

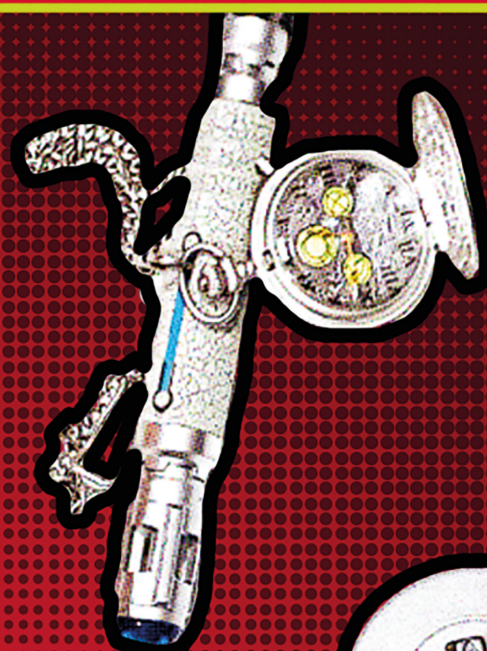
NAIT  
A Newspaper

# The Nugget

Volume 59, Issue 2  
September 30, 2021

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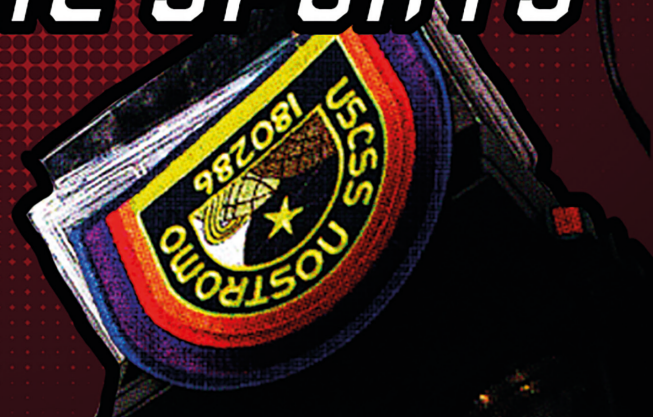
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IN THIS ISSUE...

**PAGE 27: ROLLERSKATERS  
KEEPING THE SCENE ALIVE**

**PAGE 11: NICHE SPORTS**





# ISSUE CONTENTS

## 6 THE ORIGINS OF THE OOK

NAITSA recognizes the traditional homeland for the First Nations and Metis peoples.

## 11 NICHE UNHEARD-OF SPORTS

Read about some of the world's most bizarre--but totally legitamite--sports.

## 23 COD: PLAY OR PROPAGANDA?

Entertainment editor Alleah Boisvert's debut editorial examines one of the most popular and controversial video games.

## 27 ROLLERSKATING REIMERGES

These locals are keeping derby alive in Edmonton.

## WHAT ELSE?

How to Keep Your Job When Robots Take Over – pg. 5  
All Home Ook Games Streaming Online – pg. 10  
This Student Works as a Jedi – pg. 29  
Win a JBL Portable Bluetooth Speaker – pg. 10



## 21 RIDE AROUND YEG ON A VESPA!

# Proof Of Vax Required For All On-Campus



Photo via Reuters

### By Stephanie Swensrude

NAIT is joining eight other post-secondary institutions in Alberta to require proof of vaccination for all students, staff, contractors and visitors on NAIT campuses.

The mandate will go into effect on November 8, but that means that the second dose of a Health Canada-approved vaccine must be administered by October 24.

A press release on Sep. 13 stated that rapid testing will not be accepted as an alternative to vaccination, except for those who cannot be vaccinated due to health reasons or other grounds outlined in the Alberta Human Rights Act.

"NAIT will evaluate and accommodate staff, students, contractors, tenants and visitors who are unable to be vaccinated against COVID-19 either through medical

or other exemption. Information on how to seek an accommodation will be provided as soon as possible," said Nicole Graham in an email from NAIT's media office when asked to clarify what grounds are legitimate.

"Some people may not want to be vaccinated because they do not believe in vaccines. However, not all beliefs are protected under the Act in Alberta. Only religious beliefs that are sincerely held and connected to a faith must be accommodated in the areas protected under the Act, such as employment, services, or tenancy," reads a passage from the Alberta Office of Human Rights website.

A student who wishes to remain anonymous said that he might have to drop out of classes because his dad won't

allow him to get the vaccine.

"In the Charter of Rights and Freedoms it explains that we are not required to get a vaccine so [my dad] is obviously against that," said the student.

"I'm guessing there will be some blowback from [the vaccine mandate] because obviously society wants you to get vaccinated and making the decision to not get vaccinated will obviously have its repercussions, which I understand," he said.

An article from CBC on the legality of vaccine mandates said that the Charter of Rights and Freedoms only pertains to the government's actions, not private institutions like NAIT.

Another student, also wanting to stay anonymous, thinks it is "infuriating" that eligible people aren't getting vaccinated.





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

# Mawji Centre's New Blue Book Program



## By Destiny Meilleur

NAIT's Mawji Centre's new Entrepreneurial Blue Book Program will take NAIT students through every step of starting a business.

The program is offered in two different formats: taking the program in a cohort of 30 students or by doing the program at the student's chosen pace. The only requirement of doing the program at the student's pace is that they must finish while they are studying at NAIT.

Cecile Wendlandt is the coordinator of the Mawji Centre at NAIT.

"The Blue Book Program is the program that takes students from, 'hey, I have an idea for a business' to actually getting them to start their companies," said Wendlandt.

The program is free and the 30

student cohort option means students will have support from their peers.

If students take the cohort option, they will have fellow students to bounce ideas and collaborate with over the school year.

"Over the next seven months, we estimate that three to five hours a week is what they need to be able to put aside to just focus on their startup," said Wendlandt.

There will be eight milestones to hit in the first semester and six milestones in the second. There are \$500 milestone payments for the students who take the cohort version of the program.

Some of the milestones include a personality profile to help you better understand where someone's strengths and weaknesses are, creating a one page

business plan, and writing and filming a three minute business pitch.

Students in the program will also take part in the Mawji Centre's pitch competition in November, Pitch it to Me. The top five video pitches from the competition will get to make their pitch live in front of different mentors and potential customers.

The program is also for students who have just started a business and might not know the steps to make it succeed.

"If they've got a business, but they haven't gone through any of [the] processes, then [I] see great value in them going through [this] process," said Wendlandt.

For more information on the Entrepreneurial Blue Book Program go to the Mawji Centre's website.



# NAIT Closed In Honour Of Truth And Reconciliation

By Noah Rishaug

In June of this year, the Canadian government approved the creation of a new statutory holiday, the National Day for Truth and Reconciliation, to be recognized each year on September 30.

The day was created in part in response to the discovery of unmarked mass graves on residential school grounds. Many Canadians are able to make the connection between the day and the events of the past few months, however there is a lot of confusion as to what the day should mean to us and how it should be observed.

Truth and Reconciliation day is recognized by some provinces as

a statutory holiday. However, the description of holiday may be misleading as Truth and Reconciliation day is not intended to be a day of celebration like Canada day or New Years, but rather of respectful commemoration and recognition.

Specifically, Indigenous leaders are asking Canadians to use their time off this week to familiarize themselves with the Truth and Reconciliation Commission's 94 calls to action they presented to the government in 2015. In fact, the establishment of a national holiday of commemoration is a direct response to Call to Action 80.

NAIT has made the decision to recognize the holiday, despite the province of Alberta not declaring Truth and Reconciliation day a mandatory paid holiday.

The school campus is closed and classes are cancelled for Truth and Reconciliation day, in order to give students time to learn about the Indigenous culture and the 94 calls to action. Similar decisions have been made across some other post-secondaries in the city. NAIT's student association (NAITSA) will also stop operations during the day.

"The reason we've decided to [close] is because we believe that the day holds

major significance for Canada, but also more locally for NAIT," states NAITSA President Jerilyn Kotelniski.

"Our choice was to close the office to take the time to honour and commemorate the day."

NAITSA has been working closely with NAIT's Nisôhkamâtôtân Indigenous centre for council on how they, the school, and students should observe Truth and Reconciliation day. They recommend people take a portion of the day to educate themselves on Indigenous history.

The Truth and Reconciliation Commission's 94 calls to action can be found on the official Canada website.

## NATIONAL DAY FOR TRUTH AND RECONCILIATION

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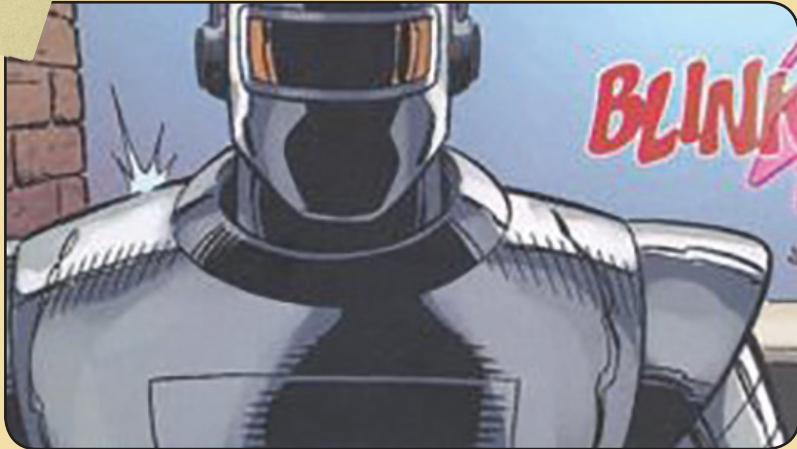
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# How To Keep Your Job When Robots Take Over

Comic book superheroes...



