your life, and it is a way to remember what you learned and be a professional. Many times we get a student saying, 'I'm looking for a job but I don't have anything on my resume'. Well, you can put tutoring on your resume," said Medeiros.

Nimbus is currently available on all mobile platforms and is free to use and download. You can apply to be a tutor at naitsa.ca/tutor, or follow the steps discussed in the app.

NAITSA Launches Platform to Improve Student Experience

By Stephanie Swensrude

Over 2,000 campus events happen every year at NAIT, and students can now get rewarded for participating.

NAITSA is launching two new platforms to incentivize new students to participate in campus life. One is called Student Pathways, and the other is Milestones, both which will be rolling out in September but any student can participate at any point in their education.

Student Pathways

This program is designed to give students a well-rounded first year at NAIT. Each student will create their own New Student Experience (NSE) by participating in different incentives throughout the school year.

Jen Sieben, Campus Life Director at NAITSA, said that a common piece of feedback from graduating students was that it was difficult to find things to do on campus.

"We hear from students in their final year at NAIT that they have a lot of regrets about their first year," Sieben said.

Oftentimes students don't get really involved in the campus until their second, third or fourth year."

The Student Pathways program is designed to make it easier for students to know how to get involved in order to get the most out of their time at NAIT.

There are 11 themes, listed below, and students must complete two initiatives from each theme. After completion, the student will be entered in a monthly draw. The prizes for the draws include a VIP night at The Nest (NAIT's on campus pub) for six, a year-end celebration package at Ernest's, a trip to the Caribbean for NAITSA's Flee the Freeze trip in April, and more.

The 11 themes are:

- Orientation
- Wellness
- Social
- NAIT Spirit
- Career Planning
- Personal & Professional Development
- Equity, Diversity & Inclusion
- Environmental Sustainability
- Volunteer
- Campus Tour
- Reflections

Each student who completes their own NSE through the Pathways program will receive an exclusive swag bag.

To get started, head to lookslife.ca and sign up. Space is limited: NAITSA is opening 300 spots for the first year, so if you're interested, sign up sooner rather than later.

Milestones

The other program launching this semester is a new way for NAIT students to stand out to future employers called Mile-

stones. It is an online platform that helps a student build skills, a portfolio and showcase their extracurricular activities.

"Students can build this online showcase of their work showing off their credentials ... [and] share it with a potential future employer," said Seiben. "The future employer can go in and take a look and see the student's work samples and what and how they were involved on campus."

NAIT students can first go on Milestones and identify the type of career they want. The platform then generates differ-


ent positions using the Indeed platform that align with that career. For example, if one chose a marketing career, the different options would include communications, digital media, and social media.

The software identifies skills needed for those positions and creates goals for the student to work toward. In time, students can upload "artifacts" or work samples related to these goals. Sieben compared the online badges to earning skins in online video games.

"It's a way to gamify the student experience."



Photo via NAITSA



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Photography
Videos Production & Editing

Join us on zoom every Tuesday @ noon to start as a contributor.

→ <https://us02web.zoom.us/j/7809523570>


Please reach out to Nicole Murphy with any questions at nmurphy@nait.ca

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Health & Dental

Enrolment Options

There are three things you could do before the deadline...

1. Opt Out

Already have comparable coverage? You can opt out and waive the fees – visit mystudentplan.ca/nait to submit the form before the term deadline.

2. Opt Back In

Did you previously opt out, and now need to opt back in? No problem – visit mystudentplan.ca/nait to submit the form and pay the fees before the deadline.

3. Add Family Members

Do you need to add a spouse or child(ren)? This is your chance! Visit mystudentplan.ca/nait to submit the form and pay the fees before the deadline.

Fall Term Deadline: September 24, 2021 at 4PM

Winter Term Deadline: January 28, 2022 at 4PM

Students starting in September cannot opt out in January. There will be no exceptions made if the deadline is missed.

PLEASE NOTE

All opt-out submissions are subject to audit.

Opt-outs will carry forward indefinitely. If you wish to opt back in, submit the online form before the appropriate deadline, or within 30 days of losing your alternate coverage.

Questions? NAITSA Service Hub | 780-471-7730 | studentplans@nait.ca

EXECUTIVE EDITORIAL

Speak Up: A Student Guide to the Federal Election



Photo via NAITSA

By Natalie Sarzynski
VP External

As the Vice President External, I'm here to advocate for your needs as a student in regards to the outside governing systems at a municipal, provincial and federal level. I act as a liaison between you, the student, and the government.

One topic of high priority right now is

the snap Federal Election. Don't you love it when you're expected to focus on important political issues while you're being bombarded with the stress of going back to school?

We have less than a month to load you up on information that you need to know before you vote. We won't ever tell you how to vote, that's on you, but we will share every resource we can to make this a lot easier for you.

These are some current federal student issues to be aware of:

- Interest payments on Canada Student Loans
- Support for Indigenous students.
- An expedited pathway to permanent residency for international student graduates.
- Rural broadband internet infrastructure across Canada.

- Prohibiting unregulated and unpaid internships.

How to vote:

Check to see if you're registered to vote. Make sure you have the appropriate identification and that your address is updated. For those of you that are eligible to vote but live away from home and can't get to your polling station on voting day, you can mail-in your vote (no later than September 14 at 6:00pm).

Advanced polling is on September 10, 11, 12, and 13. Election day is on Monday, September 20. Polls are open from 7:30am until 7:30pm. Don't miss your chance to make a difference and elect someone you want into office.

Additional Resources:

To stay informed and find out how to

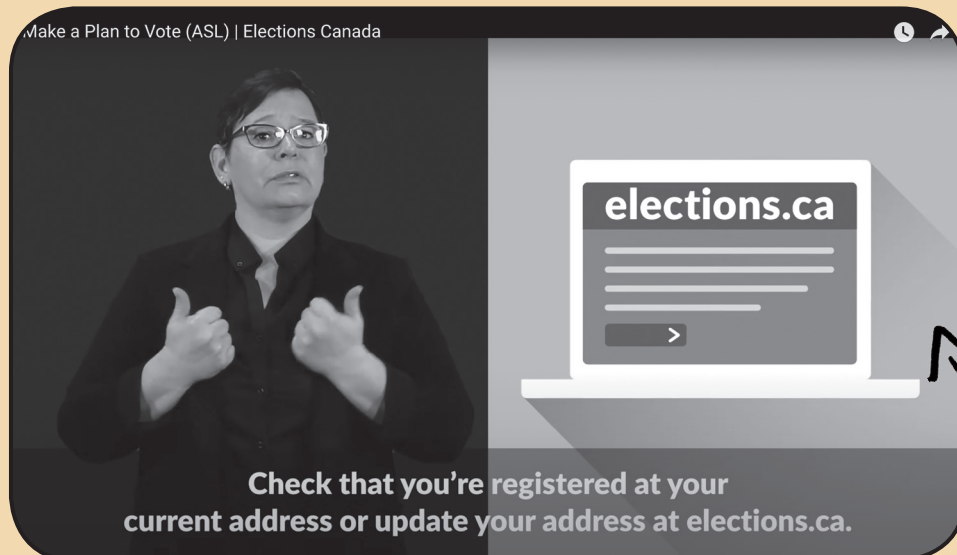
vote, we provide everything you need on our website:

<https://naitsa.ca/getoutthevote/>

I can't stress enough how important this election is for you, as a current student, to pave the path for yourself and future generations. I really believe that all of us can hurdle through these barriers. I strongly encourage you to spend some time learning about the candidates. Please vote on September 20. If you have any questions, please feel free to reach out to me at savpexternal@nait.ca.

Finally, stay tuned for more on the municipal election next month!

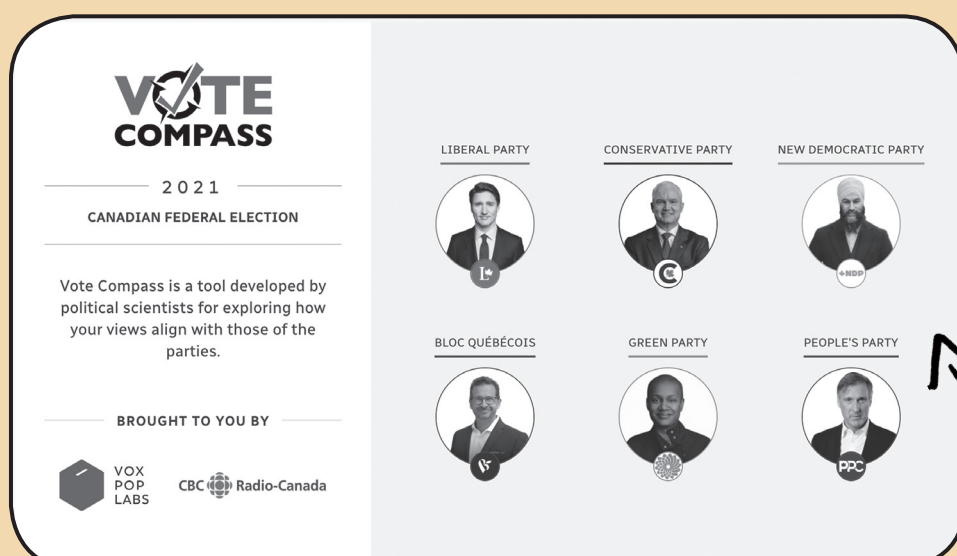
Natalie Sarzynski
Your VP External



Not sure how to vote? Watch this quick video that will tell you everything you need to know in under two minutes.

Find it here:

https://www.youtube.com/watch?v=_dm4YR0S1pY



If you're having difficulties figuring out which party aligns with your values. I highly recommend trying out this quiz.

Find it here:

<https://votecompass.cbc.ca/canada>

Canadian Delivery Company Signs Deal With Walmart

By Jared Gomes

Ghost Kitchen Brands is a food delivery focused business that provides already established brands for delivery and at some sit down locations.

The director of marketing of Ghost Kitchen Brands, Susi Graf further explains the concept.

“Our goal is to actually serve brands that people can't get anywhere else. We're sort of like a food court, a virtual food court,” said Graf.

They originated back in 2016 with locations in Edmonton and Ontario. It started with their founder, George Kottas, accidentally leaving the phone lines open and noticing that a lot of people wanted food delivered after the restaurants had already closed.

“People don't generally realize this but most of the delivery service actually happens late at night after seven. During the day there's not much delivery,” said Graf.

The founder, Kottas noticed this

trend and incorporated brands people already trust that were not available in all locations. Offering late night delivery with a variety of brands from Slush Puppy to Cheesecake Factory.

“Anyone can order from any one of our brands and get it in one order in one bag, one delivery,” said Graf.

What started off as a small Canadian business is now expanding even more. They have currently signed a deal with Walmart implementing their locations where some McDonalds used to be and are still growing.

“With the recent Covid situation, consumer trends have changed quite a bit. Everyone's a lot more accepting of ordering food and getting it delivered and not eating in a location, which are all really great trends for us,” said Graf.

If you are looking to order from Ghost Kitchen Brands they can be found on any third party delivery app as well as their website ghostkitchen-brands.com.



Photos via Facebook

WHAT'S YOUR CRAVING?

Mix and Match Your Favourite Brands

ONE ORDER | ONE PICKUP | ONE DELIVERY



Sexual Assault Centre of YEG Aspires for Safer Campuses

By Almalexia

WARNING: This article contains content that some readers may find upsetting. Potential triggers are: Sexual Assault.

The Sexual Assault Centre of Edmonton (SACE) is a non-profit organization that supports children, youth and adults who have experienced sexual assault or abuse. SACE also educates the public about sexual violence.

Mary Jane James, the CEO of SACE, has been hoping to educate the public at a much younger age than before.

"We are really pushing at our agency towards high school students but I actually believe that that's too late to get this message across. So we've just started a program that we're implementing for junior high boys called 'Wise Guys'," said James.

