



Ernest'sCooking

Special Guest JohnLeung888 vs Chef Crystal

IRL

Cooking

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LIVE

THE NUGGET

Thursday, April 28, 2022

Volume 60, Issue 1

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DIVIDED**

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looking for
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Jewish Film Festival returns for its 26th season



Photo from "Tiger Within"

By A.Jade Munsie

The Edmonton Jewish Film Festival returns for its 26th season of celebrating thought-provoking films central to Jewish culture, ideals, stories and history. From May 10 to 18, Edmontonians can join the free festival in a mix of online streaming and in-person events.

"It's one of the biggest Jewish cultural events that we organize and one of the biggest in Edmonton," said Susan Schiffman, the director of development at the Jewish Federation of Edmonton.

"Every year, beginning in about July, we start watching films. A smaller group of us watch them first, and then we pass them on to the larger group if we like them. We watch anywhere from 50 to 100 films through the course of the year," said Schiffman.

Out of the many films considered for the festival, this year's event will showcase 11 films from a variety of genres that represent various countries and narratives, short films and documentaries as a way to engage in new conversations and gain insight into a culture.

"We want to create dialogue. We want to provoke thinking, and we want people to learn something. If they're Jewish, we want them to learn more about their own culture. If they're not Jewish, we want them to learn something about our culture. We want people to feel welcome and excited, enthusiastic, engaged," said Schiffman.

The festival aims to showcase films never-before-shown in Edmonton. However, online streaming has become a challenge to sourcing out new, unseen material.

"In the old days, that meant a film had never played in a theatre. Then when streaming came along, it also meant it wasn't generally available on Netflix or HBO or Apple TV...our goal was to introduce people to movies that they might not have seen and might not see. Theoretically, our films are all first-run premieres, and that's getting harder and harder," said Schiffman.

Landmark Cinema initially hosted the festival. However, with COVID, things changed, and the festival reinvented itself online.

"We made the festival free of charge, and it was really, really successful. And we got interest from all over—all over the country, the U.S. and then lots of people in Edmonton who hadn't ever come to the festival before," said Schiffman.

This year, the festival welcomes back an in-person aspect for those who want to get out and enjoy the event with other movie lovers. Stanley A. Milner Library downtown will host two films in person: the historical-fiction work "Neighbours" (May 10) and the documentary "Fiddler's Journey to the Big Screen" (May 15).

After screenings, select films will have Zoom discussions with filmmakers and actors. The free festival pass includes access to all events.

The festival is organized by the Jewish Federation of Edmonton, with sponsorship from Global Edmonton, Edmonton Community Foundation and Israel's Consulate. For full access to all eleven films, online and in-person, the public can register for their free virtual pass and tickets to in-person events on the Jewish Federation of Edmonton website.



Photo from Edmonton Street Fest

Edmonton
festival guide
Pg. 16

naitsa
NAIT STUDENTS' ASSOCIATION

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River Valley Divided: Edmonton mountain biking community upset with proposed park legislation

By Amy St. Amand

The River Valley is one of Edmonton's natural wonders, but increasing calls for preservation has led to disagreements about how the urban park should be used. The city has updated its proposed legislation for the Ribbon of Green—a longstanding initiative outlining what activities are allowed and where.

The first Ribbon of Green was proposed in 1990, and in 2020, the city amended the plan to include the southwest and northeast reaches of the River Valley. According to the Ribbon of Green SW + NE Plan, the River Valley was zoned into three different areas of varying levels of preservation efforts. Conservation would allow for all types of trail use, including foot traffic and cycling. On Active/Working Landscapes, activities like festivals, farms, and boat launches could occur. But the most controversial zone, Preservation, restricts usage to "foot-base travel on natural trails only," according to the city's website.

However, the Edmonton Mountain Biking Alliance (EMBA) has problems with the current zoning, and is worried about how the plan may progress and change the landscape of cycling in Edmonton. Their website estimates that 90 per cent of the current singletrack trails now fall in preservation zones, making mountain biking prohibited.

But EMBA argues that the Ribbon of Green "unfairly condemns mountain bike traffic in preservation areas where other foot traffic is permitted."

According to Joseph Yurkovich, EMBA president, cycling in the River Valley is no more harmful than foot traffic. Ensuring that trails are well-built and well-maintained is more important to minimizing impacts.

"That's the part that we are trying to make known. Any human activity in a natural area is going to be impactful...the impacts of cycling and foot traffic are essentially on par. There's not a lot of difference. There have been a number of papers over the years that come to essentially the same conclusion."

But the problem is not just with cyclists being unable to ride on trails—under the current Ribbon of Green

guidelines, they are also unable to maintain them. EMBA also works with partners to maintain many of the popular singletrack trails in the River Valley. But, because many of these trails are zoned for preservation, they've been unable to maintain many of them for several months.

"If there's a pothole, we fill it. We make sure that trails that people create to go around those potholes are closed off...when we put our proposal in to the people we work with at the city [to do maintenance on a trail], they came back and said, 'urban planning has just pointed out to us that [that trail] is in a preservation area, so you can't do any maintenance there.' Luckily, last year was a really dry year, so any rainfall on the natural surface trails got soaked up," said Yurkovich.