M-11, The Human Robot from *Agents of Atlas*



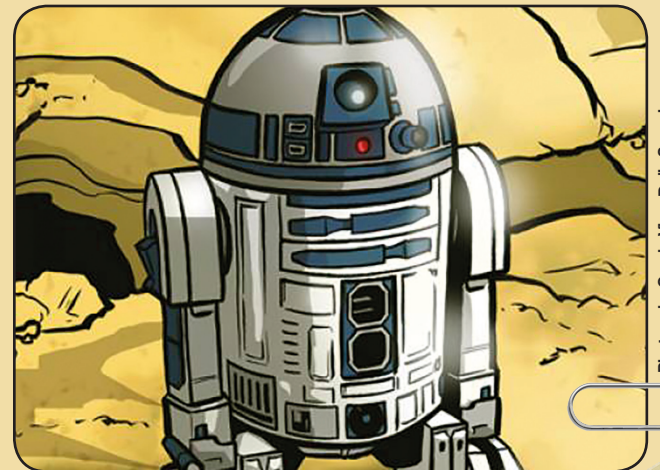
Optimus Prime from *Transformers*



Red Tornado from *JLA*



Hourman III from *JLA*



R2D2 from *Star Wars*

Photos via Comic Vine, Daily Superheros

## By Stephanie Swensrude

Automation and artificial intelligence is already changing the workplace. There's self-checkout in grocery stores, self-driving cars, and robots in Amazon warehouses. It can feel uncertain entering the job market in the 2020s when you're not sure if your job will still exist in ten years.

In the same vein, the half-life of skills is dropping dramatically. For students who went to NAIT in the 80s, their skills would be relevant for about 12 years. For current students, their skillset might be outdated in as little as two years.

For example, a marketing grad in 2017 wouldn't have heard of TikTok, but it is now one of the most popular and influential apps. A TV student in 2018 would have never been allowed to shoot videos on their iPhone, but now it's a regular practice in news stations to film on a smartphone.

David McDine, Director of Strategic Initiatives at NAIT, leads a variety of special projects at NAIT. They are working to make sure students have what it takes to fill in the gaps that AI can't fill.

### Career essential skills that can't be done by a computer

"If you think about what a computer does really well, it adheres to a set of rules to complete a specific

task," they said.

But there are tasks that require complex human skills that robots aren't able to do: imagination, empathy, negotiation, and strategy. These are things that make us distinctly human, like the ability to make someone feel welcome or to express a complex idea in a simple way.

These skills, McDine said, are what students need to learn in order to stay relevant in the job market.

They also mentioned the increasing focus on equity, diversity and inclusion and how cultural intelligence will be paramount to success in the years to come.

Cultural intelligence is related to emotional intelligence. Where a highly emotionally intelligent person is able to pick up on the emotions, wants, and needs of others, cultural intelligence is about tuning into the beliefs and values of those from another cultural background.

"Those sort of things that make us uniquely human will help in a career where more and more things will be pushed over to our computer companions," said McDine.

### Lifelong learning

McDine also emphasized the importance of committing to lifelong learning. One way to do this is through microcredentials, which are a complement to traditional education. Students can earn microcredentials before, during or after a diploma or degree program. It

may become common to return to school a few times throughout your career to upgrade your knowledge in ever-changing industries.

For example, five years after graduating from the Computer Engineering Technology program, a student may return to NAIT to learn a new programming language that didn't even exist when they graduated.

There are also many online options for smaller microcredential courses such as LinkedIn Learning, which is free to NAIT students. Coursera, which saw a spike in popularity during the pandemic, is another program leading the charge with microcredentials.

### Meaning revolution

Overall, McDine is optimistic about the future.

When humans no longer have to do the mindless things that can be done by computers, jobs will have more of these very human skills being used: complex problem solving, dreaming and imagining.

"That feels like real human work. That feels like real valuable work," said McDine.

"There could be what I call a meaning revolution, where people feel a lot more connected to their work and... the projects they work on," said McDine.

"There's a lot more opportunity to find a fit between what you love to do and what your skill set is."



EXECUTIVE EDITORIAL

# The Origins Of The Ook



Photo via NAITSA

By Jorgia Moore  
VP Internal

“Ooks” has become a regular term for NAIT students; our athletic Ooks teams, our Ooks Life events, the Ook on various items in the book store, even our Ooklets here at the NAITSA office.

The ook is a snowy owl, a big bird known as an ookpik in the Inuit language of Inuktitut.

At NAIT, it is an identity and appreciation of being a NAIT student - an “Ook for life”.

## But where exactly did the Ook come from?

In 1964, at a special ceremony, federal Minister of Indian and Northern Affairs Mr. G. Rancier presented NAITSA's president with an ookpik and the "Ook" became NAIT's official mascot.

This Ookpik was created by Jeannie Snowball, an Inuk elder from Northern Quebec and was made of sealskin. This original Ookpik was a beloved mascot and resided with athletics in the 60s.

It was actually a game for NAIT and SAIT to steal each other's mascots. The Ookpik did get to SAIT a few times during these years and was even forced to wear a Calgary Stampede hat!

The original Ookpik also inspired this mascot concept for NAIT, which was slightly creepy looking and it was swapped for a more updated version at the 25th anniversary in the 1980s.

Unfortunately, NAIT's original Ookpik was lost sometime around 2007. For NAIT's 50th anniversary in 2012, NAIT put out a call for their missing Ook and anyone who brought the ookpik's return was to be rewarded with a five-course Chef's Table for six at Ernest's dining room.

The original Ookpik was never found but instead NAIT got other ookpiks - donations from friends and staff of the institute.

Peggy Richardson, the NAIT Inuk elder at the time created replicas of the original Ookpik for NAIT to replace the lost Ookpik.

Over the past few months, NAITSA has been hard at work trying to create a land acknowledgement that would capture



The Ook is held prisoner at SAIT in 1965.

everything we wanted to say.

By researching and collaborating with the Nisôhkamâtôtân Centre here at NAIT and Aboriginal communities, we were able to achieve this. When we learned about the Ookpik, we knew it needed to be incorporated into our office and story.

Upon connecting with different departments, we found that one of those replicas that Peggy created happened to be in the hands of NAIT's Alumni Relations. That replica is what you can now see in the NAITSA office beside our land acknowledgement.

This Ookpik is a symbol of tradition, strength, and community as it unifies decades of students, staff, and alumni and will continue to do so for decades to come.

Next time you are on campus, be sure to head to the NAITSA office to see our land acknowledgement and Ookpik displayed proudly and chat with our staff about it.

## NAITSA's Land Acknowledgement

We honour and acknowledge that NAITSA is on treaty six territory and a traditional homeland for the First Nations and Metis peoples.

NAITSA recognizes the contributions of First Peoples to the vibrant NAIT campus and the overall success of NAIT.

Land acknowledgements are an opportunity to reflect on colonialism and its historical context as well as its ongoing current context.



The Ook mascot in 1970.

Supplied photos.

Now more than ever this recognition of this relationship is critical as we strive to honour and transform our relationships with Aboriginal communities.

A land acknowledgement is more than words; it is a call to action and we at

NAITSA invite you to share your own calls to action and inspirations as we continue to move towards truth and reconciliation.

We know we have a responsibility to think beyond ourselves and think beyond today.



# NAIT Students Given Access To MacEwan Pool

By Nicole Gruber

With the closure of NAIT's pool comes new opportunities. NAIT's students and staff now have the chance to take a deep dive into Grant MacEwan's pool facilities, all that is needed is the one AT NAIT Card.

Carole Holt, the Well-Being Manager at NAIT, says the process is much like using their one Card on NAIT's campus.

"They need to have their one Card with them, they will scan it when they get there, and it will validate those who [have] paid [their] recreation athletics fee as a student. Then they will have access to this facility," said Holt.

There are many ways to enjoy the facility, and what it has to offer students and staff.

"We certainly encourage our students and staff to try it

out. It's a great facility. It's good for public swimming, lane swimming, and they've got some great aquatic programs as well," said Holt.

On top of being able to swim, students can get some discounts on the programs offered.

"There's a 10 percent discount on eligible aquatic and registered programs," said Holt.

There are day lockers available to rent and use inside the facility. Because it's MacEwan's facility, hours may not be the same as NAIT's.

"People can go to that website and get the most up-to-date information so that they know when they can show up and swim," said Holt.

Students can expect to follow Covid-19 guidelines and

any other safety protocols while using the facility.

"They'll follow all of MacEwan's policies and procedures there. It would be similar to any other member that has a facility pass into the MacEwan centre," said Holt.

Students can expect to have access for the school year when the facility is open.

"If the need is there, I think this makes sense for us to provide this opportunity for our students and staff to access aquatic programming throughout the school year."

Students can continue to get updates on programs such as this through the Well-Being Newsletter, and on NAIT's website.

With the change in restriction, make sure to check MacEwan's update on their website before heading over for a swim.



Photo via AquaMermaid





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5. Check [nait.ca/upass](https://nait.ca/upass) for the most updated information on the U-Pass program. For any card related questions please contact [one@nait.ca](mailto: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!



# Fantasy League Frenzy



Photo via Cleveland

By Adel Ahmedz

It's that time of the year where friends get together and are glued to their phones or computers for 45 minutes to draft professional athletes of their choice to their fantasy sports team.

For the last two years, NAIT Radio student, Russell Vicenta, has been a part of a Fantasy Basketball League with his friends. Vicenta enjoys this time of the year since the NBA season is only one month away.

"The [Fantasy Basketball] league I'm in differs because picking up the best players isn't the best strategy as opposed to other sports," said Vicenta.

"If you have a team of the best [NBA] players but they don't contribute to other statistics within the category, you're not guaranteed to win that week. You can pick up players who may not be as big of names but if they contribute to specific categories then you have a chance to win."

There are multiple types of scoring formats in Fantasy Basketball. The two most common ones that are used are Rotisserie and Head-to-Head. According to ESPN, a Rotisserie format is where teams are placed from first to last in each statistical category. Points are given based on the order in each category, then added up to determine an overall score and league rank.