"We got a really significant grant from The Status of Women Canada to promote this program. It's not a mandatory part of the curriculum, but we would identify schools that would be more at risk and really try to get boys involved in the conversation."

While drinking or using cannabis is considered a normal, enjoyable part of adulthood, students must realize the potential impact it can have.

"Do you understand that having any sort of sexual relationship with someone who is impaired under the influence of alcohol or drugs is a crime? What students need to know is that if there's even an inkling that someone is not able to

consent because they, or both of them, are under the influence of alcohol and/or drugs, then don't," said James.

The stigma of sexual assault is often applied to the victim, rather than the perpetrator. Only an estimated five percent of victims report to the police. While the victim may often feel ashamed, fearful or guilty, they are not to blame.

"The bottom line is, no amount of alcohol, or what you wore or didn't wear, or whether you walked alone to your car, or whether you were kissing that person on the dance floor, did that give someone consent to having sexual contact with you," said James.

"Just because you were flirting on the dance floor doesn't mean that you have an invitation to sexually assault someone."

Due to the fact that victims often do not come forward about assaults, facilities that host events may not be aware that they have ever happened. NAIT is no exception.

"We have a big problem [in Edmonton]. We are ranked as having the highest number of reported sexual assaults in all of Canada per capita. We can't sit in our little ivory towers and pretend that it doesn't happen at NAIT or U of A," said James.

"You as a school need to be ensuring that there are supports in place, making sure that people have a place to go, where they will not be judged and that they will be assisted in moving forward in any way they want to."

Sexual Assault has lasting effects that echo throughout the lives of the victims. Fortunately, SACE is set up to provide all of the available resources in the city, and has a team of talented volunteers.

"We have 45 staff members who in their various capacities do their things to get the message out there. The volunteers are highly trained, so you're never going to get someone who doesn't have the information to help," said James.

SACE uses a state-of-the-art "ping identification system" that provides employees and volunteers the exact location in the city where people call from, which allows them to offer the closest, safest option to receive help.

This same system is also able to be used all across Canada, so if someone in Yellowknife calls SACE, the employees and volunteers are able to locate regional resources for the caller.

While SACE is non-profit, and James understands that students have little money to donate, there are other ways to support SACE, through volunteering and spreading awareness.

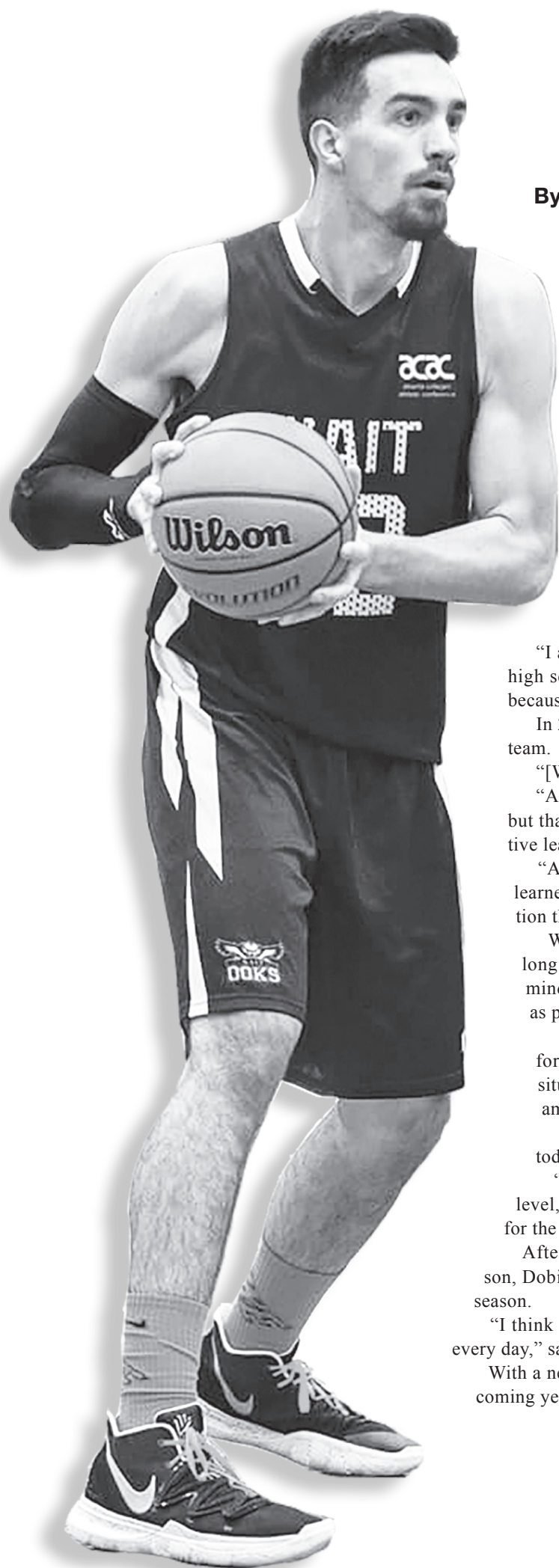
"Your messaging and support of us, in terms of getting that info to the students is really the best," said James.

To learn more or donate, visit sace.ca. To support a survivor of sexual assault or abuse, there are multiple links on the site, and also a support number, which is 780-423-4102. Help is out there and it is readily available.



Photo via SACE

Three Coaches in Three Years



By Kaytlyn Poberznick

The final year of eligibility holds a lot of weight for senior athletes attempting to achieve their remaining personal goals while also leading the team to a championship. For Keilan Dobish, last year should have been the end, but a canceled season gave him another shot.

The fifth-year men's basketball player with the Ooks has found himself in a position to embrace his third coach in three years. The overall learning curve of having to adjust to different coaching methods has not phased Dobish in the least.

"I find that it's actually helped me," said the St. Albert native.

"The biggest thing that's benefitted me is just the ability to adapt [...] and not get comfortable with anything."

Growing as a player means accepting different feedback and perspectives to help develop new skills as an athlete. Working with two respected coaches in his previous two years, Dobish finds himself taking away some key lessons. Mike Connolly, the men's basketball coach Dobish had for his first three years, and Slav Kornik, the coach who took over during his fourth year, each brought unique qualities to the table.

"The biggest thing that I learned from Mike, that I struggled with when I was in high school, was mental toughness throughout the season," said Dobish.

"I always got really caught up in the moment. I always got really pissed off when we lost in high school and [Mike taught me] that it was okay to lose and not be successful at everything because you learn a lot more when you lose than when you win."

In 2019, Slav Kornik worked with Dobish to develop his leadership skills as he captained the team.

"[With] Slav, [the thing I took away was] how to be a positive leader," said Dobish.

"Again in high school, I struggled with being a negative leader to people, and I knew that, but that was the only thing I had known because I never had anyone teach me how to be a positive leader."

"All I knew was how to get up in guys' faces when stuff was not going right. [With Slav, I learned] how to be a lot more calm, composed, and really just digest and comprehend the situation that's happening."

With Jordan Baker now at the helm of the Ooks men's basketball program, adding to the long list of coaches Dobish has played under, the veteran is entering the season with an open mind for gaining as much knowledge from the current Canadian Elite Basketball League star as possible.

"I kind of said to myself when I was a rookie that Mike was the only guy I wanted to play for and obviously that was just me being a young dumb kid and having tunnel vision to the situation, but as the years have gone on, I've come to appreciate the different perspectives and amounts of knowledge [people have to offer]," said Dobish.

"I think the fact he's still playing [means he'll] understand what players go through in today's day and age as far as the current game goes."

"I [anticipate that] we're going to learn a lot about how to comprehend competing at a high level, but I think another thing we're going to take from him is his wealth of knowledge he has for the game."

After a year of waiting to play, and the uncertainty that led up to the canceled 2020-21 season, Dobish is ready to be released back onto the basketball court and get the ball rolling on a new season.

"I think there is just going to be a mentality of wanting to go out and compete as our best selves every day," said Dobish.

With a new coach, a new season, and a winning mindset, Dobish has lots to look forward to in the coming year as he heads into his final stretch with the NAIT Ooks.



**Fall Term U-Pass Available
August 25 – December 31, 2021**

psst.

Smart Fare is here!

**No more U-Pass stickers
– just tap and ride!**

To activate your U-Pass, eligible students should follow these steps:

1. Confirm you are enrolled in a credit course on-campus.
2. Confirm you have paid your U-Pass fee.
3. Update your one AT NAIT card to a Smart Fare-compatible one for free. For the one AT NAIT issuing locations and hours of operations, please visit nait.ca/one
4. Go on your MyNAIT Student Portal to register your card and activate your U-Pass. It can take up to 2 hours to activate your U-Pass before you can use it on transit. You will get an email once it is activated and ready for use.
5. Check nait.ca/upass for the most updated information on the U-Pass program. For any card related questions please contact one@nait.ca
6. To use your U-Pass, simply tap your one AT NAIT card on a card reader when using public transit in the service areas. You will either tap your card in the "Proof of Payment Area" on the LRT platforms, or upon boarding the bus.
7. Enjoy your ride!

Former Ook Takes on Women's Hockey Team



Photo via NAIT Athletics

By Kaytlyn Poberznick

A former ACAC player of the year is taking the reins on the women's hockey team this coming 2021-2022 season. After having several encounters with coaching and running his own goalie development business, Brendan Jensen is ready to finally hold the position of head coach with the NAIT Ooks.

"It's something that I've always wanted to do. I've always been involved. The year that I was transferring (to NAIT as a student), I was an assistant coach for a [junior varsity] team and a high school team in West Fargo, North Dakota, as well as a goalie coach, so it's always something I've done," said Jensen.

"I think the biggest thing, for me, is just trying to make a difference in the student-athletes' lives."

A common feeling within the athletic community is the wish to have a 'normal' season next year. Jensen is no exception to that. The NAIT alumni has high hopes for

the program and is ready to explore how far he can push his team.

"We have a great leadership core, so kind of speaking clichés, but the sky is the limit. I hope that we can reach the finals, and I hope that we can win it all. I think that [there] shouldn't be [anything] that we [don't] shoot for, especially in our league," said Jensen.

After being an assistant coach for the women's hockey team over the past year, Jensen has seen what talents his players hold and is prepared to capitalize on them.

"I think we're going to be a really fast team," said Jensen.

"I want us to use our speed and skill work, [...] and then try to take advantage of every team in the fun zone. I think if we're down there the majority of the time, then the results are going to speak for themselves."

As a hockey player, Jensen has seen the game in a different light and hopes to implement his many years of experience

into his coaching style.

"I was a goaltender at NAIT, so I got to see games evolve and see different practice plans take shape, so I think they're going to see a different lens of my coaching style and philosophy. Maybe it's a little more laid-back approach for me [but I'll have an] open-door policy which I think is huge nowadays," said Jensen.

Heading into the peak of off-season training, Jensen has set up some programs to help his players keep in shape in an attempt to be ready for the return to play.

"We do have a weight training program, if they don't have personal trainers themselves back home, that I've designed," said Jensen.

"Obviously, if they're maintaining or if they're putting on too much bulk, we're going to lose some sort of speed. Like I've reiterated, I think that's going to be a huge thing [for us to be able to] take advantage of our opponents is to work on our speed and use the rush."

With a knowledgeable coach and a full roster, the coming year holds a lot of promise for the women's hockey team.



Photo via Unsplash



Photo by Rallene Hooper

For more info on student athletes, teams, and the full Ook schedule, visit naitooks.com.

NAIT Alumni Takes Over As Head Coach Of Curling

By Kaytlyn Poberznick

NAIT alumni, Karynn Flory, is making a return to the curling program – this time, as more than a player.

With the retirement of Jules Owchar, former head coach of NAIT's curling teams, Flory is taking this opportunity to jump into the head coaching position, grateful for the program Owchar built over decades.