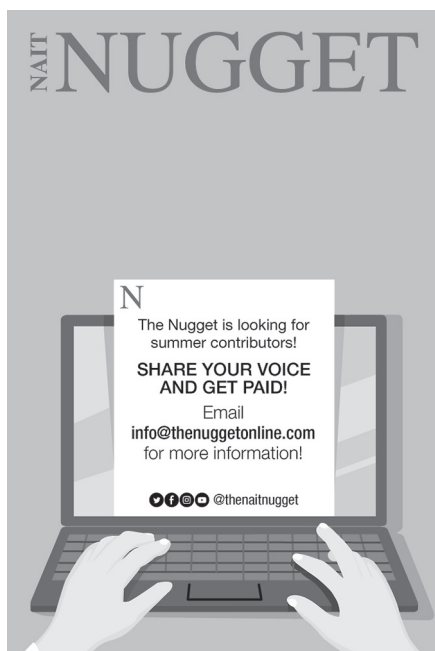
"The plants didn't stop growing. So that reduces sightlines and makes it a little more dangerous for people."

Currently, the city plans to do an "on-the-ground" assessment to determine which areas need to be restricted to foot traffic, and which can be opened up to the public. But this leaves mountain bikers to the wayside until the assessment is finished.

"That assessment would start in 2023, and it will take a while to do an on-the-ground assessment of trails...In the interim we have this situation where they say, 'We're not banning mountain biking', and we've heard they're not really going to go out on the trails and try and stop people from cycling, but on the other hand, they would have a plan that says mountain biking is not a permitted activity on these trails," said Yurkovich.

For Yurkovich, the solution lies in the status quo: "We think we have an appropriate mechanism in place to do this responsibly...the best approach is to maintain what has become a status quo and to say, 'yes, we're going to allow cycling on these natural surface trails but we need to go do an on-the-ground assessment to determine whether there should not be any human activity in a particular area.'"

Ultimately, EMBA supports the intent of the Ribbon of Green initiative and believes in the importance of preserving the River Valley. However, their goal is to ensure that all parties can coexist and "allow us and the generations to come the opportunity to enjoy our Ribbon of Green to the fullest."



Ernest's streams into THE FUTURE OF COOKING

By Amy St. Amand



Host Chad Cooper explains the segment's challenge: innovative cooking.

Photo by Daniel Chamberlin

The pandemic had major impacts on the hospitality industry, but one NAIT business is fighting back in an innovative way. Ernest's at NAIT, one of Edmonton's top dining establishments according to online restaurant-reservation service Opentable, has started a Twitch Channel to combat the loss of in-person dining.



Special guest JohnLeung888 finalizes his dish: his own take on a wonton noodle soup and a shrimp/crispy noodle sandwich.

Photo by Daniel Chamberlin



A behind-the-scenes look at Ernest'sCooking on Twitch. The channel uses several cameras and switchers to keep things exciting.

Photo by Daniel Chamberlin



Chef Crystal and special guest Chef Leung (former MasterChef Canada contestant) show off their completed dishes.

Photo by Daniel Chamberlin

“[Ernest’s] is a classroom first and foremost, and then it’s a restaurant afterwards. Our main customer...is the students,” said Mitch McCaskill, dining room manager of Ernest’s.

While Twitch, an American live streaming service, typically focuses on video games, McCaskill was inspired after stumbling on home cooks streaming from their kitchens.

“I thought we could probably do one better than what they’re doing, and do it in a commercial kitchen,” said McCaskill.

At the beginning, McCaskill tested the idea with staff members, and as the idea took shape, involved students on a volunteer-basis. They first focused on cooking items that were popular on social media at the time, but soon realized themed-cooking challenges would be a better education for the students.

“It challenges the students into thinking of a broad-spectrum of things.”

By participating in the Twitch channel, students also get practical experience they can use to prepare for alternative career paths after they graduate.

“It gives them that exposure, to get used to being on camera, and also being interviewed by our host, all these different pressures on them...it’s a lot, but it’s fantastic training for them. They really understand...I don’t have to go to a restaurant or a hotel chain, I can do my own thing, and I can do it with cameras, or I can go on a food show, or I can even be a home cook on Twitch,” said McCaskill.

For the students involved, there are several perks to participating in the voluntary extra-curricular program.

McCaskill and the producers of the channel have started a bursary program with funds earned by the channel through donations and subscriptions, because the main goal behind starting the twitch channel was always to provide opportunities for students.

“Our main goal was to get [the Twitch channel] monetized. And the thought was, well, what do we do with this money when we get it? So, we decided to put it in a bursary for the students to try to give that back once we collect enough funds in there,” said McCaskill. “I’m sure we’ll host competitions like Chopped and give back to those students that win.”

Along with financial opportunities, participating in the Twitch channel also gives unique opportunities for culinary students to connect with viewers, industry professionals and family members living outside Canada.

“One of the students that was in the cocktail competition, her family in Sri Lanka hasn’t seen her for two years and they got to watch her through Twitch... They got watch her go on and they said it felt so good to be able to see her,” said McCaskill.

Ultimately, McCaskill dreams of a future where more departments incorporate Twitch into their everyday instruction.

“When we were developing it, we thought, we can’t just keep this to ourselves, we want to share with NAIT as a whole. There could be a possibility where Twitch could be incorporated into all of NAIT. You could go to the autobody area and watch a guy work on an engine, or the veterinary clinic or athletics,” said McCaskill.

Catch their stream on [twitch.tv/ErnestsCooking](https://www.twitch.tv/ErnestsCooking) every Monday at 2:30 p.m.