On the other hand, Head-to-Head allows you to choose an "X" number of statistical categories. Vicenta has been playing in the Head-to-Head format since

he joined the league.

"For the league I play in, it's divided into nine categories based on statistics in basketball. You get scheduled against another person in your league for the week. In order to win that week, you need to have one more statistical category than your opponent. So, if I win five categories and my opponent wins four, I will have won that week," said Vicenta.

Money is something that fantasy leagues use as an incentive to bring in more individuals. Vicenta says he and his friends agree to put \$25 down each season. It's something that Vicenta believes is important to do whenever a league is formed.

"You want some sort of incentive to play for. Money is definitely one of the motivating factors for people to try their hardest, and [to make them do their research]. It gives people a reason to play," said Vicenta.

Despite some finding joy in joining fantasy leagues every year, some may not truly understand how it works, which ultimately leads to individuals choosing not to join at all. Vicenta gives some pointers to those who have minimal knowledge of fantasy sports leagues.

"Find a group of people who are not as eligible but have the same knowledge or experience as you do. It's more fun that way and it lets you and your friends learn more about the sport and grow more interest in [fantasy leagues]," said Vicenta.

If Fantasy Basketball League is of interest, take a look at ESPN or Yahoo's website to create a league today.

# Competitive ESports Gaming League Includes NAIT

By Riley Neilson

Since the beginning of the pandemic, Universities and Colleges have struggled to keep athletics afloat. Enter a new wave of sports: esports.

Esports is an opportunity for students who share the same interest and love for video games to connect from all across the country.

The Canadian Collegiate Esports League started in May of 2020 to allow students to follow their gaming passions. Any student that has paid their Recreation & Athletic Fee can join at no additional cost. Students can sign up for the NAIT team through their student portal.

Carole Holt, Well-Being Manager at NAIT, is ready for students to have the chance to bring their gaming abilities to the table.

"There is no decided set of games, [but we'll] ideally [have] one to two events every

month. The events will showcase a wide variety of games to gauge interest," said Holt.

So far, the games have been NBA2K22, Online Chess, Fortnite and Rocket League. Seeing as the league is still new, this list is only going to increase.

"There are currently no practices for these teams but we are slowly working towards that working along aside NAITSA clubs," said Holt.

NAIT joined this league seven to eight months ago and is already seeing success with a NAIT student winning first place at the Summer Knights Chess Event.

"The league hosts weekly meetings that a well-being staff member attends and forwards the information back to the well-being's team, who then proceed to forward the information to students through various outlets," said Holt.

These outlets include posters on campus

detailing upcoming events.

"Feedback from the events has been positive so far. Students say that the events are super competitive, have had good prizing, and

like the opportunity to play students from other schools," said Holt

NAIT students can find more information on their website.

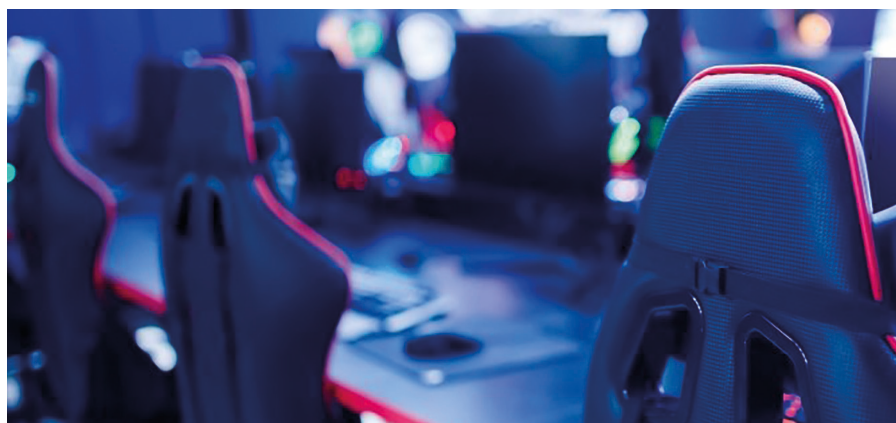


Photo via Wilson Center



# NAIT Athletics Turns To Live Streaming Games

By Nicole Gruber

With the constant change in restrictions, NAIT Athletics has now been shut down for in-person viewing. Students, staff, and parents can now turn to watch games live online at ACACTV.

All preseason and regular season games are streaming starting this month.

"If you know a specific game you want to watch, you can go in, and the link will be there. It'll take [students] straight to the page," said Alex Galenza, Athletics Events & Communications Coordinator.

This year ACACTV has decided to make season games pay-per-view, so students can expect to pay to watch games this semester.

"Any games until November 12 are free to watch on ACACTV, and then from November 12 on, it's going to be 15 dollars for the whole semester," said Galenza.

Soccer matches are the exception. Since all the games are being played outside, there are no restrictions in place, although there is still streaming available online.

NAIT hockey will be receiving some love on NR92, NAIT's Campus Radio.

"The commentators are streamed on NR92 for all female and male hockey games," said Galenza.

Game day crew is brought to you by NAIT students, all fulfilling their broadcast dreams.

"Commentators, the webcasters, and the cameraman, they're all NAIT students that we employ," said Galenza.

"We're still trying to give the athletes a real college athletics experience. So there's still going to be a PA, there's still going to be fun things happening in the arena or the gym."

Sports lovers can also find links to the games and their favourite team's schedule on the Ooks website.



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Photo by Rallene Hooper

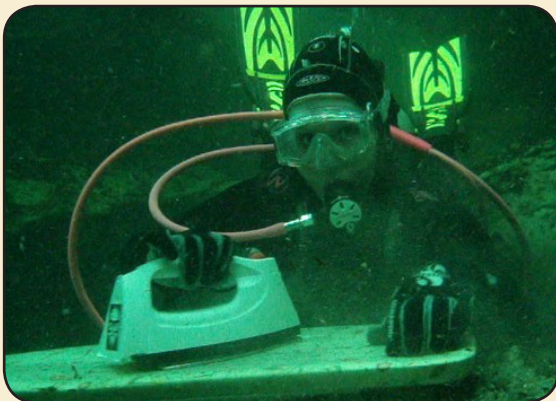


# Unheard-Of Niche Sports

By Angela Kazmierczak

To conceal dark circles from binge-watching “The Office” this pandemic, many have turned to hobbies. If by chance there are people still scouting for a hobby or are down for some outside-the-box activities, you’re in good company. Not everyone loves to paint, throw hoops or knit chunky wool socks after all, so here are some bizarre sports to help spruce things up and to find something to do post-pandemic.

Some of the world's most dangerous and strange sports...



Photos via Awakening Fighters, Wired, Sky News, Gloucestershire, Flickr, Wiki

## Extreme Ironing

This one just might make mom and dad proud or inspire people to fire their ironers when in a pinch. Extreme ironing is a sport where climbers lug around a board and battery-powered ironer to the top of a mountain or some remote location. Climber Phil Shaw invented the sport in 1997 during a moment of indecision.

Finding himself torn between ironing inside the house or climbing a mountain, Shaw compromised by ironing his shirts and pants in the backyard. It was at that moment he thought, why not combine the two and call it a sport? That is climbing and ironing. Running a recruitment campaign in New Zealand, South Africa, Australia and the United States for the sport, Shaw and other thrill-seekers founded the activity in 2002. Yearly World Championships are now being held.

In case someone was wondering, extreme ironing has since evolved, and it involves anything in-between, including freediving to the depths of the ocean or in a pool.

Today, Shaw can be found either pressing a long-sleeve shirt or campaigning for ironing in the Olympic games.

## Gloucester's Cheese Rolling Event

Only in the movies do hundreds of people chase after a block of provolone cheese that's rolling down a bumpy hill. Well, actually, I stand corrected. It's a block of authentic, rich-tasting Gloucester cheese, and it's a recipe passed down by its residents since 1498.

What first began as a festive spring event in 1643, in the town of Gloucester, located in the West of England, has since grown into a race loved by thousands of people. In fact, the 2018 victor was Canadian Mark Kit, then 21, from Toronto, Canada.

To play this extreme sport, racers mimic how a block of Gloucester cheese rolls down a 45 degree slope before, at the opportune moment, pouncing for it. At the bottom of the hill in the deep grass is where contestants jump to snatch the cheese like a big mouse. That lucky catch then merits a block of the town's signature cheese and bragging rights.

A word of caution though, with the inertia behind the spinning block of cheese, some real damage can happen.

## Chess Boxing

Chess boxing, yet another niche sport, was invented in 1992 by French comic writer and artist, Enki Bilal. While the sport was intended for his sci-fi graphic book alone, the activity would catch on ten years later.

In fact, after its first debut in Berlin, in 2003, the sport has attracted a variety of people—from MMA fighters to carpenters to photographers. One frequent player includes the famous boxer, filmmaker and photographer, Andrew McGregor, from Los Angeles, California.

To play this game, players alternate between three minutes of intense swinging and punching (boxing) to three minutes of mentally stimulating chess playing. Players combat for a total of 11 rounds or until the last woman or man stands or is checkmated. It's crucial that a person be equally good at boxing and chess, as it's a sport that requires physical stamina and mental strength.

If any of these sports are of interest, there are events and championships being hosted around the world that can be joined. The world is your ironing board.





Photo via Scottish United

# Temporary Home Soccer Field 30 Minute Commute

By Adel Ahmed

With the Oaks home soccer field being demolished by LRT construction, the team now has a temporary home field. The only problem is, it's outside of the city.

For this season, Oaks home soccer games will be taking place at the Edmonton Scottish Society, a 30-minute drive from campus.

Third-year forward Toni Burse says her teammates have to leave home or school early in order to show up to practices on time.

"We have to leave an hour before practice actually starts to get there 30 minutes early and to beat as much traffic as we can. Our coach has asked us if we wanted to do earlier start times," said Burse.