With 20 years of curling experience under her belt, four years played at NAIT, Flory hopes to continue Owchar's legacy and bring her own flair to the ice.

"I definitely have a lot of his coaching style ingrained in me because I spent so much time with him, but I'm also hoping to bring a fresh approach to it as well. [Owchar] is so knowledgeable and I appreciate all the knowledge he has given to me, so I look forward to taking all [of those skills] that he has [taught me] and bringing them to the new players," said Flory.

As Flory ventures into a head coach position for the first time she has to figure out what coaching habits best suit her vision for the team. And although she has no hard set goals for her players, Flory hopes to guide them in areas

where they want to see growth.

"I want them to be successful at whatever they choose to do and I want them to know that yes, playing [well] and representing the college is fantastic, but there are also other aspects of life," said Flory.

"I want to take the coaching approach that if they need me, [they can] come to me for anything, even if it's not curling related. I'll be there for them. [Having been] a collegiate player myself, I've been through the experience, and I want to be able to share my experience with them. It's never easy, but it's manageable and [they] can do it."

Keeping a disciplined, yet supportive and growth-focussed environment is big for Flory. With other curling opportunities outside of NAIT, Flory wants to set her players up for success beyond the ACAC.

"Whether it be competitive, juniors, ladies, mens, or doubles now too, I think there is so much to learn," said Flory.

"Jules always came at it with a very strategic and technical approach, and those are all very important. I think that following along with the strategic side of curling and

having a fitness component, if they're [curling] outside of NAIT, plays such a big role."

With graduating athletes leaving gaps in the curling roster, the search is on for recruitment over the next four months.

"I've just introduced myself to the crew that is set to return and there's only a handful of them, so we need a handful more to make up our team," said Flory.

Off-season training is a staple in most coaches' closets. In curling, they take a different approach, especially being away from the ice.

"Mental training and physical training are definitely key components," said Flory.

"For curling, it's one of those sports where you often learn from doing. So as far as strategy [goes], that comes when you're playing and [practicing], but when you're [in the] off-season, it's more about the fitness and the mental game."

Being under the wing of Jules Owchar for most of her career, Flory is ready to take on curling in her own way and find her place coaching in the program.



Former Olympian Heads Women's Volleyball Team



Submitted photo.

By Kaytlyn Poberznick

A familiar name is returning to NAIT's coaching staff. Erminia Russo Thorpe is continuing her journey with the women's volleyball team after having spent nine years away from the game.

The former Olympian had success coaching the women's volleyball team from 2010 to 2012 before moving out to Montreal with her family. After the stars aligned with her return to Edmonton and the head coach position opening up, Russo Thorpe dove back into the position and is ready to get back on the court.

"I really wanted to get back to coaching and I wanted

to particularly go back to a place that I had been before and felt really comfortable [with] and had a really good experience with," said Russo Thorpe.

Even though Russo Thorpe has been away from coaching for almost a decade, the game she loves hasn't changed much and her coaching strategies coming into next season won't be altered either.

"There's no doubt in the women's game that the women have gotten taller, bigger, and stronger, but I think really my mindset going into it is 'I will coach as I coached before'," said Russo Thorpe.

"You commit to what you're doing, and you work at it, and every day you get into the gym is a new day to get better."

Coaching for Russo Thorpe is more than just making plays and training athletes. She loves watching her players grow and take on new experiences head-on.

"I love seeing a player come in at one level and then over a season or two seasons or whatever it may be, seeing the development they have and the pride they have in that," said Russo Thorpe.

Building connections with her players and having those tight-knit relationships on and off the court has played a major role in her experience as a coach.

"For me, those are valuable because even now players that I coached 20 years ago I'm still in touch with so that to me is a really important part of coaching."

With a new mix of players and a tentative schedule, Russo Thorpe can only hope that her team is up for a challenge no matter what the circumstances are.

"Even though there's frustration, and everyone [is] sick of everything, can you be that person that is resilient and continues to work hard and set a goal for yourself, and try to get that goal?" said Russo Thorpe.

Russo Thorpe's main area of attention over the off-sea-

son is to get the team straightened out and figure out what type of recruitment needs to happen.

"I'd love to get into the gym, but if not, we'll just try to do some training no matter what it is, whether it's strength and conditioning, physical training, getting outside, just touching a ball, so when we start we're ready to go."

"We're not going to be perfectly volleyball ready, but can you be physically ready and mindset ready?"

With a winning attitude, the Women's Volleyball team has a good-looking future ahead of them.

"I'm really looking forward to it. I have to admit. It was a really nice surprise to come back and see that the position was open and I'm really excited to get back on the court. There's no question about that," said Russo Thorpe.



NAITSA, NAIT Athletics, The Nest Eatery and The Nugget are hiring.

To see all jobs, visit:
<https://naitsa.ca/naitsa-jobs/>

NAITSA is looking to hire students to work as Information Clerks at remote voting information booths across campus during our upcoming Senate Election 2021-2022.

Shifts are available:

Wed, October 13, 4:00 PM – 7:00 PM

Thursday, October 14, 10:00 – 2:00 PM

Please contact Leeanne Mills, Administration Director in the NAIT office 8 a.m. – 3 p.m. Monday to Friday, or at leeannem@nait.ca.

The Nest Eatery is hiring prep cooks, line cooks & expeditors.

We are looking for team players who do well in a fast-paced environment and are willing to continue building upon their skills – and we'll make sure to provide you with the tools and support you need. Previous back of house experience is a strong asset.

Apply by email at nest@nait.ca.

The NAIT Athletics Department is hiring various minor officials positions for the upcoming 2021/22 season.

If you love sports and are interested in working in a fun, fast-paced environment, then this is the job for you. Each position offers a competitive wage, with an average of 10 hours a week (including evenings and weekends) during the active season from Sep to Mar.

Staff must be well versed in both basketball and volleyball. The jobs required for both sports are game day supervisor, statistician, in-house PA announcer, and score clock operator. Some extra positions are only necessary at basketball; score sheet operator, sideboard operator, and a shot clock operator.

In the arena, we are hiring a score clock operator and an in-house PA announcer. We also have various broadcast and multi-media positions available. Also seeking photographers, commentators, webcasters, and camera operators for all sports.

No experience necessary. To apply, please email your resume to alexandrag@nait.ca.



Photo via The Gateway

Stingers Player New Head Men's Basketball Coach

By Kaytlyn Poberznick

After a complete relaunch of the NAITs athletic program, Edmonton Stingers power forward, Jordan Baker, has stepped into the men's basketball head coaching role for the next season.

After four seasons as an assistant coach with the University of Alberta Golden Bears, Baker is ready to lead the Oaks.

The defending Canadian Elite Basketball League (CEBL) champion and Canadian of the Year knows the importance of a strong collegiate experience in his five years with the University of Alberta. Baker was the all-time leader in career points, rebounds, assists, steals, and minutes played during his 2013-2014 season with the Golden Bears.

"I made lots of long-lasting and special relationships, so I know the impact post-secondary sports can have on a young student-athlete. I thought [coaching] would be a great way for me to give back to the next generation, to coach and to lead a program, and to hopefully help a few kids along the way," said Baker.

Baker hopes to give his team an experience that will not only improve their game but help improve their skills outside of the court.

"We want to have our student-athletes be able to be

contributing members [to society], a strong alumni group, and guys who are able to play as a team, work as a team, work as a part of a group, and build some of the things you don't necessarily work on in the classroom," said the 2020 CEBL Player of the Year finalist.

Baker knows what it takes to win a championship playing professional basketball and is setting the bar high for his team in the upcoming season.

"I'm going to set some high expectations, I'm going to be very clear with those expectations, and I'm going to hold [my players] to those expectations," said Baker.

"I think if guys are willing to put up with me, they're going to get a lot out of it, but it's not going to be something easy – it's going to be something they'll have to work for, but I think the reward is really worth it."

Shifting from player to coach is something that isn't new for Baker. He's experienced what it means to be a leader on and off the court but knows how to keep his playing and coaching different from each other.

"As a player, I do pride myself on being an extension of the coaching staff on the floor, having an understanding of every scheme that we're into, understanding the expectations and the roles and responsibilities of everybody on the team," said Baker.

"I think I'm well suited to step into this coaching role.

I know I'm going to have to maybe dial things back a little bit in terms of intensity and competitiveness, but I'm excited to get started, and I think guys are going to come to play and want to have success, and that's all I can really ask for."

Baker is keying in on consistent coaching and honest feedback with his players as he looks to preseason training.

"Sometimes coaching is a little bit challenging if you're sending mixed signals or not being clear enough with your players, so for me, that's going to be a real point of emphasis; to be especially clear of what I expect our core concepts [to be], what our non-negotiables are, and to make sure everybody is on the same page," said Baker.

With COVID still playing a factor in sports, off-season training remains a point of concern. Baker, alongside many others, is eager to get into the gym and start training with his new team as soon as possible.

"Whenever Alberta Health Services decides that it is safe for us to resume any sort of activity, we'll be in there because we've essentially lost a full year with COVID. Any training we can get at this point is going to be valuable for us moving forward," said Baker.

With a championship on his side with The Stingers and an upcoming 2021 season set to tip off in June, the expectations are no different with the Oaks.

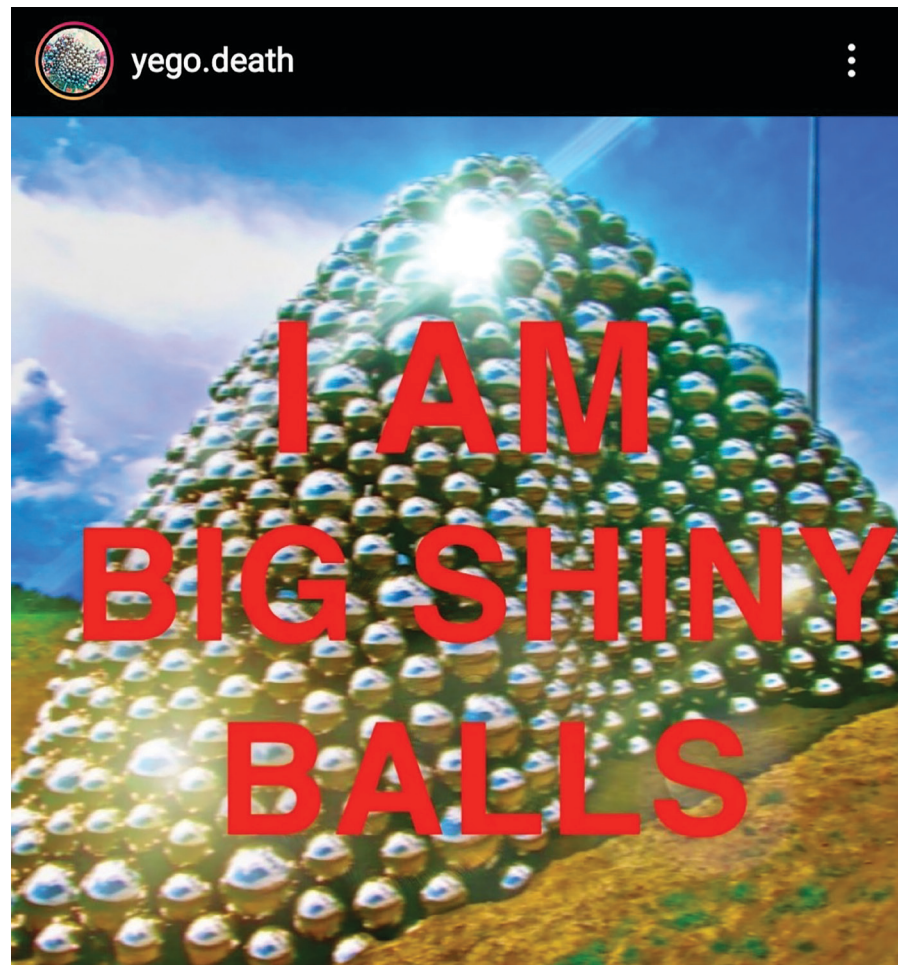
September

OOKSLIFE.CA/EVENTS

SUN	MON	TUES	WED	THURS	FRI	SAT
			01	02	03	04
05	06	07 PANCAKE BREAKFAST	08 PANCAKE BREAKFAST	09 00'M R&B YOGA DIRTY BINGO ONLINE PROGRAM SOCIAL: JR SHAW SCHOOL OF BUSINESS	10	11
12	13 ONLINE PROGRAM SOCIAL: SCHOOL OF SKILLED TRADES	14 ONLINE PROGRAM SOCIAL: SCHOOL OF APPLIED SCIENCE AND TECHNOLOGY	15 ONLINE PROGRAM SOCIAL: SCHOOL OF HEALTH AND LIFE SCIENCES	16 NEST FEST	17 NEST FEST	18
19	20 POP-UP GAMING	21 HOW TO: CANOE	22	23 NEW GIRL TRIVIA	24	25
26	27 HOW TO: MAKE FRESH PASTA	28	29	30 OOKTOBERFEST		



YEGO DEATH: Edmonton's Viral Niche Meme Page



By Alleah Boisvert

At the end of June, Edmontonians suddenly began to see posts shared on Instagram by a mysterious account with the handle @yego.death. The posts popped up out of nowhere and became viral almost instantly.