Chef Crystal puts the finishing touches on her dish: a plant-based sausage raviolo.

Photo by Daniel Chamberlin



Dana Gibson and Chef Maynard Kolskog from NAIT's Centre for Culinary Innovation judge the completed dishes.

Photo by Daniel Chamberlin

Prices rise as inflation rates skyrocket

By Adel Ahmed

With gas prices at record-highs, Canadians are seeing rising costs for basic necessities. Statistics Canada reports that the inflation rate has risen to 5.7 per cent. That’s the highest it’s been since August of 1991. The rising prices affect many Canadians, but some NAIT students are worried about their financial future.

“Being a full-time student takes a toll on [your savings],” said Kayle Bellwood, second-year Radio & Television student.

“I had a set amount of money set aside for school. With inflation, it’s draining faster than I predicted.”

As Bellwood’s program is almost complete, his last requirement is to find an internship. Typically in the Radio and Television program, students move away for their placements. However, with the cost of living, gas and food going up, Bellwood is unsure if he is prepared to move away right now.

“It’s a concern because it’s more than I have to budget for because I have to decide if I’m going to do my placement in the fall,” said Bellwood.

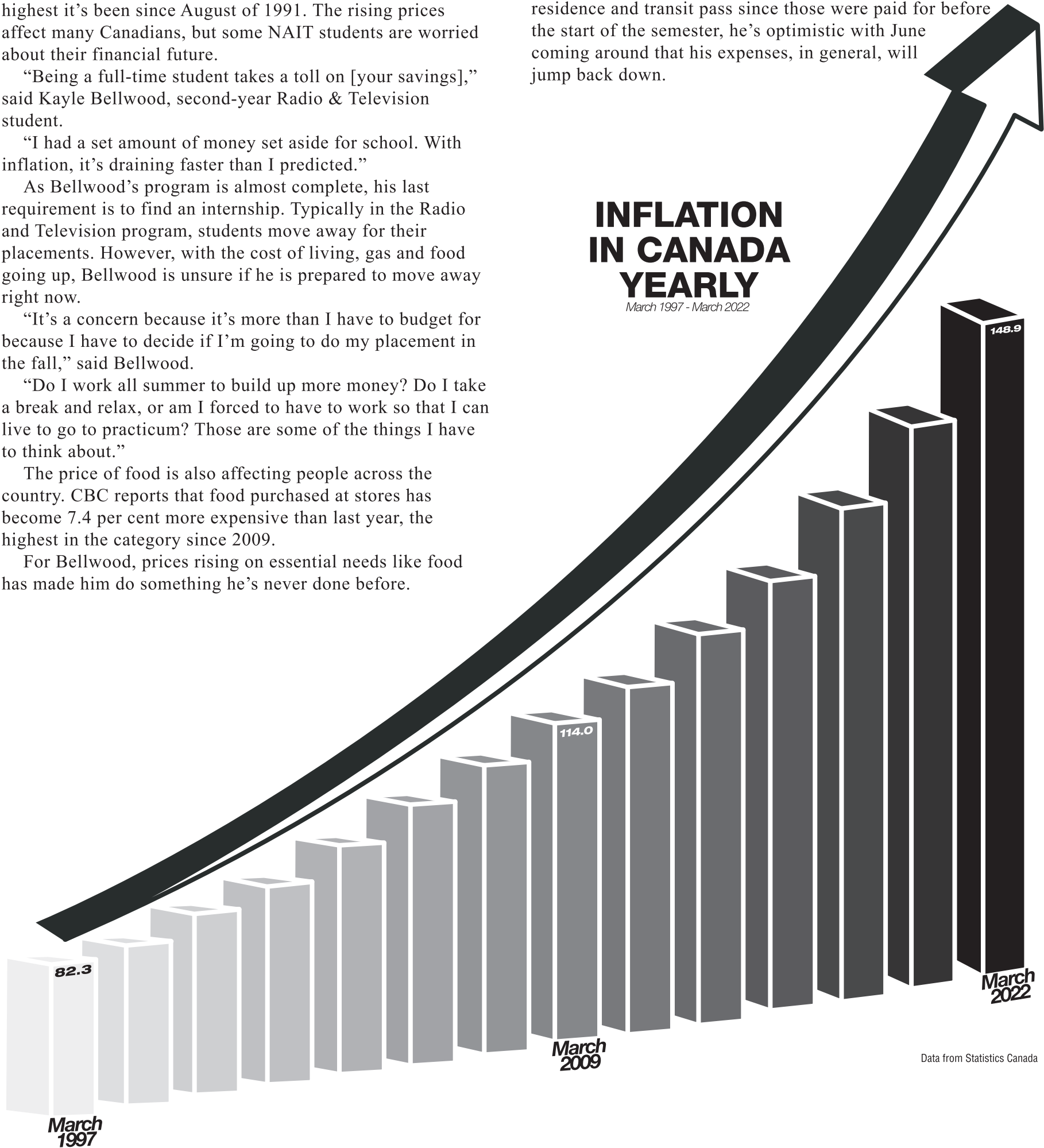
“Do I work all summer to build up more money? Do I take a break and relax, or am I forced to have to work so that I can live to go to practicum? Those are some of the things I have to think about.”

The price of food is also affecting people across the country. CBC reports that food purchased at stores has become 7.4 per cent more expensive than last year, the highest in the category since 2009.