"However, some girls are doing schoolwork from 9:00 a.m. to 4:00 p.m. and then grabbing something to

eat before practice or a game. The commute is a little bit tricky, but at least we do have a space to play. It would be much easier for a five-minute walk than a 30-minute drive."

Despite the inconvenience that the long commute may cause the players, NAIT Athletics Manager, Jordan Richey, says the team would've had to commute far regardless.

"Before the pandemic started, our previous field at NAIT was in really rough shape, so we had to look elsewhere to play," Richey said.

"The problem with city fields is quite often there's high school football going on during weekends which is when we play our games. You don't have a lot of options when booking with the city for the time frames we need, so we were forced to look outside the

city," said Richey.

"We approached some of the private clubs, but unfortunately, none of them were close. The advantage we picked with [Edmonton Scottish Society] is they have an indoor dome. With our soccer season going into September, October and into Nationals in November, having an indoor dome in case it snows, or the weather changes on us in a heartbeat was good."

Moving forward, Richey says there is no finalized plan on a future home for NAIT soccer.

"We will be at [Edmonton Scottish Society] for the year and see how it goes, and then we're going to poll our student-athletes and even our competitors to see what their thoughts are, and then we'll make some decisions moving forward."



# Former NAIT Coach Returns To The Pitch

By Adel Ahmed

Nine years after he departed from the men's soccer team at NAIT, Jeff Paulus is back once again. This time, he is the head of the women's soccer team.

For Paulus, it's like a breath of fresh air to be back on the pitch coaching collegiate soccer.

"I love it," said Paulus. "I really enjoyed coaching at the college level the first time around."

Paulus coached the Ooks' men's soccer team back in 2004. He carried through with them till 2012, when he then took a spot with FC Edmonton as their assistant coach. After eight years with the pro team, he finally broke through as their head coach in 2018.

Having had the joy of coaching both collegiate and professional calibre soccer, Paulus believes there isn't much difference between the two.

"We're talking about athletes at the college level who have an opportunity to play pro. Players are around the same age. Younger pros are trying to break in, which is no

different than a collegiate athlete between 18 and 19 years old," said Paulus.

"They all come from the same playing background dating from their youth soccer days. For the women's level, there's not a lot of pro opportunities in Canada. So we have the advantage of having some real top athletes here that could move on to the [professional soccer] level."

Paulus still carries the same coaching philosophy coming into this season with the women's team.

"I am an educator as well because the academic piece is important to me," said Paulus.

Ooks Women's soccer has been off to a strong start to begin the season. Despite the small roster, Paulus has been impressed with the way the team has come together.

"They want to play," said Paulus.

"We've got talented players in every position. We still have lots of room to grow, but I've been amazed at how quick they have adapted a certain playing style

and chemistry."

Paulus has high ambitions for his team this season. He's got his eyes on the prize and is striving for a national title.

"NAIT has come so close on the women's side with Carole Holt, who's one of the top collegiate coaches in the history of CCAA for me. NAIT has come so close to winning a national championship but hasn't got there," said Paulus.

"My motivation is to come in and see if I can help NAIT achieve something they've deserved for a while now, and that's a national title. The second motivation is getting to work with motivated student-athletes. We have some really good players, and having the chance to work with them at really good moments of their soccer career is fantastic."

For more information on the Women's Ooks soccer schedule for the season, check out the NAIT Ooks website to see when their next game takes place.



After coaching with FC Edmonton since 2012, Paulus returns to NAIT.

Photo via Edmonton Sun



THROWBACK THURSDAY

# Nostalgia And The Niche

## 2021 Neopets Presence

By Alleah Boisvert

Anyone who spent enough time on the Internet in the 2000s was probably familiar with the groundbreaking multiplayer online game, Neopets. Started in 1999 by an independent media company, the virtual pet website built enough hype to be bought out by Viacom for \$160 million USD in 2005 and peaked into the mid-2000s.

Danii Meger, a collector and voice over actor living in Vancouver, started playing in 2001 when she was a kid and has kept her account since.

"When I started out, I was [about] 5 so you don't really understand what you're doing or anything like that. At that point it was just cute pets, play games. So, it wasn't until I got older, 10 or 12, that I was like, oh, this is how you play the game," said Meger.

Meger, who still spends time weekly connecting with Neofriends online, started getting more involved with the side of the game older players enjoy, like quests, boards, and collectibles.

As kids, lots of users looked to Neopets to learn about basic HTML coding, internet safety, online economies, and investing and saving money. Since the near beginning of Neopets, Meger has built up an impressive online Neopets presence.

"You get noticed or you have an established base of Neofriends that you don't know in real life. So, people would talk to you on the Neoboard, people would Neomail you, I had people asking if they

could adopt my pets or buy my pets for Neopoints. Or, look for specific items I was selling or recognize my username," said Meger.

Although it isn't the cultural phenomenon it used to be, longtime players who were heavily involved in the extensive community are still playing today. Meger thinks that many people who are still involved in the Neopets community are now adults who have had their accounts since childhood, like her.

"It's the same people, and they keep pretending like it's a kid's site, it's not. Those kids are now adults and they're still playing," said Meger.

Other online communities have recently been bringing up areas of nostalgia, and Neopets is a common theme. Childhood players are curious about the nostalgic feeling behind memories like the Giant Omelette, the Snowager, and Hasee Bounce.

"If anybody wants to get back into it or to know if it's worth it, [...] I feel like it really depends on what you want to get out of it. It's not going to be the exact same as it was when you were a kid. It's been 15 to 20 years for some people. So, it's worth going on and seeing if the thing you liked is still fun [for you]. Because it could be, there's a chance," said Meger.

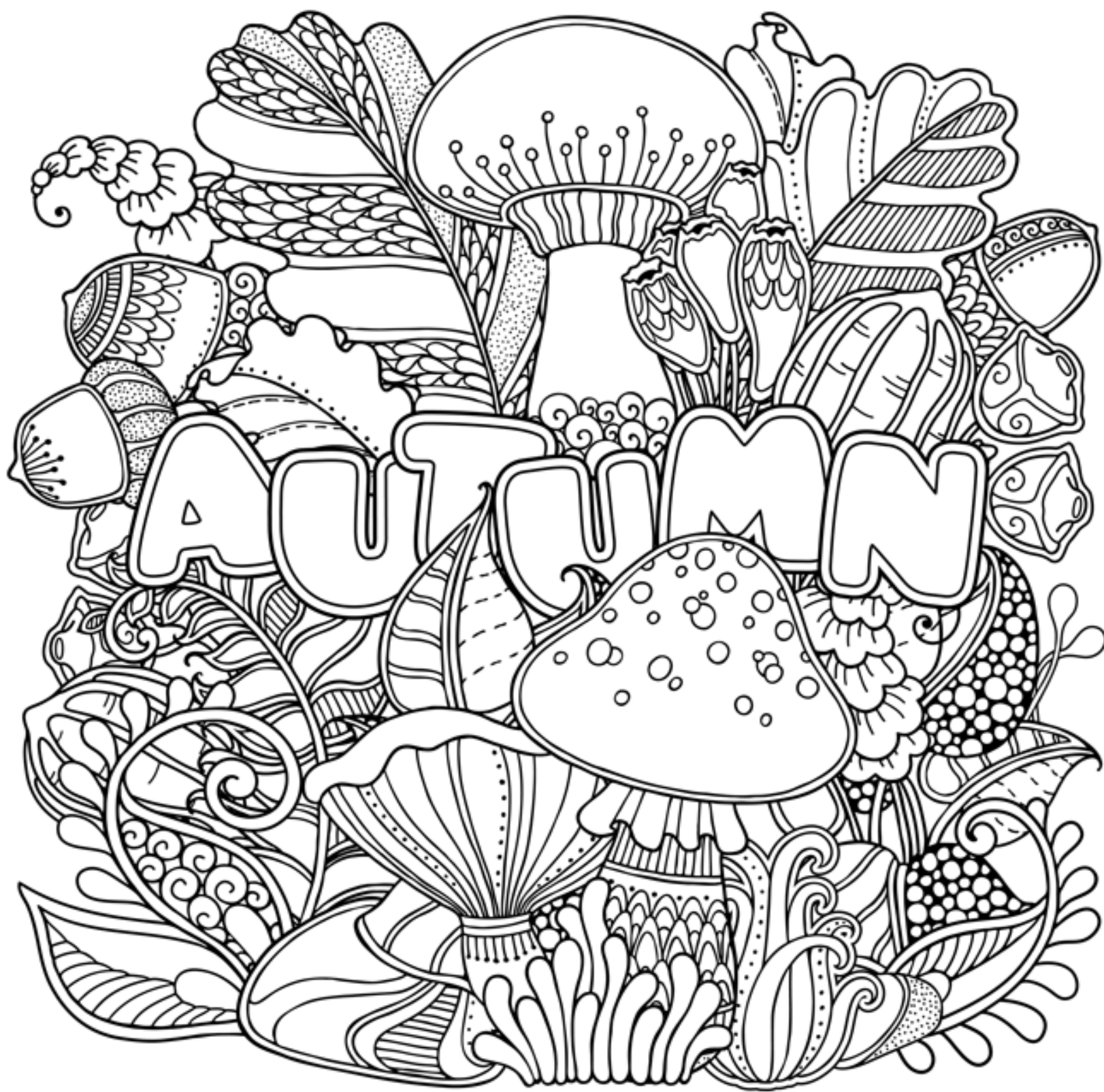
Check out more of Meger's neat Neopets content, streams, and other niche collections and hobbies through her Twitch, TikTok, and Instagram @masqueradesfox.