At the beginning of summer, the account had a few thousand followers, which grew to ten thousand within weeks. Now, @yego.death has more than sixteen thousand followers who are all in the loop about how Edmontonians view their city.

The psychedelic-style posts have a simple design with a background image over large, capitalized text to make memes with “affirmations” about Edmonton. The page is clearly inspired by @affirmations, an Instagram account with nearly 700,000 followers that posts goofy affirmations that Gen Zers love to share to their stories.

The @yego.death account often pokes fun at popular Edmonton businesses, locations, and events. Affirmations on the posts

include sayings like “I will not see my nemesis on Whyte Ave”, “I Am Not Afraid of the WEM Dragon”, and “I Will Go Speed Limit on Yellowhead” and are accompanied by an aggressively emoji-filled caption that asks users to type a phrase to affirm the saying.

Followers of the account leave comments of the same style with their own experiences with the affirmations, giving them the feeling of relatability that made the account go viral amongst locals so quickly. The account can also attribute some of its success to the shareability of the posts. Sharing an affirmation to your story that “Buckingham Will Not Suck This Weekend” or that “My Country Vibes Are Not Conservative” is a way of connecting with and entertaining your friends and followers.

The handle of the account is a play on Edmonton’s airport code, YEG, and an experience called an ego death, which is broadly defined as “a complete loss of subjective self-identity”.

It is hard to say if the experience is posi-

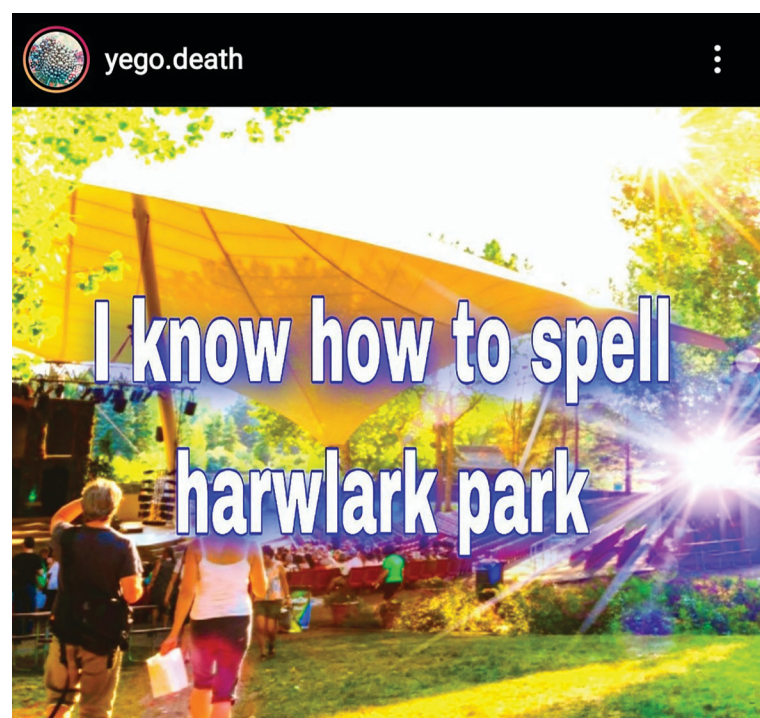
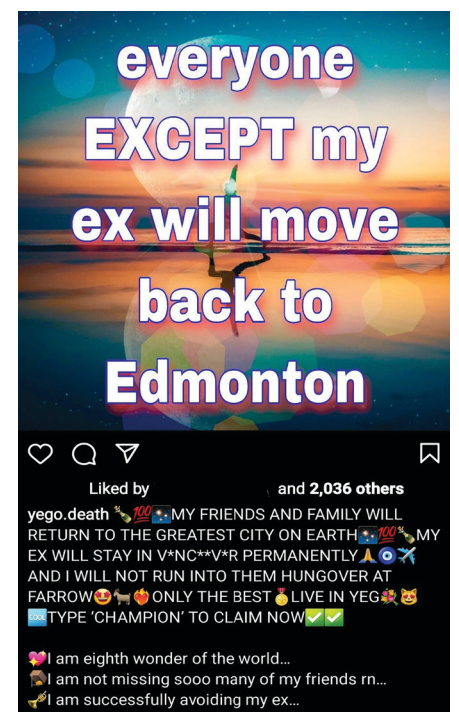
tive or negative and it appears to differ based on individual experiences with one’s self-perception.

Within the Buddhist community, the term ego death relates to enlightenment with the loss of a person’s ego. Ego death is also a theme within the psychedelic drug community. While this explains the LSD-trip aesthetic of the posts, ego death and @yego.death could have a deeper connection. Out of the 1.49 million people living in Edmonton, a lot of community members self-identify with the city’s culture in ways that may have been felt by all, but not said until now. Collectively, The City of Champions is one big entity of its very own.

The anonymous creator of the popular account is still unknown, and there is some speculation about who the genius behind it might be like. Based on the style of @yego.death’s posts and stories, the creator could be a sarcastic, quick-witted Gen Z or younger millennial person familiar with vaporwave and campy ’90s and early 2000’s internet culture. Are they a popular Edmonton Twitter user who took Twitter’s common theme of self-depreciation to Instagram? Are they an unlikely Edmonton Instagram influencer who uses their knowledge of the platform to gain traction anonymously?

The creator of the account often teases an

admin reveal, yet they remain a mysterious Edmonton celebrity. Whoever they are, they catch the beat of our city with irony and affection and allow us to let our egotistical ideals of YEG go.



Photos via Instagram



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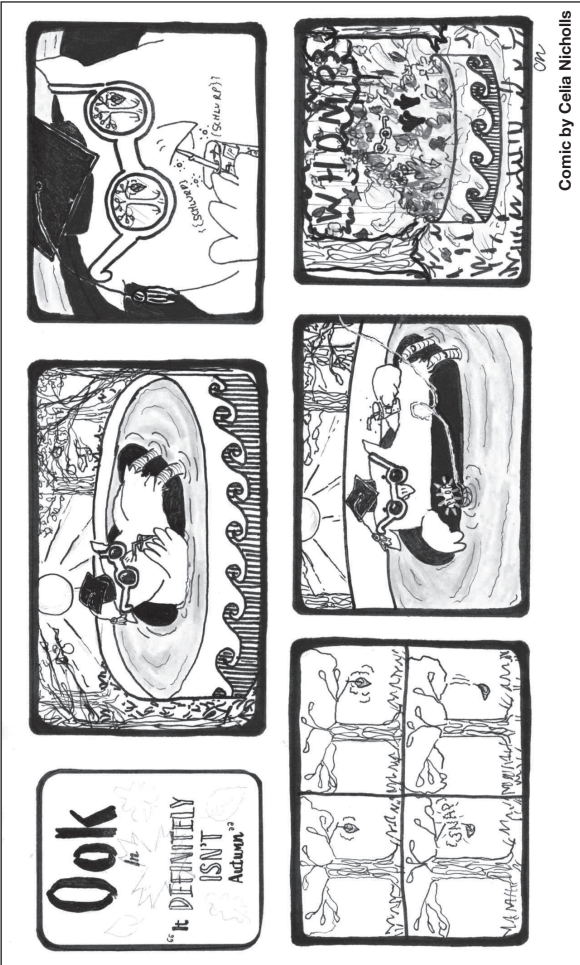


GAMES

NAIT PLACES AND FACES

E	A	R	M	A	W	J	I	C	E	N	T	R	E
R	T	T	E	K	R	A	M	N	O	M	M	O	C
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G	E	W	O	G	I	G	G	S	A	P	I	A	H
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J	E	N	S	T	S	E	N	R	E	C	S	E	A
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R	Y	P	O	L	Y	T	E	C	H	N	I	C	S
U	B	A	S	N	N	N	Y	L	F	T	E	S	E
A	O	S	A	A	U	E	F	I	L	S	K	O	O
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MEAT STORE
NUGGET
HP CENTRE
FLYNN
THE NEST
PEER SUPPORT
NAITSA
MAWJI CENTRE
NIMBUS
UPASS
OOKS LIFE
BYTES
COMMON MARKET
ERNESTS
LAURA JO GUNTER
POLYTECHNIC
SHOP AT NAIT





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NAITSA SENATE ELECTION 2021/2022

VOTING INFORMATION BOOTHS

Main Campus NAITSA
Office O108

Main Campus
South Lobby Kiosk

Main Campus
near Fresh Express

Main Campus X-wing
near the bookstore

HP Centre 1st floor
near Bytes

CAT 1st floor
near the Crossing

CAT 2nd floor
near the student lounge

South Campus

Patricia Campus

**ONLINE VOTING USING YOUR NAIT STUDENT
PORTAL OCTOBER 8 - OCTOBER 14 AT 4PM**

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Former NAITSA President Naomi Pela celebrates with the Ook at the 2018 Nest Fest.

Photo via Facebook

Largest Outdoor Back-To-School Celebration Is Back



By Alleah Boisvert

Nest Fest is a 18+ outdoor back-to-school celebration for NAIT students to meet and mingle. The two day event, happening from 11 a.m to 6 p.m Sep 18 and 19 in the CAT Quad, will consist of local talent, games, food and drink specials. For under \$5 you can get a lime lager brewed by The Growlery exclusively for students attending the event.

It has been a while since NAIT students have celebrated together, and Jorgia Moore, NAITSA's current VP Internal and past Events Coordinator is excited about this years Nest Fest.

"Hopefully lots of students come out, get the chance to mingle safely, and get to know each other [at this] super big welcome back event. There will probably be an appearance from the Ook at some point, and NAITSA will ensure that we'll be following lots of safety protocols to keep students safe," said Moore.

Nest Fest is happening rain or shine and will be taking safety precautions so that students feel at ease while enjoying a group connection.

"I love seeing all the new students get a chance to experience their first Ooks Life event, and that sense of identity and fun, that's always my favorite part. You just have a bunch of very excited students who are meeting new people and experiencing new things and getting that NAIT experience. I always say that being a NAIT student extends far beyond the classroom," said Moore.

Students can bring a guest and download an event pass for express entry to the event. For more information on Nest Fest and other upcoming events, students can visit the Ooks Life website.

Students will also have the chance to win free food and drink vouchers for Nest Fest during NAIT's long-running pancake breakfast on Sep 7 and 8.



Jim Lahey and Randy entertain the crowd at the 2017 Nest Fest.



The Ook enjoys an energy drink with Monster reps at the 2017 Nest Fest.