For Bellwood, prices rising on essential needs like food has made him do something he’s never done before.

“I had to take out student loans for the first time. I thought I had enough set aside, but inflation really messed with me, and then I couldn’t pay anything else.”

Although Bellwood doesn’t have to worry about costs like his residence and transit pass since those were paid for before the start of the semester, he’s optimistic with June coming around that his expenses, in general, will jump back down.



Rising above the pandemic

By Sarabeth Castro

The past two years have been some of the most difficult times the world has faced. But even so, isolation has created opportunities to reconnect to our inner selves and discover new hobbies that may be challenging at first, but ultimately allow us to overcome and excel. Here's what NAIT students are doing to keep mentally, physically and socially fit.

Balancing with Balance Board (BalBo)

Princess Jazzmin Abdul is a first-year student in Business Administration focused on Entrepreneurship and Innovation. She likes balancing on a Balance Board, also called BalBo. Abdul has incorporated BalBo into her slow workout routine, but she also enjoys the activity because it reminds her of the sea.

"It started when I missed the tropics – the sandy beach and the saltwater. We live 10-minutes away from the beach, and I love some water activities, especially stand-up paddle boarding and swimming. Though I am still a beginner at BalBo, I am very enthusiastic about learning other stunts. Balbo [helps me relieve] stress and muscle tension and helps me with my homesickness."

Spin Wool and Knitting

Logan Harris is a second-year student in Business Administration focused on Management. Harris started his project by getting rovings from a farm down by Calgary to make into chunky roving blankets seen in magazines. He said that at first, the roving blanket was a disaster and he had wool fluff everywhere. "I had eight lbs. of wool that shed worse than any dog, and I had to readjust my final project."

The blanket took him countless hours to finish. "I'd spin until my spool was filled with single-strand yarn, then I'd roll the yarn into a ball and repeat the process." The process was lengthy, and although he felt that the final product was uneven, he was happy with it and finds the process therapeutic.

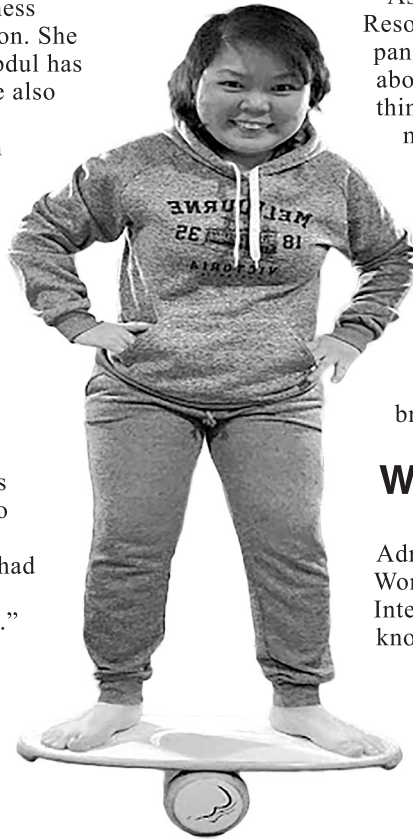


Photo Supplied

Chocolate Dipped Treats

Asmahan Fattah is a second-year student pursuing a degree in Human Resources. She found herself playing the guitar and cooking during the pandemic. "I always loved to cook and bake and loved learning things about the culinary world. In a time like a pandemic, I think small things like food/cuisine can always bring people together to share a moment of happiness," said Fattah.

She started a small business last year from her hobbies.

"There had been so many viral trends and people starting their businesses throughout the pandemic that it sparked the idea to start my own," Fattah said. Fattah bought all the supplies and started to practice making chocolate-dipped treats until her products were ready to sell. She began with chocolate-covered strawberries and chocolate molds and then expanded from there. She expressed that the benefit of giving something you worked hard on to someone and having them react positively brings happiness during trying times.

Website Creation

Cyrus Gallardo is a second-year student taking Business Administration. His interest in making websites started with WordPress, which can be personalized with easy-to-use Graphical User Interfaces. Users can customize and view websites without previous knowledge of programming.

Venturing into this hobby was easy for him because he acquired a certificate in Computer Network Administrator through NAIT. He has knowledge about CSS, HTML and PHP, which are some of the requirements to create a website from scratch. This hobby helped him spend his time having fun while learning new things.

Canada's longest running anime festival looking for student volunteers

by Alleah Boisvert

Pop culture fans can look forward to celebrating their love of anime in-person at Edmonton's 27th Animethon after a two-year hiatus of the iconic festival that celebrates anime, gaming, cosplay and everything in between. Animethon organizers are optimistic about the three-day festival in August after COVID-19 numbers led to the cancellation of their winter pre-festival, A Taste of Animethon, last January.

"Taste [of Animethon] was just to jump start and get people used to [the in-person event] again, and then we can bring that to [Animethon] so that people are more familiar with what they're doing. The good news is because we did a lot of legwork for Taste, we have a lot already done for the [main festival]," said Jenny Lau, Animethon's director of programming.

Due to Animethon's structure, it hasn't been able to pivot online like other festivals, so Lau anticipates a lot of attendees will be experiencing a festival like this for the first time after bingeing anime at home. Lau is excited for new anime fans to finally be a part of the Animethon community.