Photo via Vox

Photo by Danii Meger









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# Beanie Babies To Squishmallows: The Future Remains Plushy

By A.Jade Munsie

Over two decades have passed since the Ty Beanie Baby craze rocked the market. Almost 30 years later, the interest in cute, cuddly, collectible toys is revived with a new yet similar fad: Squishmallows. Though culture may change, plush toys remain, and the demand is high.

When Ty Beanie Babies hit the market in 1993, they were unlike other toys. Filled with plasticized pellets instead of the common stuffing material and characterized with a limp body for realism, Ty Warner designed a toy with children and affordability in mind.

However, adults soon took note of the variety and collectable quality of Beanie Babies. They became marketed as prized possessions with the hope that their rarity would produce a pretty penny in time - especially as the company started to “retire” certain characters, creating a finding frenzy.

The childhood toy created as an innocent piece of enjoyment had then become a craze that led to mass resale values and forgeries.

Flash forward to the release of Kellytoy’s Squishmallows in 2017. Squishmallows have similar qualities to the beanies, such as the personalized name and personality description (a unique feat Ty had created for their beanies). They are also in a market of their own when it comes to popularity and individuality.

With their round shape, variety of sizes, and cushioned body designed for optimum cuddling, Squishmallows are distinct in design and have become a product for every age. Squishmallows have taken over the toy market and social media with their unique quality, familiar to that of the classic Ty Beanie Babies. Squishmallow plushies range from fantasy, wildlife, and domestic animals to popular licensed characters.

Ty played with sizes and styles, too, with the release of Teenie Beanies. These are miniature versions of the originals that McDonald’s gave out in McHappy meals. Years later, Ty came out with larger-sized versions of original characters. Beanie Kids (a human-inspired version of the toy) and Beanie Boppers (another human-inspired version but targeted for a pre-teen audience) also came out.

Today, Squishmallows are what Beanie Babies were 27 years ago, with an emphasis on collection. Squishmallows also have forgery issues and the depth of variety in characters creates a finding frenzy of its own kind.

However, for a fad that many believed would set them up for life, Ty Beanie Babies, except for a specific few originals, never quite lived up to the monetary hype. Most today aren’t worth much more than their original selling point years ago. But that doesn’t take away from the impact they had on society in the ‘90s.

Beanies were affordable to buy, which made them easy to collect. They were the staple of many recesses on the playground and the most honourable guests at sleepover tea parties. Beanie Babies were a true original fad that brought people together to compare, collect, play, and imagine.





# Anime Club Seeks Members

By Jared Gomes

Whether on or off campus, finding new ways to connect with fellow NAIT students who share hobbies is always important. The Super NAITSA Anime Club, abbreviated as SNAC, is just the place for that.

Aidan Bartsch, President of the Super NAITSA Anime Club, says the club is looking for more people to share their interest in anime and similar pop culture with.

“The Anime Club is a place where people with similar interests in video games, anime, and sort of a general interest in that genre of media would get together, watch anime together, discuss anime, video games, draw, whatever sort of interests you,” said Bartsch.

Bartsch originally joined by finding posters on campus and decided that this seemed like a fun club to be a part of. Due to recent restrictions, the club is currently based online and taking place on Discord, but Bartsch hopes that isn’t always the case.

“As soon as the restrictions lessen, we would like to have a club room at the school, but for now we’re just going to be [meeting through] Discord,” said Bartsch.

The Super NAITSA Anime Club has been at NAIT for quite a while, at least 5 years according to Bartsch. He hopes SNAC will continue to grow.

“It’s always fun having more people join and just talking and watching some anime and playing games as well,” said Bartsch.

Since becoming president this year, Bartsch’s main goal for the club is to have more members.

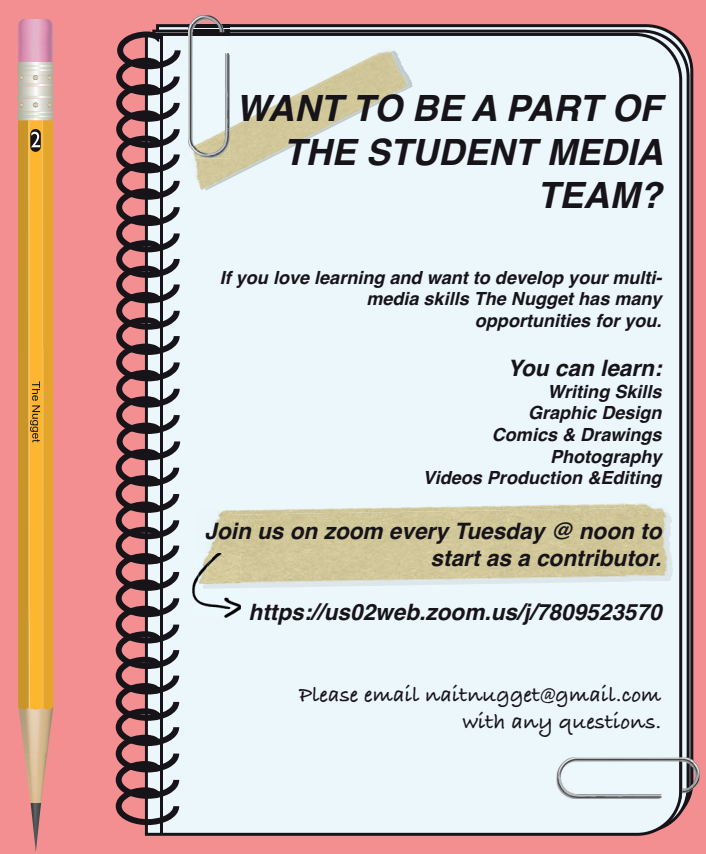
“I’m hoping for more people to be interested and to just make new friends and enjoy the club with more people,” said Bartsch.

The weekly club meetings are held every Friday from 4:30 p.m. to 8:00 p.m. During these meetings, members can watch anime, join in on some Jackbox games, socialize with other members of the club, and take part in many more fun club activities.

To join SNAC or for more information, visit [lookslife.ca](https://lookslife.ca).



Photo via Facebook



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Photos via Unsplash

# 2 Iconic Rappers, 2 Great Albums: Donda VS. CLB

By Warren Janssens

Nobody has had a more confusing 2021 with new music drops than Drake and Kanye.

Fans of the iconic rappers have eagerly awaited the highly anticipated Donda (Kanye) and Certified Lover Boy (Drake) after being teased for over a year.

The continually changing release dates of the albums and Kanye's three listening parties before finally releasing Donda had fans on edge. Both rappers are widely known in music and are easily recognizable with chart-topping hits such as Drake's Hotline Bling, One Dance, and Passionfruit. Kanye's top hits include Gold Digger, Stronger, and All of the Lights. The talk of the two artists has been about their latest two albums.

Which one comes out on top?

CLB (Certified Lover Boy), released on Sep. 3, lasts an hour and a half and is an honest lyrical reflection, keeping tune with Drake's long-lived (and well-loved) style. Travis Scott, Lil Baby, Lil Durk, Future, Young Thug, and Jay-Z are some of the featured artists who serve to bolster the album's talent and skill.

On the other hand, Donda, released a week prior on Aug. 29, is essentially a hip-hop and gospel collection influenced by West's past work, including pop and reformist rap and trap, as well as impacts from boom bap, drill, electropop, hip house, and modern hip jump.

As for sales, CLB is currently number one on the iTunes album chart, with Donda at

a close second. Drake's album sold over 613,000 units (Donda sold over 309,000 copies) and was the most streamed artist in a day on Spotify. Drake also accomplished a rare feat of landing all of his ten songs on the Rolling Stones chart.

CLB benefited from having seven days of sales and streams after West rushed to release on a Sunday. Because Donda was originally supposed to drop summer of 2020, fans were confused about the release and how long they had to wait to get this album, and it did not have much time to gain traction before Drake's album hit the charts shortly after Donda's final release.

CLB has racked up the sales and streams because Drake is easily recognizable and more fans rely on his music for guaranteed quality. However, as he sold more, Drake's album was poorly received by critics because his lyrics and beat were repetitive and fans wanted more style and versatility.

Kanye's album was received well with excellent mixing and style compared to CLB.

Comparing these albums is tricky because they are entirely different genres. Drake's album is R&B while Kanye's is more hip-hop oriented.

The ultimate winner is Certified Lover Boy in terms of sales and streams. Drake's familiar style on the album makes it likeable for Drake fans. In contrast, Kanye's album is more ambitious and experimental. All in all, it comes down to personal taste and preference.

Follow the Nugget on Instagram @thenaitnugget and leave a comment about which album wins.



# The Top 5 Films For The Gamer In All Of Us



Photos via Tunefind, Wallpaper Flare, The Guardian, We Minored In Film, Syfy Wire

## 1. For the fun of it: **SUPER MARIO BROS.** (1993)

*Directed by Annabel Jankel and Rocky Morton*

Nintendo's iconic red and green overalled brothers, Mario and Luigi, hit the big screen in 1993 with a live-action, adventure-filled movie. When two plumbers from Brooklyn, Mario (Bob Hoskins) and Luigi (John Leguizamo), find themselves caught up with the mafia, Luigi's romantic interest, a secret princess, is kidnapped. Mario and Luigi travel to another dimension to save her but end up in a universe of dinosaurs and evil authority. The two plumbers must put their wits together to save the world.

## 2. For the fighter: **MORTAL KOMBAT** (1995)

*Directed by Paul W.S. Anderson*

First introduced as a video game in 1992, Mortal Kombat is notorious for its graphic violence and distinct killing. However, with a mild plot and toned-down violence, the film follows three of Earth's heroes chosen by the god of thunder to represent humanity in another realm known as Outworld. The mission: fight to the death. The fate of earth depends on them. The Mortal Kombat film is a feat for martial arts enthusiasts, with graphics that, for its time, captivate the imagination.