Photos via Facebook

Grabbing Grub Off-Campus: Neighbourhood Spots to Try

By Alleah Boisvert

It's no secret that Edmonton is a powerhouse when it comes to local cuisine. This city has so many diverse and authentic restaurants, and many of them are close (even within walking distance, depending on where you are on campus) to NAIT. If you're not sure where to start, here are some spots that are worth checking out.

Plaza Bowling: 10418 118 Ave NW
(7 min walk)

This 5-pin bowling alley with 16 lanes offers local craft beer and snacks by Drift Food Truck. It's been in operation since 1959 and in the same family for three generations. Plaza is one of Jorgia Moore's, NAITSA's VP Internal, recommended places to check out around campus. Be sure to book in advance as they fill up fast!

Pho Hoan Pasteur: 11443 Kingsway NW
(18 min walk)

There is a rumour that Pho Hoan Pasteur may be one of the best places to grab pho in Edmonton. Although it is a bit of a trek from campus, this busy noodle house is worth checking out just for their satay and Vietnamese iced coffee.

The Duck Taphouse & Grill: 10416 118 Ave NW
(7 min walk)

The Duck is a bit of an icon around campus. Not only is it super close, but their primary demographic is NAIT students, so they are always excited to serve their tasty pub food and cold beers to students looking to chill off-campus. The Duck often has fun events such as karaoke and student program parties.

Chicken For You: 10406 118 Ave NW
(8 min walk)

This Korean fried chicken joint has a 4.7 rating on Google and is known for its large portions and authentic food. It's a mom-and-pop shop and a hidden gem in the area, so students should definitely check this one out!

Jin's Chinese Cuisine: 11828 103 St NW
(9 min walk)

Craving Chinese? Jin's holds a 4.6 rating on Google, has excellent value and is open until 1:30 a.m. to appease those late-night study munchies. Just be sure to have a buddy around if walking late at night.

Charcutaria Micaelense: 9574 118 Ave NW
(12 min walk)

This authentic Portuguese café offers delicious meals and tasty espresso to keep you going throughout your studies. They open at 7 a.m., so this little spot is great for early birds trying to get their coffee fix before morning classes.

Samosa House: 9405 118 Ave NW
(15 min walk)

This Somali spot is totally underrated. Don't be off-put by the failed popular taco joint atmosphere when walking in – their food is amazing. I can personally recommend the samosas (duh) and the camel meat.

Boston Pizza: 11440 106 St (Kingsway Mall)
(7 min walk)

Ah, Boston Pizza. A place of familiarity and comfort for Edmontonians. They are located right across the street from the main campus and have great daily specials and happy hour. Is there even more to be said?

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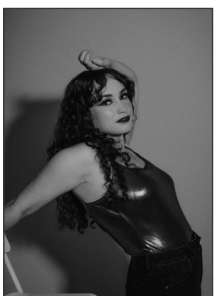


Photo via Unsplash

FOR YOUR LISTENING PLEASURE ...

The Shuffle

Fall Fresh Start



By ALLEAH BOISVERT

September means something different for everyone. It could be an opportunity to start new, almost like a New Years Day for students. It could also be a solemn time when students think about the end of summer, but the sight and smell of changing leaves and fun campus welcome-back events make up for it. Happy September!

September by Earth, Wind & Fire

September marks the start of a warm, promising fresh start for some and is their favorite time of year. This song mentions dancing in September, where “golden dreams were shiny days.” September 21 is the last day of summer

and signifies the transition into fall.

This is the Day by The Thes

This optimistic song would play in an 80s indie film as the sun rises after the main character achieves something extraordinary. English post-punk band The Thes created the perfect tune for walking to school in the morning on the very first day. It's too easy to hum along to happily.

We're Going To Be Friends by The White Stripes

Arguably a perfect song for this edition of The Shuffle, *We're Going To Be Friends* has become iconic since it was released in 2002 and brought the innocent feel of early school days with a simple tune and sweet lyrics. Third Man Records even released a children's book based on the song in 2017.

The Dog Days Are Over by Florence and the Machine

Dog days refer to blisteringly hot summer days, specifically after the annual period where Sirius, the dog star, rises. The record-breaking heatwave in Edmonton this summer indeed was the mark of the dog days.

Think About Things by Daoi Freyr

This smoothly harmonized electronic bop has the same vibe as having a secret school crush: getting stuck

with them for a semester and finding out what they think about life through having 8 a.m. classes together twice a week. From reading the lyrics, it's easy to imagine a dreamy scenario where assigned seats allow for a bit of bonding on a romantic level.

Daydreaming by Paramore

The return of school in September often makes for some pretty solid daydreaming while walking across campus and looking at all the fall colours. Ironically, Paramore left middle school to go on a tour in 2003. That feat must have taken a lot of daydreaming while sitting through middle school math lectures, and it paid off with songs like this one.

Move on Up by Curtis Mayfield

This song from Mayfield's debut solo album “Curtis” has been sampled numerous times in modern music. Although “Move On Up” was written in the 70's, it's impeccable style and R&B sound is timeless and holds up as a powerful and inspiring ballad today.

New Perspective by Panic! At the Disco

Not only is this song undeniably catchy, its music video perfectly fits the theme of back to school. Lead vocalist Brendon Urie and drummer Spencer Smith walk through the halls of a high school, and all sorts of chaos unfold. Panic! also wrote this sensual song for the cult-classic high school film *Jennifer's Body* in 2009.

EXECUTIVE EDITORIAL

5 Ways to Get Involved on Campus



Photo via NAITSA

By Jorgia Moore
VP Internal

Welcome to campus, NAIT students! Whether this is your first year here or you're a returning student, it has been a crazy 18 months, and we cannot wait to get back to campus life. You might be thinking, "where do I start"? As VP Internal, it is my job to ensure you have the right resources and opportunities to foster your campus life.

Here are five ways to start getting involved on campus:

1. Create an account on Ookslife.ca and download your event pass.

Ookslife.ca is your hub for everything on campus. Simply sign up with your student email, and you have access to an abundance of campus life. My favourite feature

is the "Events" tab, with a list of all the events made available to you.

Examples range from our Nest campus bar events, niche club-led events, general networking, and so much more! Ookslife.ca is a great starting place for you to find out what interests you, keep up to date on what is going on, and ensure you can secure your spot for what you want to do. Don't forget to download your Events Pass onto your phone so you can easily be checked into events and track them on your involvement record!

2. Enroll in the New Student Experience (NSE)

The New Student Experience is somewhat of an involvement scavenger hunt where if you finish it you can win great prizes. There are over 2,000 events and involvement opportunities at NAIT each year. The NSE uses Ookslife.ca to help first-year students create their own fun and unique campus life experience. This path will encourage you and guide you to check out events and spots on campus that can benefit you throughout your time here at NAIT, and the sooner you complete the required tasks, the more prizes you have a chance to win. Everyone who finishes gets an exclusive swag item!

This is a great way to get acquainted

with NAIT by sampling what we have to offer. Plus, you might be able to meet some new people! Find the New Student Experience at Ookslife.ca to sign up.

3. Join or start a club

Lots of students say that being part of a club was their favourite part about being at NAIT! We have tons of clubs that you can join depending on what you are interested in. See a list of all clubs by searching the Organizations tab on Ookslife.ca (have you caught onto the recurring trend here?).

Don't see a club that interests you? Start your own! NAITSA only requires three people to start a club – a President, VP Finance, and VP Operations. There are many funding opportunities and support for you and your club endeavours, and more information on starting a club can be found online at naitsa.ca/get-involved/clubs/.

4. Sign up for your NAITSA newsletters and follow us on social media.

This is the best way to stay updated with information, opportunities, events, and announcements. You can subscribe to the Oaks Life newsletter and NAITSA newsletter online at naitsa.ca.

We also are constantly posting and updating our social media, so following

@ookslife and @naitstudents on Instagram and Facebook is definitely a good idea! There are more opportunities to get involved posted via social media all the time.

5. Attend a NAITSA Event!

Even though this is part of your NSE, I highly recommend attending a NAITSA event in your first month of being on campus. NAITSA has put special thought into crafting specific welcome back events for all students. Some of these events are:

- Pancake Breakfast (aka FREE PANCAKES) - Sep 7 and 8
- Dirty Bingo at The Nest - Sep 9
- Nest Fest - Sep 16 and 17
- Virtual School Mixers (a chance to mix and mingle with your specific programs): Trades, JRSSB, SAST, Health Sciences - Sep 9 to 15

A complete list of our welcome back events can be found at [Ookslife.ca](https://ookslife.ca).

I hope that you all can make the most of your campus experience and your time here at NAIT! I am always here to help you out, and it is my job to foster your campus life. If you have any questions or concerns, please email me at savpinternal@nait.ca. Have a fantastic back-to-school celebration, whatever that looks like for you!

Jorgia Moore, VP Internal



NEST FEST

CAT QUAD

THURSDAY

SEPTEMBER 16

FRIDAY

SEPTEMBER 17

\$3 BEER

CHEAP FOOD

LIVE ENTERTAINMENT

FREE EVENT

18+ EVENT FOR NAIT STUDENTS, STAFF AND GUESTS

SPONSORED EDITORIAL

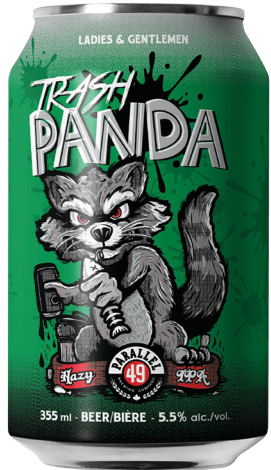
Parallel in the Park

By Myles Myron Myroon

Northern Alberta Manager

Parallel 49 Brewing

Since May, 2021 responsible alcohol consumption became permitted at 47 picnic sites across 7 parks in the River Valley as a pilot project that will run until October 11, 2021. Not sure which drinks to bring? Here's a selection of local brews to pair with your favourite city park.



Whitemud Park

Walking through the trails will make you feel like you are outside of the city especially with all of the nature you might see. There are lots of squirrels, beavers, coyotes, birds, and you might even see some deer if you're drinking at dusk or dawn.

Although you won't find any racoons in the ravine, don't let that stop you from bringing a Trash Panda Hazy IPA on your hike. The big, juicy, fruity aromatics of this beer will help cut any foul musk you smell in the air, while amplifying any damp musk in the air.

William Hawrelak Park

Our city's giant park off Groat Road is the host site of the Triathlon, Heritage Days, Freewill Shakespeare Festival and many more events.

They are all enjoyed even more when the tropical fruit flavours of this tart wheat beer bring out your inner bodhi.

For those who don't know, a Bodhisattva is an individual who postpones Nirvana in order to help others achieve enlightenment.

The beer starts with a lacto base, plus wheat and pilsner malts, which then get aggressively dry hopped to create our unique sour white ale that always tastes crisp and clean around the Heritage Amphitheater.



Victoria Park

Victoria Park is named in honour of Queen Victoria. Whenever I read about the Queen Victoria, I got the impression that she was a very Filthy Dirty little IPA. She was clean, crisp, and a strong woman with a nice malty backbone. There are piney & floral flavours that match the natural surroundings with a clean Orange and Grapefruit finish. Filthy Dirty comes in a deceptively strong 7.2% ABV which quickly gets you into the zone for throwing some ringers at the horseshoe pits!



Goldbar Park

One of Edmonton's best parks, meet one of Canada's best beers.

It's easy to see the wastewater treatment plant



and think twice about visiting Goldbar Park, and if you do, you'll be missing out. Full of majestic trails and photogenic scenery, it's the place for hikes and picnics. Goldbar is so pristine in fact, it deserves a Gold Medal beer. I introduce to you the 2 time Winner of Canada's Best Lager: Parallel 49's Craft Lager.

This light, clean and crisp lager is refreshing from dawn until dusk. At the moment drinking in the park is only allowed in the summertime, but once it's allowed in the winter, the cool weather will amplify the crispness of this beer!