"We have a lot more newer audiences and younger crowds that are just getting into anime due to the fact that COVID has opened up a lot of people [to explore new interests]. They're bored, they're like 'oh, what's this? Anime?' and then they're into it, they're hooked. Come join us!"

Returning attendees have missed the communal aspect of the festival the past two years. More social events such as the cosplay contest, anime-themed EDM dance and the popular maid and butler café will return but with added health measures.

"In Japan they have these cafes where maids serve you and they'd be super cute like *uwu*."

Then they make this omelette rice [dish] and the maids would use ketchup and draw their cutesy art onto this food...so, we have that, and [the sessions] usually sell out literally on day one," said Lau.

Animethon events like these wouldn't be possible without a team of enthusiastic volunteers. Started in 1994, Animethon is now recognized throughout North America, so a lot goes into such a well-established festival. From language interpreting to accounting, there are tons of diverse volunteer positions that need filling.

"Because we're just starting things again, a lot of [previous volunteers] have moved on with their lives, so we have to do a new fresh batch of recruitment. So, we are constantly looking for people, especially now that we have a lot of holes to fill," said Lau.

For NAIT students looking for fun and interesting volunteer experiences, Animethon might be the perfect opportunity. It was for Lau, who happens to be a fellow Ook and NAITSA's communications director.

"A lot of our staff have gotten careers out of Animethon actually. In fact, I'm one of them. When I was applying for my job, the reference that my boss for Animethon at the time gave to my current boss was so stellar that it set me up for success," said Lau.

"You have to put yourself out there. If you want to do something that you want to contribute back to the community, why not this?"

Animethon returns to the Edmonton Convention Centre this summer from August 5th to 7th. NAIT students interested in volunteering can sign up by heading to Animethon.org and filling out a sign-up form before June 13th.

Making campus dreams come true: Q+A with Campus Activities Board

By Amy St. Amand

If you've attended events on campus, you've likely met a member of the Campus Activities Board—the group of students in charge of brainstorming and facilitating all the amazing events NAITSA hosts every year. Each January a new group of students is hired, ready to make your campus life dreams come true. We spoke with Sara Farrar, who recently joined the Campus Activities Board as a Promotions Coordinator, for the inside scoop on life as a CAB member!

Why did you join the Campus Activities Board?

I joined to become a more active member at NAIT. I was craving involvement with other students and to truly make an experience out of my time as a university student. Also, the events are so fun and I wanted to be part of the group that did that for students.

What has been your favourite moment so far?

Although I am still in the process of onboarding, I have had the opportunity to shadow a few shifts and it has been so fun. With this role, I hope to create an inclusive environment where students feel safe, appreciated and encouraged (that is hopefully going to be a memorable moment come next year).

What are you looking forward to next year?

NAIT students have so many resources at their disposal that makes post-secondary more than just classes. If you search, you will see many groups and clubs that are waiting with open arms and ready to give you a fun memory or two. I am really looking forward to creating really cool events for students and making them just as stoked as I was before joining this team!



Students dig in at NAITSA's annual Pancake Breakfast.

Photo by Daniel Chamberlin



NAIT Culinary teaches students how to make sushi at this NAITSA event.

Photo by Daniel Chamberlin



NAITSA hands out prizes at a bookstore giveaway.

Photo by Daniel Chamberlin



Ooks life volunteers hand out swag at the first week back celebration.

Photo by NAIT



Photo by Daniel Chamberlin

Every May marks the start of a new executive council for NAITSA. But with the new start, there is also a farewell to the executives that have been working with us every day for the past year. We spoke to NAITSA’s outgoing and returning execs to learn all about their most noteworthy moments.



Jerilyn Kotelniski
Outgoing President

My favourite part of being an EC was being able to help students navigate challenges during the pandemic. What I'm particularly proud of this past year is the relationship that we've been building with the Nîsôhkamâtôtân Centre.



Renata Medieros
Returning VP Academic

A project that I am very proud of that had the goal of supporting students during exam season, whether they were online or in-person, was the Study Party. Being able to make tutors available for free for students when they need them the most and providing them with wellness resources so they make sure to take care of their mental health while studying hard was a project I am happy to have worked on. Next year, I hope to be able to continue making connections with students, listening to what their needs are and advocating to NAIT for them.



Jorgia Moore
Outgoing VP Internal

My favourite part about being EC was seeing the impact we had on students while having the freedom to create our own goals. Having students engage at events and express their appreciation for the opportunities we provided was the biggest highlight. Knowing that the unique work we put in had a direct impact on students was such a cool feeling.

My favourite initiative was definitely our Campus Life Volunteer Team, Oaks Crew! This was the first year of the team and they volunteered over 350 hours to enhance the student experience and create an awesome campus. This included events, promotions, graphic design, Food Centre and so much more.



Natalie Sarzynski
Outgoing VP External

One initiative that I worked on during my term that is very near and dear to my heart is high up on the Alberta 2030 - Building Skills for Jobs Strategy. The proposal to increase the international students population to 40 per cent at our post-secondary institutions is an exciting opportunity for diversifying the skills and knowledge our province offers. With the help of my team and the Alberta Student Executive Council, we were able to voice the concerns of international students and contribute to the ongoing efforts to provide international students with a smooth transition into their Canadian advanced education experience.

I'm not entirely sure what happens next. As a graduate I'll want to find a job that challenges me and helps me build the appropriate skills I need to succeed in my career. Before I pursue a full-time position, I would really love to take a moment to catch up with friends, family and the very much needed rest!