## 3. For the adventurer: **LARA CROFT: TOMB RAIDER** (2001)

*Directed by Simon West*

Angelina Jolie suits up as adventure-seeker and archeologist Lara Croft in the first film adaptation of the 1996 game, Tomb Raider. Guided by her father's spirit, Lara Croft takes off in a plight to find two halves of the Triangle of Light. This power source can manipulate time and potentially bring back her father. The adventure wouldn't be complete without a race to find the triangle before someone else does. Not to mention plenty of fight sequences, guns, and explosive entrances. Though somewhat sexualized in the video game, Lara Croft remains a pioneer for women characters in the video game world.

## 4. For the fearless: **RESIDENT EVIL** (2003)

*Directed by Paul W.S. Anderson*

In the film that made Milla Jovovich the iconic apocalyptic woman, no one is immune. After a mutating virus is released in a top-secret lab, infecting everyone inside, a tactical team's job is to contain the virus before it escapes and infects the outside world. However, the group is overwhelmed by zombies, deadly obstacles, and interactions with an unsettling red hologram. Resident Evil progresses with a level-style plot. When you think it can't get worse, just wait. Something is always around the corner.

## 5. For the fast-paced: **NEED FOR SPEED** (2014)

*Directed by Scott Waugh*

Based on the 1994 game, the film version of Need for Speed is an adrenaline-pumping, heart-rushing spectacle of car stunts. Like the game, the film puts the audience in the driver's seat. Over 100 cars were used, including seven custom-built Mustangs, with every stunt filmed live without CGI. The story follows mechanic and former racecar driver Tobey Marshall (Aaron Paul) after being wrongly convicted for the death of a friend in an illegal street race. The plot takes viewers on Tobey's quest for justice as he races to redeem what's important to him.





Photo via Instagram @danfromyeg

# Cruise Into Autumn On A Vespa With District Moto

By Alleah Boisvert

There's still time to catch a Vespa ride at District Moto, a local café and bar that provides an exciting experience ending with a coffee, homemade panini, or cold craft brew. The stylish Vespas can be rented by the hour and make for a memorable adventure through the city.

Christian Olstead, the General Manager at District Moto, is bringing a unique vibe to the downtown café and bar scene with a bit of European inspiration.

"There's always been an overlap for people riding bicycles and motorbikes. They want a place where they can gather and meet each other and have a coffee while talking about their riding stories. So, that's what we were going for and it's been a challenge with COVID for sure, but we're very optimistic that we can get there," said Olstead.

Paired with the autumn colours and views of Edmonton's River Valley, a Vespa ride is a perfect date night to see everything the city has to offer. All riders

need is a Class 5 Driver's License and a credit card or proof of insurance.

"I like to go to Manchester Square because it kind of looks like that European style. When you're on the Vespa with those colourful, European looking buildings, it fits so well and it's very Instagrammable," said Olstead.

"Pretty well anywhere that someone sees you is the best place to drive because everyone lights up when they see a Vespa, whether there are other riders or people on the streets, people just start smiling and say 'hey, look at that'."

The venturesome Vespas pair well with the interior of the café, which has an industrial, trendy, and cozy look. The winding staircase leads to a basement that houses a bar with a selection of beers from local breweries such as Alley Kat and SYC.

"We're going to be doing a bunch of events with the breweries because we only use the independent

craft breweries in Alberta, it's all locally made. We thought we could give them an opportunity to branch out to some students, so we're working on getting a bunch of events with them going. We were talking [about Alley Kat] doing a pumpkin spice beer night with pumpkin carving," said Olstead.

Even though District Moto's Vespa season won't last into the winter, the café still has lots of ideas for events that they hope will bring coffee and craft beer lovers together.

"We're a small business and we really care about our community. We want everyone around us to have a good time, whether that's our neighbors or anyone coming in for a beer. That's our dream, to be a shining star in the community," said Olstead.

Find more information on District Moto's Vespa rentals on their website and be sure to follow their Instagram (@districtmotoyeg) to catch their upcoming events.



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

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**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

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## EDITORIAL

# Call Of Duty: Play Or Propaganda?

By Alleah Boisvert

It would be hard to find someone who isn't familiar with the iconic, best-selling first-person shooter game, Call of Duty (COD).

With 19 different games released since the beginning of the franchise in 2003, COD is available on nearly every gaming platform there is, including Nintendo DS.

COD's primary players are young male-identifying people who hold competitive thrill-seeker and masculine archetypes. The range in the gaming community makes it immensely popular amongst people of all genders and ages, but is it more popular with that specific demographic for a deeper reason?

The game is unlike other big names in the gaming world. There's the cartoony and colourful Fortnite where players kill each other with comically large guns and do meme dances. Or there are games like BioShock which are grim, but clearly very fantastical.

COD's realism extends to real world events like World War II and the Cold War. Even the name "Call of Duty" seems to allude to either mandatory military enlistment or the personal need to fight for one's country. Although the game has British and Soviet campaigns along with its American movement, COD is most popular in the United States, a country known for its patriotism that occasionally borders on the extreme.

The United States has been open about putting military patriotism into Hollywood media in an attempt to influence how the world will view its armed forces.

In Hollywood, some American movies with U.S. Army scenes have supervision by the Department of Defense in exchange for the use of affordable military vehicles and supplies in movie scenes. The catch is that the supervision isn't just about making war scenes realistic at a low cost. It's also about making deals with Hollywood to ensure the U.S. Army is displayed favourably.

Glen Roberts is the Entertainment Media Chief for the US Army. In a Vice News clip he said that this subtle propaganda will ideally lead to recruitment. Unsurprisingly, this propaganda extends to video games.

The U.S. Army developed a video game in 2002 called America's Army. It is intended to recruit soldiers

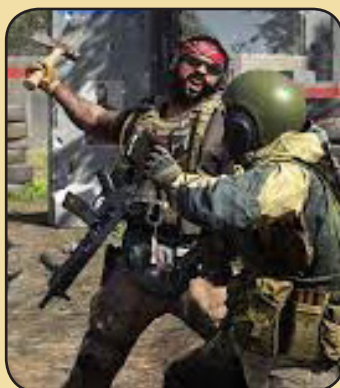
and has nearly as many games as COD. The game was developed by the Army's chief economist at the time, Colonel Casey Wardynski, and was created with the intention to prospect interested players.

Even though it has almost had the same run as COD, keeping up with COD's popularity and familiarity would have been impossible.

As far as research goes, there's no evidence to prove that COD has any malicious hidden motives like other military media. The franchise, developed by production giant Activision, is so popular that it would be hard to determine a correlation between COD players and army enlistments.

In fact, the series has a nonprofit organization called CODE (Call of Duty Endowment) that helps unemployed veterans get back on their feet, which is the opposite of what America's Army does. COD gamers are encouraged to get involved and donate to the organization.

Although COD attracts thrill-seeking young men and boys, perhaps it is more of an escape from the real world and harsh expectations of male archetypes rather than an entrance into them.



Photos via The Gaurdian, Forbes, Battle.net, Wccftch



# Dungeons And Dragons

## DM Horror Stories



Photo by Fraser Sockett

**By Fraser Sockett**

Dungeons & Dragons (D&D) is one of the earliest pen and paper roleplaying games, created by Gary Gygax in the 1970s.

It consists of one player, the Dungeon Master (DM), creating a story of epic dragon-slaying while saving a kingdom of various fantasy races based on the decisions and interactions of the players who sit around the table. The only limit is the DM and players' imagination, which is both a curse and blessing.

These are some Dungeon Master horror stories to get a glimpse of what it's like to be a D&D player stuck with a bad DM.

**The Bad Communicator**

A player was trying to get back into the game after a 10-year break, browsing Facebook groups that were accepting players new to the fifth edition of D&D. They saw an advertisement for a group lead by "Olaf". After talking with Olaf, the player was accepted into their first D&D game.

They were excited to meet the group and had a character all ready to go. The player found out after arriving that the group decided to meet earlier and switch over to a different edition of D&D.

It was the equivalent of a high school math teacher suddenly switching to quantum algebra. The rusty player spent the next three hours trying to figure out rules to a game they were not used to while the DM and the other players enjoyed themselves. In a roleplaying game like D&D, it's crucial as the DM to make sure that everyone

is on the same page.

**The One With Ego**

The same player found another group to join that was taking place in a local comic book shop.

The DM, "Allistor", always came late to the sessions, and if he arrived on time and someone else was late, that person was reminded of it at least 3-4 times a session.

He was ill-prepared and always borrowed other group members' dice and minis. He acted like he was doing everyone a favour by being the DM when he was the one who offered. The worst thing Allistor did was not respect other players' limits.

In-game, he had an Orc violently sexually assault a player's female elf. The player who was in control of the elf was visibly upset at this.

Allistor was taken aside and spoken to about how inappropriate this was. He justified the move by saying that's what an Orc would do in that situation if it happened in real life and told the player to leave if they didn't like it. A few of the players did as he suggested.

The DM sent off a huge rant in the Facebook group about how people need to respect the story he tells, no matter how dark it gets. The player read two sentences of his rant before leaving the group.

Despite these unfavourable DMs, there are always more good times than bad. It's important to set boundaries with Dungeon Masters and remember that it's a game meant for a creative and fun time with other players.

Dungeons & Dragons characters...



Dragonborn



Komodo



Juggalord

Photos via Komodo, Reddit, Deviant Art





Photo via Wikidot

## EDITORIAL

# Video Games, Gender Euphoria And Representation

By **ALMALEXIA**

This isn't going to come as a surprise to those who know me in my personal life, but I play a lot of video games. I mean, not an unhealthy amount, but if all of my work is done by 9 p.m., you bet I am on my couch, launching into my 23rd playthrough of Bioshock 2.

I'm also a transgender human being. I identify as non-binary, even though I prefer not to use labels when I have the chance. I use they/them pronouns, and have been taking hormones for over a year.

Being trans is something I am immensely proud of. I don't talk about it much, but it gives me a sense of reality and identity I have never experienced before.