Cross the footbridge above the river and you're in Rundle Park, AKA, Jerkface Territory.



Rundle Park

Disc golf, a great beer in hand and an even better trash talking game.

Rundle Park is screaming at you to grab a 6 pack of Jerkface 9000 and enjoy Edmonton's best disc golf courses! If you can't hang on the disc golf course, there are also paddle boats, baseball diamonds, horseshoe pits, beach volleyball & tennis courts. All games that are more fun when you're breaking balls.

Jerkface is an easy drinking American wheat ale dry hopped with Mosaic Hops. Juicy, citrusy, tropical, and floral notes give this beer a very flavourful hop punch with a light refreshing body.

Laurie Park

Laurie Park was upgraded a couple of years ago and is worth revisiting if you haven't been. You are missing out on a hidden gem, like the Peach Bod Sparkling Peach Ale.

Both the beer and the park are clean and refreshing with fruity, juicy trails to walk, run, bike and sip on.

The Park has many look out points, picnic tables and fire pits that are best enjoyed with this sparkling peach ale. There is a light peach aroma, taste and tartness and high carbonation. This delight will have you feeling refreshed... and thirsty for more!

This Sparkling Peach Ale is only around until the end of summer, so get it before it's gone!



Government House Park

The perfect park for a BBQ by the river! But be warned, the best tables are taken quickly so it's best to arrive early! And if you're going to be there nice and early, it's smart to start the day with a low 3.5% ABV Tricycle Radler.

Many call it the drink of champions! Wide trails make it easy to ride a tricycle, bicycle or unicycle, and there are plenty of BBQ Fire pits when you need to refuel! Craft Lager blended with Ruby Red Grapefruit Juice creates this super thirst-quenching beer.

It's a refreshing summer hybrid and acts like rocket fuel for your leisure time!



STUDENT COUNSELLING

The ABCs of Fall 2021



Supplied photo

Tanya Spencer, Lead Student Counselling and Chaplaincy

Hello everyone and welcome back. We've been busy getting the place ready for you – so glad you could join us. I'm excited to relay a few tidbits that might come in handy and brag about our burgeoning readiness for on-campus service.

A – Apprehension

Reactions to the fall semester are, to say the least, mixed. Mixed because it seems there is a wide range of opinions about every little thing and mixed because many are truly torn about the whole thing. It feels like a very judge-y time. Maybe you are totally 'over' this whole (new) c-word thing (I've decided I like the old c-word better) and are losing patience with folks who aren't quite there yet.

Organizations and the province have spent the better part of a year scaring the pants off all of us, hoping it will coax us to do the 'right thing'. While many of us have and most of us can shed that engineered apprehension, there are some of us who haven't yet or, even pre-covid, had a natural tendency to over-think, ruminate, and imagine the perfect scenario. Do you recall my bold prediction from a previous article – the return to public life is, in my view, likely going to be more wrought than the shutdown.

Many of your schoolmates tell me they want to know the 'proper' reaction to all of this so they can compare their own experience – this is baked into the experience of anxiety (it likes to create ways to stick around.).

I see a lot of contention over whether 'those people' are rushing things, not rushing things enough, being irresponsible, needlessly fussy, etc. What happened to the chance to notice our own reactions and act accordingly?

A – Approval vs. Acceptance

Strategy of the day #1: one can accept something without approving of it, noting this might take a little practice. Perhaps the mix of in-person and virtual in your program is not to your liking. This is particularly found in our first A. Some feel forced to return to campus when their brains are screaming 'Don't do it! How can this be fair!' But the consequences of not returning could outweigh the prospect of falling short academically.

B – Belonging

A major factor in maintaining our health is feeling like we have a 'home.' For some of us, that's our families – either biological or 'logical.'

For some, the post-secondary experience revolves around adopting a new community and getting excited about feeling a part of it. Those of us getting campus ready for you are very excited to see people back as we discover together what social conventions develop and what safety measures apply when. We consider you a member of our club already. You are the reason we exist and we are happy to make your campus experience a fulfilling one – irrespective of whether you are here in person or zapping in on photons.

C – Conviction

My hunch is, by attending NAIT, you have a goal in mind. For some, it's to gain a credential. Some are biding their time until true inspiration strikes. For some, it's to feed themselves or their kids. For others, it's to get out of that craphole of a job or apartment or personal circumstance. Goals, goals, goals.

Goals are fine, until life interferes and, suddenly, that goal is out of reach. Or, some would argue, a worse circumstance: you achieve the goal with a lot of effort and personal cost and... it ends up ringing hollow. Can I talk you into something that might offer greater rewards in the end and greater stamina in the meantime? Values-based living. (OK, I know it might sound corny – bear with me.)

Bettering your education, even by a class at a time, and the resulting boost in income is hands-down the best way to invest in your wellness. So, hear me now and believe me later, the trials and frustrations of school are all a reflection of care. Caring for yourself, your family, your kids – whoever does or will depend on you.

Valuing this ability outpaces the 'goal,' both in terms of long-term reward and the stamina you'll need for the day-to-day. Living by our values also offers the chance to 'stand for something' when circumstances, our health, or other people fail to cooperate. School is hard work, even for the 'naturally talented.'

S – Strategies

Just yesterday, I chatted with one of your schoolmates (who gave permission to relay this example). In brief, he was proud to report that he reviewed what is suggested below,

digested it for a while, before going all Jordan Peterson on himself and kicking into a whole new gear.

Admittedly, after a long simmer, this transformation happened remarkably quickly. However, he is so thrilled to be living the life he wants on his own terms instead of wasting endless hours feeling trapped in his room, ruminating, horrified that others might think him inadequate or morally bankrupt. The exhilaration in his voice was priceless.

If you are looking for something that might help you decide how to tackle this next semester, here are a few potential YouTube-infused experiments under "The Happiness Trap" banner:

- Values vs. Goals
- The Struggle Switch
- Internal Struggles (The Chessboard)
- Facing Covid – even if covid isn't 'the thing,' a newsy overview of the total approach
- Three Happiness Myths
- And don't forget stuff to do: Dropping Anchor or Leaves on a Stream

Good luck, my friends. Don't forget you can always ask questions about this or any other thing at counselling@nait.ca (mention this article) and most Wednesdays at noon during Ask a Psychologist (find the link on Ookslife.ca).

Lastly, may I please mention that Student Counselling remains open for virtual service and we are adding limited in-person service starting Wed Sep 8 at all campuses. Find details at my.nait.ca/counselling.



Photo via Unsplash



Photo via Unsplash

NAIT's Learning Services Offers Virtual Appointments

By Alleah Boisvert

With the start of a new school semester, students at NAIT are getting back into the swing of regular classes. As assignments and tests pile up, sometimes students realize that learning how to learn is a real obstacle when studying.

Mandie Zhang, a learning strategist that helps students through NAIT's Learning Services, says that staying organized, taking notes, and having an accountability partner are all great tips, but taking care of yourself is often overlooked.

"Know your limits. As a student, don't study yourself to death. Post-secondary is supposed to be an experience. You're supposed to learn other things from it, and I think if it's all study and no fun, students tend to resent it, and they don't see the value in it anymore, so there has to be balance," said Zhang.

Some students have the opposite problem and find it challenging to stay on task while studying, especially in

online classes. Creating a comfortable space with natural light that keeps students on task can be a game-changer.

"To be focused in a study space, you want to make sure it has everything. So even if that means having your beverages, snacks, or whatever you need so that you're not constantly getting up to grab something or getting up to grab a textbook. [...] The minute you get up, you're just going to be distracted by something, and it's going to be so much harder," said Zhang.

As for how long to study, it varies from student to student and depends on how long they can go without getting distracted.

"On average, it's probably somewhere between the half an hour to the 45-minute range before students will start to lose attention. If you can figure out what that is for you, then you can time your study sessions accordingly so you can study for that amount of time until you drift. You know, take that 15-minute break or 10-minute break, whatever

you need, then come back," said Zhang.

Students should also be willing to try out new habits and skills to find out what works best for them while still practicing self-care. It's important to remember that everyone has different strengths to incorporate into their study habits.

"Be kind to yourself and give yourself that space to learn some of these study skills and strategies. I know I made a lot of trial and error in my first year of post-secondary and it took me probably a whole year to finally figure it out," said Zhang.

Studying can be daunting, especially when it seems to come so easy for others. Struggling with school is something that most students will go through at some point. For assistance with learning and studying, visit NAIT's Learning Services web page, call their office at 780-378-6135, or book a virtual appointment with one of NAIT's learning strategists.

Coming Face To Face With An Angry Cow Elk in Jasper

By Shawna Bannerman

On the final weekend of May, my dog Luna and I went camping, just the two of us.

We spent 2 nights at the south end of Abraham Lake, where it meets the Saskatchewan River. For our third and last night I decided we'd head northwest to Jasper National Park. The trip had gone without a hitch, and I'd spent most of my time journaling, reading and exploring the woods with Luna.

On our final morning, I decided we'd take one last hike up Pyramid Mountain north of Jasper. It was 11am on a Tuesday morning and the parking lot was empty. I packed some water for us both, some snacks, my disposable camera, and a whistle. I leashed up Luna and headed up the trail. We were climbing up immediately and I was out of breath within minutes.

Only about half a kilometre up the trail, I heard rustling in the bushes. I looked to my left, and saw an Elk through the trees with its head down, munching on the grass, less than 10 feet away from me. It didn't seem to notice me, and although startled, I kept walking along the trail, figuring it wouldn't be bothered if I kept to myself.

Then I heard galloping behind me. I screamed, a hoarse noise coming directly from my throat, and turned to see that I was face to face with an aggressive and protective mother Elk. I didn't realize it at the time, but she must have had a calf nearby. She ran me off the trail and I tucked myself and Luna into the brush, behind a tree on the trail's edge.

She was tall; her snout was eye level to me, and only a couple feet away.

She snarled, on the opposite side of a sparse Douglas fir tree. I held Luna's leash tight, keeping her behind me. She was barking and whining, though she seemed more curious of the large animal than afraid.

I was hoping the Elk would back off, but she stayed put, watching us. I kept alternating between blowing my whistle and screaming, but neither seemed to be fazing her.

Instead, she stood on her hind legs, and clapped together her two front legs, a motion I learned later was called rearing up. Her hooves were only a couple feet from my face, and I backed up to avoid them.

She repeated this motion again, this time aiming for Luna. Still, I kept Luna's leash tight, and held her behind me.

Her front hooves hit the ground, and again she snarled, keeping her eyes on me. The Elk and I stood, staring directly at each other, separated only by the scattered branches at the base of the fir tree.

I recall putting my hand to my chest and taking a deep breath. In the moment of pure adrenaline and fear, my mind was shockingly clear. I thought through each possible escape scenario.

Climb a tree? Not an option, I'd have to leave Luna.

Run back down the trail? No, surely, she'd charge after me.

Crumple into a ball on the ground and stay small? I wasn't about to leave myself so vulnerable.

I couldn't see any other way out.

I remember saying aloud, but more calm than I would have expected, "I don't know what the fuck to do."

I took my eyes off the Elk and looked left, down the trail where we'd come from. I was hoping another hiker would miraculously appear, having heard my screams, and come to our rescue.

I looked right, about 30 feet up the trail, where a couple of



Photo via Fitzhugh

When full grown, the average cow elk weighs about 450 lbs.

red Muskoka chairs sat signalling the first viewpoint. Had our hike been peaceful, we likely would have stopped at the chairs to admire and hydrate. Of course, we hadn't made it there.

I shouted as loudly as I could, "Is there anyone else around?"

But I knew the parking lot had been empty when I arrived, and I was alone on the trail. My stomach sank and I knew I was on my own.

I felt trapped. I felt more alone than I'd ever felt, and for the first time in my life, I genuinely feared for my safety.

I didn't think I was going to die, but I couldn't see how Luna and I were going to make it out unscathed.