EDITORIAL

Cryptocurrencies: New money for new time

By Daniel Eisenhut

In January 2009, Satoshi Nakamoto launched the world’s first cryptocurrency, Bitcoin. But Nakamoto isn’t a real person—the name Satoshi Nakamoto is a pseudonym for the creator (or creators) that created Bitcoin. To this day, their identity remains a mystery and the subject of many theories.

When first introduced, Bitcoin was valued at \$0. The first known commercial transaction using Bitcoin occurred on May 22, 2010, when 10,000 Bitcoins were traded for two pizzas. Almost 12 years later, the value of Bitcoin oscillates around 50,000 Canadian dollars. Those original two pizzas? Today, they’d cost around \$500 million.

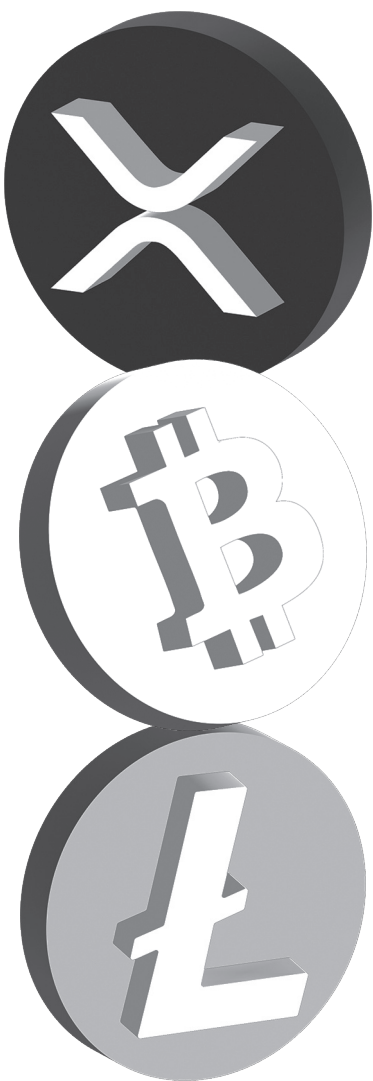


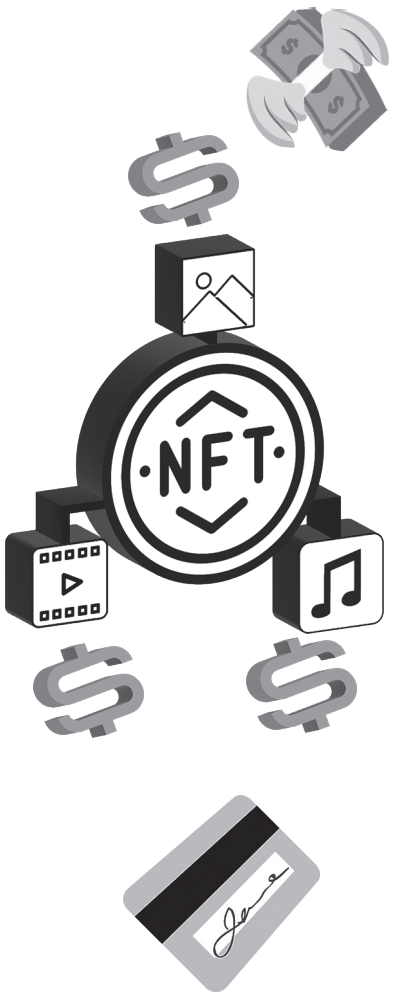
The cryptocurrency market is based on the idea started by Bitcoin: money can be sent and received by anyone, anywhere in the world without relying on trusted intermediaries, such as banks and financial services companies. Some of the concepts that explain the value of Bitcoin (and most cryptocurrencies) are trust, security and scarcity. Trust, because people accept that crypto can be used as a means of payment; security, as transactions are checked and validated by many ‘miners’ in a system called blockchain; and scarcity, which restricts the number of Bitcoins to be

generated to 21 million. Bitcoin supply is predicted to end in 2140.

This market is a reality, and its total value exceeds two trillion dollars. Some experts say that it will become a giant after surpassing five trillion dollars. Large companies and institutions such as MicroStrategy, Tesla and Microsoft have cryptocurrencies in their investment portfolios. Some countries like El Salvador are even adopting cryptocurrencies as a legal tender.

Nowadays, there are over 18,000 cryptocurrencies available, the vast majority introduced in the last five years, and this number has been increasing rapidly, with new releases daily. With so many options and different functions, it is difficult to understand and distinguish cryptocurrencies, and classifying them is not a simple task at all.

I leave below a modest attempt to give an idea to those who are interested in this market. But be warned—investing in crypto is very risky. A lot of caution and study is recommended before getting into these investments and this is not a recommendation to buy any of the cited cryptocurrencies.