I'm also queer. I don't know what word I would use to define my sexuality, but honey, there is no way in hell I'm straight.

So it might not come as a surprise that when I see accurate, appropriate representation of trans and queer folk in video games, it brings my heart a joy that is unlike much else.

Hades. It's a place, it's a person, it's a video game! In Hades, you take the role of Zagreus, the prince of the underworld. Zagreus, a rebellious, immortal

teenager, embarks on a "sneak-out-of-the-house style" trip out of the underworld to try and find the mother he's never known.

What makes Hades brilliant in representation is in the dialogue. The Gods of Olympus, much like the Grecian people that created them, have always been famously pansexual, and Hades keeps the representation alive. The player can be in a polyamorous relationship. Achilles and Patroclus are eternal partners, and Chaos (the hottest character, let's be honest) is non-binary.

I also love seeing video games with representation for disabled people.

In Spiderman: Miles Morales, the player slips into the tight spandex suit of Miles Morales, a Black Puerto Rican superhero. Miles and his mother speak Spanish to each other, but in a non-traditional dialect, hinting at how Miles' parents are multilingual.

A supporting character in Spiderman named Hailey is deaf. She and Miles sign together seamlessly, without the almost obligatory "wow you're DEAF? I know sign language so I'm a better superhero!" It's just part of Miles' and Hailey's relationship, and according

to Morgan Baker, a deaf accessibility consultant at Sony, the ASL represented in the game is accurate, slang and all.

Dark Souls is obtuse: lore comes directly from reading item descriptions on your own time, NPCs talk in riddles spoken in old English, and it was the first time in my life that I realized that you don't need an identifiable gender to live a good life.

Dark Sun Gwyndolin is one of two children created by Gwyn, the big baddie of Dark Souls. Gwyndolin has a divine ring that enables them to perform "female actions" and is described as a "sullen, brooding goddess". They have a masculine voice, yet wear feminine robes. It's essentially everything I strive for in my own life, and some of the first virtual gender euphoria I've ever experienced.

Diversity and representation is one of many things that keeps me coming back to the world of gaming. It's not that I directly seek it out, but when it shows up, I just get this warm, fuzzy feeling I can't seem to get anywhere else. There are countless examples, and they all affect people in ways I can't even describe, and I think that's pretty stellar.



## STUDENT COUNSELLING

# NAIT Offering Interpersonal Workshops Free For Students



Supplied photos.

By Linda Shaw and Loretta Della Mora  
*Student Counselling*

## Do you experience feeling nervous, unsure, and uncomfortable in social situations?

Feeling uncomfortable and awkward in social settings is a concern for many adults, which can lead to anxiety and even avoiding situations that cause social unease.

Avoiding social situations interferes with building relationships in personal, school, and work life. This can have a negative effect on your mental and physical health. Humans have a natural tendency to want to avoid uncomfortable situations and a strong desire to fit in, thanks to evolution and the statistical odds that survival increases when in a group.

The downside to avoiding uncomfortable social situations is that avoiding them will not help fix the problem and will actually make things worse over time, leading to increased chances of developing symptoms of anxiety, depression, and loneliness.

There are many reasons why adults struggle with social situations.

Some have not had opportunity to learn these skills, some are naturally shy around others, while some may have trouble reading cues in social situations. But do not despair! These skills can be learned and with practice individuals can become more skilled and comfortable in social settings, talking with peers, asking an instructor a question, or building meaningful relationships.

## How can I learn more?

We thought you would never ask! NAIT student counselling is offering a safe space for you to learn and practice strategies to improve social skills, including offering resources to help target specific struggles.

A dedicated group of NAIT professionals have collaboratively pooled their expertise into adapting the acclaimed work of Australian Clinical Psychologist, Lindy Petersen, along with other proven evidence-based practices, to create a program suitable to post-secondary students who struggle with relationships.

Improving Interpersonal Relationships workshop is in its third year. There is no cost to the participants, and offers professionally led education sessions for students who struggle with relationships and wish to learn and practice successful interactions. Students are coached to identify emotions and to take these out of problem areas by developing self-control and regulation strategies. This allows the brain to process productive solutions in a step-by-step fashion.

Each session will focus on different skills by breaking

down more complex social behaviors into smaller steps that can be practiced during the workshop. This provides opportunity to learn verbal and nonverbal behaviors that are involved in common social exchanges. Opportunity to practice these skills within the group setting is another important aspect of the workshop because it provides opportunity to learn from each other and build confidence. With a bit of practice and confidence these skills can be carried forward into daily life.

## What you can expect:

Week One: Foundational social-emotional skills

Week Two: Relationships – clarifying different types of relationships, making them healthy and establishing appropriate boundaries

Week Three: Interacting with instructors and employers; asking the right kind of questions, giving and accepting feedback

Week Four: Group work; planning for success

## Date and Time:

This online group will run for four consecutive Wednesdays, starting October 20, from 4:15 to 5:45.

## To Register

There is a short self-assessment questionnaire interested students must complete:

<https://forms.office.com/r/TQgdGAFaqA>

This provides you an opportunity to ensure the workshop will be helpful and allows facilitators a better understand how to support your learning.

Don't forget you can always ask questions about this at [counselling@nait.ca](mailto:counselling@nait.ca) (mention this article) and most Wednesdays at noon during Ask a Psychologist (find the link on OoksLife.ca).

Lastly, Student Counselling remains open for virtual service (phone or video). We are working to restore limited in-person service as circumstance allows. Find details at [my.nait.ca/counselling](http://my.nait.ca/counselling).



Photo via Unsplash



# For The Love Of Quad

## How Rollerskaters are Keeping the Scene Alive in Edmonton

By Stephanie Swensrude

If it's your first time buying rollerskate equipment in Edmonton, you will Google the nearest shop and find Toe Stop Derby Shop. You'll plug it into your GPS, but when you arrive at a residential street on the north end, you may be confused, as all you see is a row of houses. But in the window of one of the houses you'll see a green and black sign telling you that you're at the right place.

It's Claudia Garcia's home, as well as the city's only shop dedicated to rollerskating. Her kitchen is stacked floor to ceiling with Chaya skates and there is a display of Skate One helmets in the living room where a TV would usually go. The garage has boxes of rollerskate wheels and wrist guards instead of winter tires.

The shop used to operate out of Ride and Play, an indoor skate park, but it closed suddenly in 2017 and Garcia made the decision to operate out of her home. She didn't have much of a choice - skaters were on their way from Saskatchewan to pick up orders before the derby season started.

"It has been more convenient in the long run," said Garcia.

Garcia has been operating out of her home since then. When the pandemic hit, she worried about how it would affect her industry. Luckily for her, rollerskating experienced a huge surge in popularity over the pandemic.

"At first I was kinda panicky because I had pre-ordered a bunch of stuff and it was coming... and I'm like, 'what am I going to do with all this stuff?'" Garcia said.

"If people aren't able to go to work, like heck they're going to be buying roller skates! But I was wrong and it was good."

To the excitement of all skaters in this wintry city, Garcia is opening a roller rink in Edmonton in early November. Originally, she just wanted a brick and mortar shop, maybe with a small rink to try on skates and host skate lessons in the winter.

"But I saw that there wasn't gonna be any other option for derby if derby wanted to stay around," Garcia said.

Garcia predicts that most of the skaters at her future rink will be young. In the weeks before the school year started, Garcia was receiving seven or eight calls a day asking about junior roller derby. Junior teams can start as young as seven years old, and kids were really excited about joining the sport. Garcia received calls from more than 200 interested kids.

"And that's something that hasn't happened in a really long time," Garcia said.

"Everything was kinda in the air because school wasn't going on, then school was gonna go back, and is school gonna actually be staying back or is it going to go back home?," said Garcia.

All of the derby leagues in town decided to postpone their season to January, until things are hopefully more certain.

She has been searching for a suitable location while battling zoning bylaws and reluctant architects. Luckily, she found a warehouse that was nearly perfect for her specifications. It has limited poles holding up the ceiling so that skaters don't need to dodge cement pillars while flying around the rink. It has smooth, fresh concrete and enough space for tons of spectators to watch derby games.

It's even relatively easy to get there on transit, an essential for young people who may not have a ride to derby practice.



Toe Stop Derby Shop operates out of Claudia Garcia's home in the north end of Edmonton.

Photos via Facebook





FOR YOUR LISTENING PLEASURE ...

# The Shuffle

Video Game Edition



By RILEY NEILSON

Video games have a way of allowing people to connect. Everyone has a different interest in gaming, but one common topic for discussion is the music of these games. Here is a combination of some relaxing study songs and pump-up gaming themes with a bonus at the end.

“Littleroot Town” from the Pokémon Series

The starting towns in Pokémon have soft and calm themes, but Littleroot Town does it best. The game starts with you moving in and makes this town feel like home with a melody that will leave players calm and ready to

begin their journey through the Hoenn region.

“Maple Treeway” from the Mariokart Series

Maple Treeway’s theme is different from most Mariokart track themes. Most are made to make the players feel pumped up and race at their best. Meanwhile, Maple Treeway’s theme is a piece that makes players feel like they are taking a relaxing fall drive instead of racing.

“Raquel, the Amusement Town” from Trails of Cold Steel III

Raquel is Zemuria’s Las Vegas. Nicknamed “Entertainment City”, this city has everything you would expect it to, from a club and a casino to shady characters. However, the song is more peaceful than the city itself, with calming jazz feeling to relax players... At least until they have to fight more monsters in the area.

“Life at Garreg Mach Monastery” from Fire Emblem Three Houses

In the first half of this game, this piece makes players feel like it is a relaxing day off from classes and refreshes them for the week to come. In the second half of the game, it can make players forget that there is a war going on outside that they are supposed to be participating in.