Again, she reared up. I held my right hand high, hoping I looked somewhat threatening to her, still holding Luna's leash with my left. I screamed again. I remember thinking my scream was almost as powerful as the whistle, and I'd never made a noise quite like that before.

This time, the Elk took a run at Luna. My dog, only about 40 pounds, saw what was coming and tried to run the opposite direction. But, tied to the leash, she could only get about a few feet before the leash was taught. The tension caused the leash to slip from my hand, but Luna couldn't run any further, blocked by brush and fallen logs.

I watched in horror as the Elk trampled over my dog, a mere 6 feet from me.

I shouted after Luna, feeling so much guilt I hadn't protected her. I braced myself for the damage.

The Elk circled back again, galloping past me and back onto the trail. I looked back at Luna and saw a ball of black and white limbs and paws tucked in the brush. She'd been protected by the fallen tree. I don't know how, but I knew Luna was okay. She was quiet, but stood up again once the Elk had returned to the trail.

Again, the Elk reared. By this point I was angry. I yelled "Fuck off!" at the top of my lungs.

I was relieved to see her back off finally and gallop just into the brush on the other side of the trail. I could see she was still watching us, but her body, turned the opposite way, was less threatening.

I turned and started running through the bush down the

hill, away from the Elk. I was calling Luna, coaxing her, but every 10 feet or so, she would stop and sit down, lick her leg and whine. I could see her harness was twisted around her leg, making it difficult for her to run, but I was not about to stop until I knew we were safe.

I was jumping over logs, and crouching under trees, stumbling down the hill as fast as I could. It wasn't far to the road and when I jumped out onto the paved lane, I looked behind me to make sure Luna was following. She stumbled out of the woods and again sat and whimpered. I picked her up and ran the last 40 feet to the car, looking behind me every few seconds.

I took a breath in the safety of the parking lot, pulled out my keys to unlock my car and plopped Luna in the passenger seat. I took off her harness and she licked her leg, but made no indication of any injuries. I checked her over quickly and found just a few scratches and small splotches of blood.

Looking down, I was surprised to see blood dripping down from a few scratches on my legs. I'd felt none of the impact from the brush running down the hill. The most impressive was a long scratch from my right hip down to my knee. Otherwise, we were both more or less unharmed.

Relieved, I got in the driver's seat and sat in disbelief.

We'd just been attacked by a wild animal.



The NAIT Nugget Editorial Team

2021



Stephanie Swensrude ISSUES EDITOR

Stephanie is pursuing a career in journalism. When she isn't chasing the latest news you can find her knitting, roller-skating, or feeding her two cats Juno and Pepper.



Alleah Boisvert ENTERTAINMENT EDITOR

Alleah is a marketing student who is stoked to take on the role of Entertainment Editor after writing for The Nugget last year. She loves Edmonton's local music scene and learning about niche rock genres. In her spare time, she likes to binge anime with her black cat, Levi.



Jared Gomes ASSISTANT ENTERTAINMENT EDITOR

Jared is in the Radio and Television program. Hailing from rural Alberta he is learning about big city living, cooking, high tech wizardry, and hopes to find success as a voice actor. In his free time Jared can be found composing his own music, or playing the greatest hit game.



Kaytlyn Poberznick SPORTS EDITOR

Kaytlyn is in her second year of the Radio and Television program at NAIT. As a member of the women's basketball team, she is excited to suit up as an Ook this coming season. Kaytlyn aspires to work in sports broadcasting someday, but most importantly, when she's not on the court, you can find her curled up under six blankets with her chihuahua, Charlie.



Tora Matys SOCIAL MEDIA MANAGER

Tora is a Radio graduate and currently a 2nd-year Business student concentrating on marketing. Tora has been working with The Nugget since beginning in the Radio program. After being the Head Entertainment Editor for 3 semesters she has decided to move into a new position of Social Media and Marketing Coordinator.



Almalexia VIDEO EDITOR

Almalexia is a non-binary human who uses they/them pronouns. Alma is pursuing an education in film theory and television production. They are focused on creating content that represents the QTBIPOC community, and local businesses in Edmonton.



Destiny Meilleur INTERN

Destiny is a fourth semester Radio and Television student and entrepreneur. She loves weather broadcasting and learning about different predicting techniques as well as the performing arts. She's very excited to be working with the Nugget this semester.



Nicole Murphy MEDIA OPERATIONS MANAGER

Nicole Murphy is passionate about the power of story and the role it plays in all of our lives. With almost a decade of experience in media, Nicole has created a non-fiction web series, worked on dramatic movie sets, experienced working at a news station and is currently leading the NAIT Nugget team.



Shawna Bannerman PRODUCTION MANAGER

Shawna graduated from the Graphic Communications program in 2018 and returned to NAIT to head the media and design of The Nugget. When not leading the students, you'll find her building her own business Everpressed Jewellery.

QUIZ: WHAT PROGRAM AT

By Almalexia

There are a heck of a lot of programs at NAIT. In fact, if you're reading this, you're probably taking one of them right now! But is that program TRULY, the program of your destiny? Find out!

DISCLAIMER: This quiz is in no way an indicator of what program you should be taking. It's just for fun!

1. Which Bug Do You Relate to on an Emotional Level?

A) An orchid mantis! These folks are apex predators in their domain, blending in with flowers to bait in 'lil buggies, until it is far too late. Then, SNATCH! Yum yum, 'lil buggies for lunch. (2 points)

B) The man-faced stink bug! Sure, you might smell from time to time, but these sweeties use odor as a defense mechanism, and are also incredibly durable. They have this weird extra shell to cover the exposed abdomen that other beetles have! (4 points)

C) A giant silkworm moth! But... you know... in it's caterpillar form. These friends are cute as a button, and look like they're covered in coral, or pine needles. But watch out, they also happen to be shockingly deadly. They've got a venom which essentially coagulates your blood. So don't touch! (3 points)

D) The cedar beetle! I mean, yeah, they may be a bit of a problem for cedar populations around the world, but they have great hair!! I mean honestly, if a greaser could be an insect, this would be it. (1 point)

2. Which is a Better Way to Wind Down After a Long Day?

A) I like to get home, make myself a soft cocktail and relax to a brand new record. Oh, did I mention that I got home from a fancy ball, where I danced with a handsome diplomat from some foreign country, and then assassinated them with my lipstick? Just another Wednesday, for me! (2 points)

B) It might sound weird, but I really enjoy my after-activity bus ride back home. There's something to romanticize about sitting at the far back of the bus, popping the headphones in, and staring out the window as the sun sets. (4 points)

C) I don't meal prep. It might be something that works for others, but for me, there's nothing I look forward to after a long day than getting home and trying that new recipe featured in this month's issue of the NAIT Nugget. It's meditative. (3 points)

D) For me, meditation is the key to relaxation. I sit up comfortably, or perhaps lay down on my bed, or the couch. Sometimes it helps to put on some relaxing music or nature sounds, but other times, I like to just absorb the energy around me and become one with relaxation. Bonus points for follow-up yoga. (1 point)

3. How Much Money is the Ideal Amount?

A) Saving money gives me a feeling of fulfillment. If I was making a livable wage, while also

being able to afford some deluxe splurges or vacations from time to time, that's perfect for me. (4 points)

B) I must have the finer things in life. The finest groceries, and someone to buy them for me. A house, paid off, all by myself. At least 32 cars. So uh... Lots. Lots is the answer. (2 points)

C) I don't want for much. I am happy living in a small place, signing a delightful yearly lease, and hanging out with my pet or spouse. Budgeting is honestly a good time for me, and I'm not picky, it's not like I want to go for a vacay very often. (5 points)

4. What Age Would You Describe Your Soul?

A) I am an adventurous soul! Can't stay in one place too long, I have to be moving around or I will be miserable. I've got a car, Google Maps, and a week off. Time to drive off into the sunset and become someone's manic-pixie-dream-person. (1 point)

B) I've an old soul. I like thick, wool knit sweaters, old songs and a black cup of coffee in the morning while I do the crossword in the local newspaper. I enjoy an early supper, a weekly bath, and a book before bed. If I could live in a cottage, I would. (5 points)

C) I'm a soft soul. I like to have a few cups of tea in a day, and a light, carb-based breakfast. I might have lunch, or might not, but you bet my dinner will be delicious and fulfilling. I like to wear flowy clothes, like skirts, cardigans or slacks, and my shoes don't have shoelaces. I will spend my entire summer out in the sun and my entire winter sitting wistfully by the window. (4 points)

D) I'm a reserved soul. I don't really enjoy talking about myself, and I am okay with that. I enjoy being alone, and my clothes are organized by day. I fold my underwear. On fridays, I have a single stiff drink, and maybe watch "the game". (2 point)

5. Which Flavor of Ice Cream is Better?

A) Vanilla. I like it plain, but not because I'm adverse to complicated flavors. Vanilla brings nostalgia. That creaminess, the rich taste of vanilla, in a waffle cone dude?? Get right outta town and gimme some. (2 points)

B) Chocolate. Yes, we all know it's an option, but weirdly it comes up on lists of "least preferred flavors of ice cream". Don't let that turn you off though. There's a reason that when kids eat chocolate ice cream it covers their entire faces. When you get a taste, it can be hard to stop until it's all gone. (3 points)

C) Something fruity! I'm the kind of person who believes fruit belongs in dessert, and it better be visible. Strawberry, tiger-tail, blackberry, it's all good to me, baby. (1 point)

D) I'm a soft serve kid! Something about the... well... soft texture is incredibly appealing to me. I feel like I could eat it endlessly and never get sick of it. Costco is my safe haven after a rough day. (4 points)

6. Why Are We Here?

A) I think we're here to experience, and cause,

as much joy as possible. Life is for living, for learning, for loving and being happy. That's all I strive for, and I like to think it brings me peace. (3 points)

B) Success. Life is about the constant battle to the top of the food chain, evolutionarily or in a career. By becoming successful, however that may look, I feel security, normality and calm. (2 points)

C) It's one of life's great mysteries isn't it? Why are we here? I mean, are we the product of some cosmic coincidence, or is there really a God watching everything? You know, with a plan for us and stuff. I don't know, man, but it keeps me up at night. (1 point)

D) I try not to think about it. I think I exist because I can feel the world around me, see the people I interact with, and hear the vibrant sounds of life. That's all I need. (5 points)

7. Where Do You Do Homework?

A) I stick around on campus. Something about the environment really sticks with me, and keeps me dedicated. Something in the water maybe? Or I feel the judging eyes of my colleagues. (2 points)

B) I like to be outside of my house, but not quite on campus. Places like the Muttart, or a quiet cafe, maybe even just in my car with some music running. It's the isolated space that I look for. (1 point)

C) I have to be inside the safety of my home. I have my own desk, my favorite pens and pencils, and when I inevitably waste time on my phone, there's no one around to judge me. Except my roommate Steve, but no one likes Steve so who cares what he thinks? (3 points)

8. Do You Listen to Anything While You do Schoolwork?

A) I do! I'm big into music while I study, and music while I'm being taught, and music during exams, and music during... (3 points)

B) Nah, for me, I need complete silence. Or at least, certainly not music. All I really need, if I have to have sound, is the simple ticking of a clock, or an open window. Everything else is too much. (5 points)

9. If You Could Have a Pet, Which Would it Be?

A) Gimme a dog! Gosh, I just love them so much, they are so kind and loving, and they smell bad, but also kind of good... I just love them. (1 point)

B) Gimme a cat! They poop inside, which is pretty cool. I don't have to take them for walks when I am exhausted or when it's -40 outside, which is a big plus. (3 points)

C) Gimme a bird! They scream at all hours of the day, they can FLY, and sometimes you can teach them to talk. They're a bit bitey, but so am I, so we'll become fast friends. (5 points)

D) Gimme a reptile! They're cold-blooded, and my heart is cold as ice! They also have dorky little faces, and might carry salmonella! It's a win-win! (2 points)

NAIT ARE YOU REALLY?