<div>Payment Currencies:</div> <div>The function by which cryptocurrency was conceived as a decentralized form of payment. Bitcoin and XRP are examples.</div> <div></div>	<div>Privacy Coins:</div> <div>Focus on increasing the privacy and security of transactions within this market. Monero, Dash and Zcash are between these coins.</div> <div></div>	<div>Blockchain Economies:</div> <div>They work as a platform for decentralized applications. Smart contracts such as Ethereum and Solana, and decentralized finances like Uniswap are some examples.</div> <div></div>	<div>Utility Tokens:</div> <div>They are used as exchange currency for goods and services. The hipped non-fungible-tokens (NFTs) found in play-to-earn games, such as Axie Infinity and Sandbox are among them.</div> <div></div>
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Rennick's Red Flags: How to avoid NFT scams

by Alleah Boisvert

For someone just learning about NFTs (non-fungible tokens), it may be exciting to invest in one right away. NFTs can bring opportunities to collectors, but they have also opened a whole new can of worms in the world of scammers. James Rennick, an NFT enthusiast and marketing instructor at NAIT, has some advice on how to avoid NFT scams.

"The first major piece of advice, no matter what, don't spend money you don't have on this. It should be about having fun," said Rennick. "It shouldn't be a financial thing."

NFTs may seem like a quick way to make money, but folks involved in the NFT community see them as collectibles that come with other perks.

"Generally, non-fungible tokens have utility attached to them. So, you'll get something when you buy it. What do you get? Is it access to communities, access to parties, access to exclusive interviews, access to future airdrops? What are they promising? So, what's the utility of the token? If there's no real plan for what they're going to do with it, that's a huge red flag," said Rennick.

Students who are interested in NFTs should research the communities involved in each project before purchasing. Checking out their social media accounts can help set apart which projects are legitimate.

"Another [tip] is checking out the communities online. Discord is a big one. If you go look at a Discord, how much activity is happening there?...A real community should be generated around the NFT," said Rennick.

Lately, scammers have been hacking Instagram accounts to promote NFT projects. These scams can be tricky to recognize at first since they utilize Instagram's stories feature to generate views. They tempt users by promising money to anyone who messages the account. Rennick reinforces the number one rule of the internet to avoid account hacks.

"Keep your passwords very unique. So many people make mistakes with passwords. Your password should have nothing to do with your life," said Rennick.

Because NFT scammers are becoming more prevalent on apps such as Instagram, students who see suspicious behaviour from friends should be cautious. Crypto scammers have even been going so far as to message any accounts who have viewed the story.

"Is this normal behaviour for this person? If somebody never ever mentioned NFTs before and then suddenly they're posting in their stories, huge red flag," said Rennick.

"When you see it, let that person know as fast as possible. Do it off platform, that's one key thing. Report [the account] to Instagram right away," said Rennick. "One thing to know is that Facebook also owns Instagram. A lot of the time, if they also had a Facebook account and a Facebook Business Manager, they should be connected. If they were running a Facebook account, you could talk to them on the Facebook side and see."

Although scammers are taking advantage of the cryptocurrency trend, NFTs might be useful in the future for companies trying to prevent their customers from being scammed.

"I see NFTs moving forward in a very substantial way, and not just with collectibles. Stuff like tickets. If you can implement an NFT system that is completely on the public blockchain, it's going to be way harder for scalpers that come in and buy a whole ton of tickets using bots. I see huge applications for the ticket industry," said Rennick.

As polarizing as they are, NFTs don't seem to be going anywhere anytime soon, so learning about what they are and how they are used could prove to be very useful in the future.

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Photo from Old Strathcona Website

Take a free, self-guided tour of Old Strathcona's murals this spring

By Angela Kazmierczak

Murals are paintings or graphics consisting of charged colours or an overall message that's affixed onto the side of a building or a large wall. In 2021, Edmonton's Old Strathcona homed nearly 60 of these murals. Painted by local and international artists, the murals are one of the city's newest attractions to look out for.

Given the profusion of artwork on the bustling streets of Whyte Ave, the Old Strathcona Business Association mapped out most of the spots to help art lovers explore. Many of the works populate the East Whyte, West Ritchie, Central Whyte and West Whyte area.

"A lot of the art is really simplistic, but it still portrays its meaning well, which I really like," said Kaitlin Labonte, NAIT student.

Before people start touring Strathcona's murals though, it's advised they download the map from Strathcona's Business website. It's useful to have as the map details the names of paintings and their locations. There's also a dedicated mural webpage to gush over the newest artworks, which might pique a person or two's interest.

While many new murals have appeared in Old Strathcona, they're beginning to catch on Downtown, in south Edmonton parkades and at Kingsway Garden mall. The City of Edmonton is also offering over 25 mural grants to artists in hopes the art will connect the community and prevent criminal behaviour, like vandalism.

"It's a really great way for people to express themselves creatively and share that joy with the city. I think it makes a lot of people happy to see that kind of art," said Thalia Mottus, NAIT student.

Several people comment that the murals make for a fun scavenger hunt, connect the community, are ideal for Instagram pictures and are something of a happy place. Whether you'd like to snap a pic in Pac-Man galore or become mesmerized in a galaxy of shapes and colours, there's artwork for everyone to enjoy.



Photo by Angela Kazmierczak

We scream for ice cream: Yelo'd ice cream + bake shoppe

By Sarabeth Castro

“Nostalgia – a taste of home.” This statement is how the happy and inspiring couple Ailynn and Jason Wong describe Yelo'd ice cream + bake shoppe, the business they started in 2018. The name “Yelo'd” was derived from the Tagalog word “Yelo,” which means ice. The ‘d’ at the end is a creative way of adding desserts into the name since they also sell iced cakes and sweets like cookies. Ailynn started her career 10 years ago as a baker; she used to own Whimsical Cake Studio. Their love and pride in celebrating Filipino ingredients made them decide to venture into an ice cream shop.