“Coconut Mall” from the Mariokart Series

Unlike Maple Treeway, Coconut Mall has an upbeat, fast-paced theme that adds a lot to this track. Coconut Mall is one of the most original courses in the series, with the racers speeding through a mall and parking lot. This track is many players’ favourite and is among the best in the Mariokart series.

“Royal Knights” from Digimon Story Cyber Sleuth and Digimon Story Cyber Sleuth Hacker’s Memory

The Royal Knights are some of the most iconic and powerful Digimon in the series, and Cyber Sleuth delivers a fantastic theme for them. The song begins with a big bass drum beat and gets better from there, becoming one of the best battle themes in the entire series. While not the hardest fights in the game, they are close, and the theme gives players a perfect piece to tell them to use every tool in their arsenal to lead them to victory.

“Silver Will” from Trails in the Sky Series

This song has four different arrangements, every one an absolute hit. It is not an overstatement to say that the song is more popular than the series itself, as it is rated one of the most popular RPG battle themes of all time. It starts with a beautiful violin solo, steadily picks up the pace to a climactic finale that comes together at its fastest and loudest. Anyone who has never heard these arrangements should do themselves a favour and find this song.

“The Labyrinth” from Tokyo Mirage Sessions #FE

While neither a pump-up song nor a relaxing song, this list would be incomplete without at least one piece from Tokyo Mirage Sessions, and this is one of the best. Tokyo Mirage Sessions is a music-heavy game with all the main characters having at least one song, and many are great. This song focuses on Kiria’s and many celebrities’ challenges about the stress of hiding their true selves to be what the public wants them to be.





# Pokémon Go Remains One Of The Top Apps 5 Years Later



By **ALMALEXIA**

The global exploration app Pokémon Go has remained relatively popular since it launched in 2016. Niantic released the app in July of 2016 in the United States, and later expanded to a worldwide range a month later.

The Pokémon Go community was fervent, even in regions the app was locked to. Immediately upon the app's release, Reddit user Lannic posted an .apk file of the game, sharing it worldwide.

While this enabled users in all regions to play at launch, it caused massive server shutdowns throughout the first year of play. This did not stop points of public interest being flooded with users desperate to catch their favorite of the original 151 Pokémon.

Zach M, a user since launch and massive Pokémon fan, has stuck with the app through the ups and downs.

"When it first came out it was hilarious. You'd go out and see an outrageous amount of people all outside doing the same thing, but then the game kind of tapered off. Now that it's getting more [...] finished, and the servers actually work, there's more and more people coming out," said M.

Pokémon Go has been adding features consistently since 2017, when the users of the app hit their lowest at 65 million. This was due to a stagnation of gameplay, as once you have the original 151 Pokémon, there is a lack of incentive to keep playing.

Sades Russell, a returning player, has come back in the last year due to an influx of events, challenges, and social features.

"I played it for about 6 months after it first released, and then stopped. I picked it up again about a year ago. The game is drastically more now than it was at first release," said Russell.

One of the largest additions that has consistently evolved since the 2017 implementation is the Raid Battles system. Legendary Pokémon normally could not be caught in the wild, but Raid Battles enabled players to meet at predetermined locations where they could use their Pokémon to defeat one of these "Legendaries". The mechanic was so popular that it was implemented in main-line Pokémon games Sword and Shield.

The second biggest addition to the game was Community Days and Events. Community Days allow the

player to catch ultra-rare "shiny" Pokémon, and Events give players the opportunity to unlock special rewards.

"I think any MMO [Massive Multiplayer Online Game] needs lots of events like that, so it doesn't get stale, or do the same thing too many times," said M.

Community days take place monthly and star a different "shiny" Pokémon each time. This entices players to keep checking back.

There is an opportunity for players to interact with each other with a friends list. Here, players send gifts to each other from locations they interact with in their respective cities. When it comes to MMOs, these are very basic features, and players are hoping for more.

"I would love to see an increase in social integration. They do have a level system which allows you to slowly gain abilities with individual members but it feels too slow. I wish there were more interactive ways to connect with friends," said Russell.

Pokémon Go has changed many times in the five years since it launched, and while the app has experienced ebbs and flows, it is currently sitting as one of the most popular online apps of all time, with 166 million users in 2020.



# Passion Turned Into A Job



to dress up as a princess, not every little boy gets to dress up as a superhero and have other kids treat them like a superhero,” said Gwozdz.

“Seeing the kids actually believe that [you are the] character is something else.”

Sharing Gwozdz’s knowledge and passion for Star Wars is exciting and he gets to bring out a bit of his inner child while at work.

Gwozdz’s love for star wars stems from when he was a child and his dad would give him his old collectable Star Wars toys to play with. Gwozdz said he never really grew out of it.



Photos by Destiny Meilleur

**By Destiny Meilleur**

Making money doing something you’re passionate about isn’t something that happens everyday.

For one NAIT student, he gets to share his love and passion for Star Wars as a children’s party entertainer.

Joshua Gwozdz, a Radio and Television student, works for Princesses in the Park. He dresses up as a Stormtrooper and a Jedi.

“Not a lot of people can make any money off of something that they’re passionate about. So I guess I’d say I’m pretty lucky in that sense,” said Gwozdz.

“If you love getting dressed up and being the character, it’s not really work and you get paid for it, so

it’s fun,” Gwozdz said.

Gwozdz loves sharing his passion with children and helping their dreams come true.

“Well, the most rewarding thing is helping the kids and making their day better,” said Gwozdz.

He does all kinds of events like birthday parties, block parties, and community events. At these events sometimes all Gwozdz does is take pictures with children and some adults too, but others he is doing crafts, playing games, and singing happy birthday with a group of happy children.

“The best part about it is getting to dress up as a character that you like because not every little girl gets



Gwozdz featured in the Sherwood Park newspaper.



GROW YOUR CAREER. JOIN STUDENT GOVERNMENT



# 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**

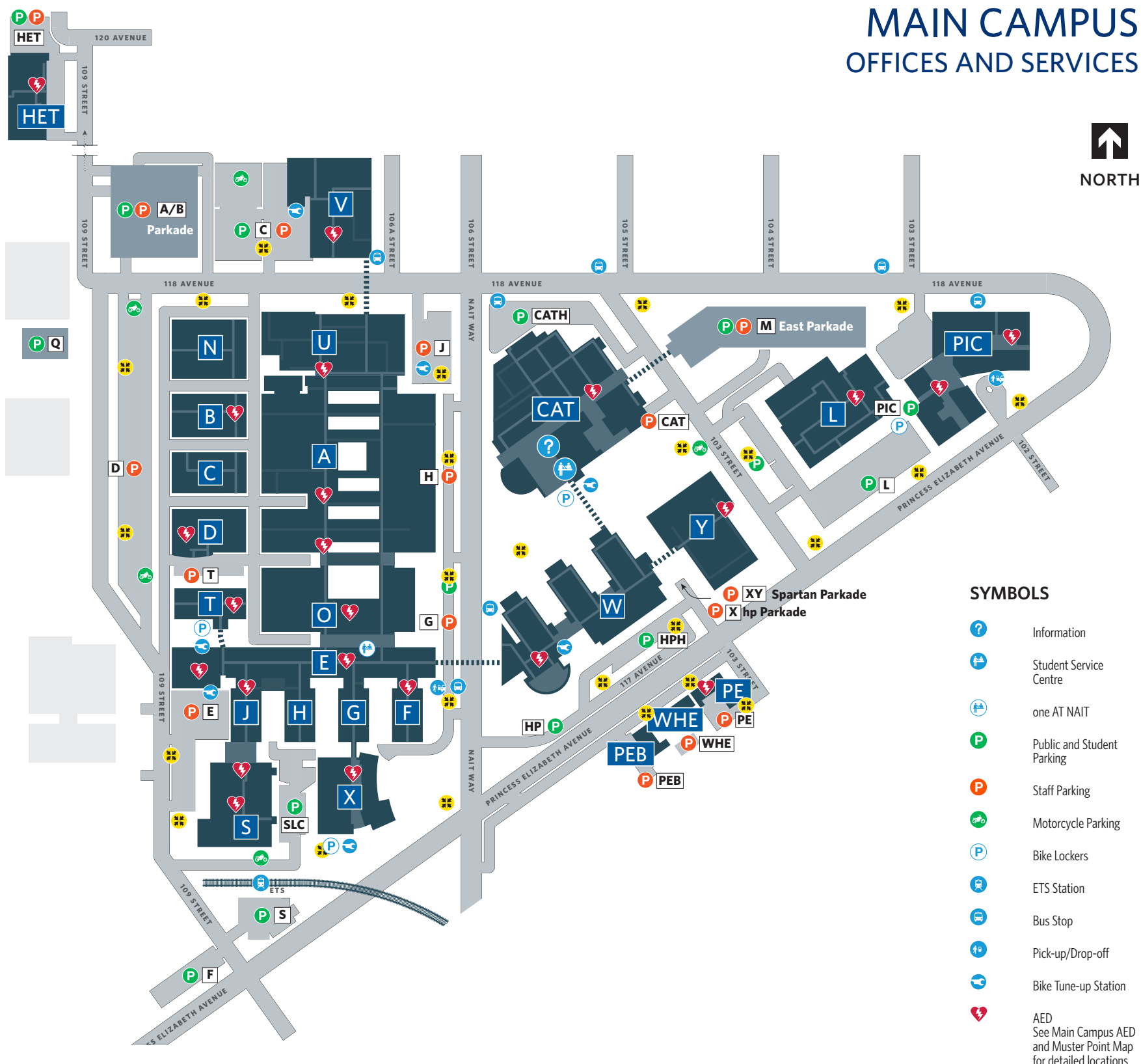
**FOR MORE INFORMATION, VISIT  
[NAITSA.CA/ELECTIONS](https://naitsa.ca/elections)**



## MAIN CAMPUS OFFICES AND SERVICES



# NORTH



## 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

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

## OFFICES AND SERVICES

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