1-9 Points: Radio and Television

You've seen them around campus, or you've heard them through the loudspeakers. You might know these students by the way the TV kids are constantly in the way with their big ole cameras, or how the Radio cats are always slinking around the corridors with that tell-tale chill vibe.

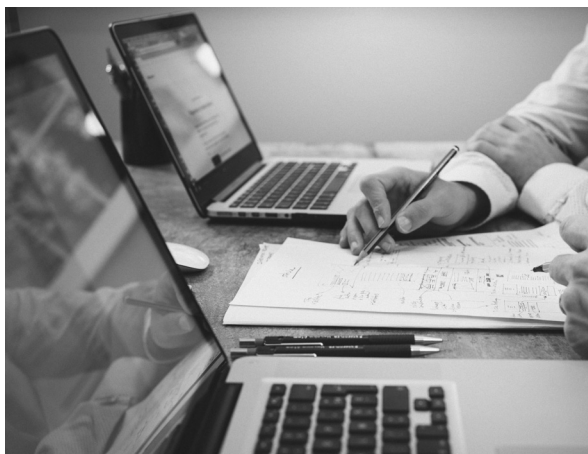
This could be you!

Have you ever found yourself interested in television news production? What it would be like to be in a real news studio, interview folks and broadcast LIVE, every week?

Have you ever wondered what it would be like to manage a radio station, learn how to use a switchboard, manage phone interviews and LIVE performance, multiple times a week?

Well golly gee I hope so, because your answers brought you here! You would do amazingly fantastic in RATV, and if you can't decide between radio or television, fret not! The first semester combines both streams into the same classes, so everyone gets a taste of the fun stuff!

Note from the author: TV kids are cooler than radio cats. That's just a known fact, it's scientific, I can't change that.



10-19 Points: Business Administration

Have you found yourself thinking "boy oh boy, I sure do love capitalism!"? Well, if you have, this may be

the program for you!

Now don't get me wrong. Being in Business Administration does not mean you're pro-capitalism. In fact, this program can teach you all about dismantling capitalism from within!

You also get great critical thinking and analytical skills! What's not to love?

The BA program comes with a number of different streams, though all students will gain the same core skills.

The available electives are Accounting, Entrepreneurship & Innovation, Finance, Human Resource Management, Management and Marketing!

In the BA program, there is something for everyone. You will make connections you may maintain for the entirety of your career!



20-29 Points: Baking and Pastry Arts

As the page on nait.ca says, you WANT to be a baker.

This sinister first line sets it up. You don't have a choice here, baking is what you will do. I know there was a disclaimer at the start, but if you read that first sentence, you're hooped. You're a baker, and that's that.

So here's what you'll be doing:

You'll learn all sorts of crazy things, like cake design, confectionary training, artisan-style baking and the long-lost art of frozen desserts.

That's right, I'm talkin' ice cream, baby.

You'll learn fundamentals, and you'll never forget them! Plus, you get to contribute to NAIT events, and work with the catering students to help coordinate feeding hundreds of people at a time!

You'll also smell like bread all the time, so watch out for birds.

30-39 Points: Animal Health Technology

C'mon sport, you like animals! Who doesn't like animals?

Animal health technologist is a fantastically diverse program that teaches the brilliant world of healthcare for animals.

That means, if a horse sneezes, you'll probably know what to do.

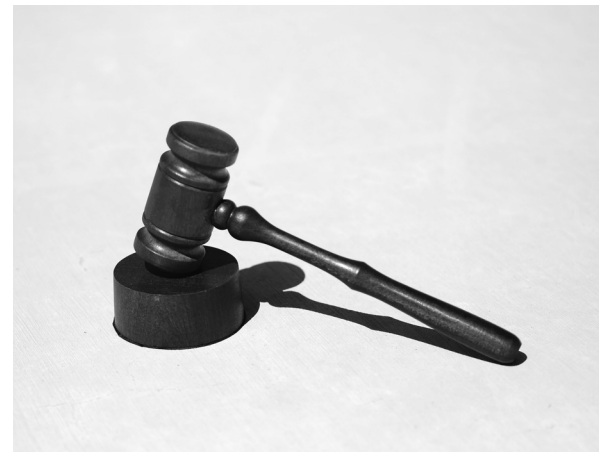
In animal sciences, you'll learn all sorts of things, like:



Nursing, diagnostic procedures, client interactions, assisting with diagnoses, and treatment and prevention of diseases!

Where will you be when Horse COVID strikes? On the front lines, that's where!

40-50 Points:



All photos via Unsplash

Captioning and Court Reporting

How good are you with your fingers? No reason, I just want to know.

Captioners and court reporters are ludicrously speedy with their fingers, being able to type down speech at 225 words per minute, and can get faster from there.

You know when you're watching live television, and the captions are coming up on screen as the subject is talking, almost like magic? Well, it's certainly a form of magic! That's captioners, baby. They do that every day, live!

You remember that scene, in that movie, where our protagonist is standing before a court, and there's an old woman sitting on a chair by the judge, typing madly? And at one point, the judge is like "read that back", and the lady does?

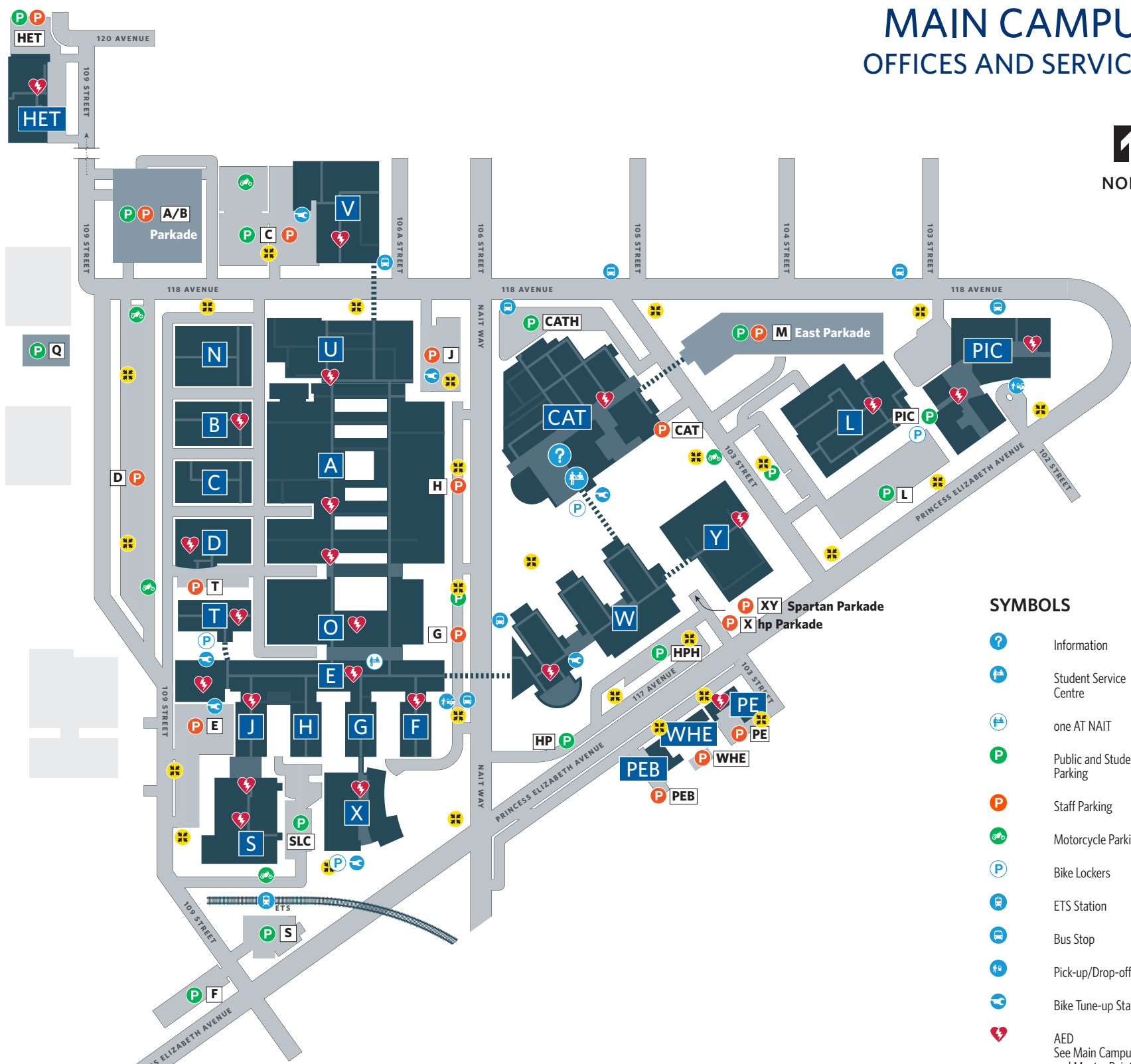
Man, I love that scene.

YOU could be that old lady! That's court reporting! You get to use an electronic shorthand machine, and the program at NAIT is the only one in western Canada approved by the National Court Reporters Association! How neat is that?













MAIN CAMPUS OFFICES AND SERVICES



NORTH



SYMBOLS

-  Information
 -  Student Service Centre
 -  one AT NAIT
 -  Public and Student Parking
 -  Staff Parking
 -  Motorcycle Parking
 -  Bike Lockers
 -  ETS Station
 -  Bus Stop
 -  Pick-up/Drop-off
 -  Bike Tune-up Station
 -  AED
- See Main Campus AED and Muster Point Map for detailed locations

LOCATIONS

EDMONTON

Main Campus
11762 - 106 Street nw

Patricia Campus
12204 - 149 Street nw

Souch Campus
7110 Gateway Boulevard nw

NAIT Distribution Centre
11311 - 120 Street nw

BUILDINGS

- | | | | |
|------------|---|------------|------------------------------------|
| A | Industrial Building | PE | Human Resources Building |
| B | B-Building | PEB | Princess Elizabeth Building |
| C | Gateway Mechanical Services Centre | PIC | Productivity and Innovation Centre |
| CAT | Feltham Centre | S | Activities Centre |
| D | Services Building | T | Administration Building |
| E | Technical Building | U | Learning Resources Centre |
| F | Medical Wing | V | Industrial Technical Building |
| HET | Heavy Equipment Technology Building | W | hp Centre |
| J | J-Wing | WHE | Western Hog Exchange |
| L | Continuing Education and Industry Training Centre | X | South Learning Centre |
| N | Sandvik Coromant Centre | Y | Spartan Centre |
| O | Central Building | | |

OFFICES AND SERVICES

- | | | | | | |
|----------------|--------------------------------------|-----------------|-------------------------------------|----------------|--|
| E-131 | Athletics | E-134 | NAIT International Administration | CAT-180 | Student Service Centre |
| | Department of Well-being | W-203 | NAITSA Computer Commons | | Admissions and Enrolment Support |
| O-117 | Campus Recreation Services | O-108 | NAITSA (NAIT Students' Association) | | Advising and Career Development Service Services |
| CAT-215 | CAT Computer Commons | E-121 | Nisohkamátotan Centre | | Funding and Financial Aid Services |
| W-111 | Computer Training Centre | T-409 | Office of the Registrar | | Pre-Admission Immigration Advising |
| L-217 | Corporate and International Training | O-112 | one AT NAIT | | Student Payments |
| S-105 | Health Services | CAT-180N | Parking Office | U-210 | Student Study Lounge |
| W-101 | International Centre | D-104 | Protective Services | O-117 | Student Well-being and Community |
| U-310 | Library Services | X-114 | Shop at NAIT | | |
| L-142 | NAIT Assessment Centre | CAT-180 | Student Awards | L-159 | The Welcome Centre |
| | | W-111PB | Student Counselling | U-210A | Tutorial Services |