On a good day, they sell about 400 litres of ice cream, soft serve and milkshakes. According to the owners, champorado, warm chocolate rice pudding, is the best selling flavor. It's served hot with the customer's choice of ice cream toppings.

Keso (Tagalog word for cheese) gets the most compliments because customers unexpectedly enjoy its taste. “Keso is not a common flavour in North America. Most customers are afraid to try it since it is cheese flavoured, but they get delighted when they try it,” Ailynn explained.

Ailynn shared that her favourite is “chocnut,” a peanut butter and chocolate flavour, but Jason's is keso with ube (purple yam) cake.

In addition to the physical location on Whyte Avenue, the Wong's also own Sosyal Scoops, a fleet of luxury ice cream trucks that travel to different events and festivals. The name, Tagalog slang for boujee, social and friendly, sells Filipino inspired flavours not typically available at Yelo'd. Some of the offerings include Halo-Halo, Philippine shaved ice with jellies, coconut sting, jackfruit, cornflakes, and your choice of

soft serve or scoop of ice cream. They will also be serving Halo-Halo milkshakes this summer.

The trucks returned to the streets on April 8th, headed for their first destination of Manchester Square on 107th avenue.

The schedule is available on their Instagram page, @sosyal_scoops, or on their website.



Photo from Yelod Instagram



Photo by Sarabeth Castro



Fun Fact

Wong's parents cook all the ube for the ice cream!



Photo from Edmonton Made

Documentary gives insight into Ukrainian society

By A.Jade Munsie

Oksana Karpovych is a Ukrainian-Canadian film director born in Kyiv who came to Canada to pursue documentary filmmaking at Concordia University in Montreal. Her first feature-length film, a documentary, "Don't Worry the Doors Will Open," speaks volumes about Ukrainian society when Ukrainian voices are trying to be stifled by acts of an oppressive regime.

"It only becomes more and more important. The things that my subjects talk about in the film, the ideas they express, their reflections on Ukraine and our history are still very important and timeless," said Karpovych.

What initially began as a film about train vendors turned into a timely, relevant reveal of the modern-day Ukrainian commuter. 2019's "Don't Worry the Doors Will Open" follows people on the local elektrychka, old soviet commuter trains, travelling to and from Kyiv, stopping at smaller towns.

"I used to take the train when I was a kid with my family. So I always liked these vendors, and I thought that it would be fun to make a film about them because they seem to be very interesting and very intense people," said Karpovych.

However, the documentary took a new angle on the form of a society through its struggles and life.

"The subjects are ordinary working-class people, people you don't see on screen that often. You don't hear their stories. And from that perspective, from the angle that we took when we were working on the film, which is very humanist, we always wanted to be an equal with the people, the way we talk to them, the way we filmed them.

We really wanted to give them the ground for them to speak for themselves, and we listened carefully," said Karpovych. While the film came together over four years, with all that's going on and the country's present state, the subject's comments and ideals are profound and initiate a broader scope of life in Ukraine.

"I wanted to show something that is very underrepresented because I always followed for my whole life, and especially when I was living abroad, that people don't know about Ukraine. They only have these stereotypes in mind, and they don't understand what is Ukraine and how beautiful it is, how complex it is, like what are the actual everyday struggles of our people," said Karpovych.

"In the end, we have this crazy collage of all types of people, old and young and ex-prisoners, vendors, workers. It's a dream. I think that right now, it's really, really this variety of all types of people shows the variety of our society. But it always stays in the limits of the working class."

The situation in Ukraine has left many people stranded, lost and questioning what's to come and what will happen next. Ukrainian communities worldwide are bracing for loved ones, relatives and friends who remain in the country or have fled to neighbouring countries for safety. This film is a learned example of just who these people are.

"I'm very proud of what I did. When you're making a work like this, you are so much inside of it, and when you spend so much time on it, you don't really realize what you are actually making and what will be its value in the future. But then, now from a distance, I can see that we made something that is important, that says something important," said Karpovych.

BELOW: Stills from Karpovych's 2019 film "Don't Worry the Doors Will Open"



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THE SHUFFLE:

Sizzling summer songs

By Kaytlyn Poberznick



1:00

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Welcome to the annual summer playlist shuffle. It's always nice to keep the summer tunes bumping, so hopefully, this article gives some inspiration for the classic, playful, uplifting jams. There's no real theme to this other than songs that can either be played on full blast or purely just give off good vibes. So turn the volume up, roll the windows down and let's get going.

Beacon by Matt Duncan

Beacon emanates the feeling of summer. It's such a smooth and bougie vibe. It's hard to explain the feeling of this song. It's a jazzy and pop type of song mixed. Apple Music labels it as alternative, so do with that information as you will. At some points, it gives off a Hawaiian beat, and who doesn't love that for summer.

Boombastic by Shaggy

This one came back into the mix a few weeks ago when it was constantly on the radio throughout the day. Boombastic is the classic Shaggy reggae. It's a song that you can't really sing along with. It's moreso there for the tune's energy. Very groovy. I'm also not sure all of the lyrics make any sense, but the lines that do work are fairly sexual, with lyrics like "I want your loving, gyal. Move it like you should." Not surprising for a Shaggy song, though.

Wild Love by James Bay

This song gives off the classic romantic side of summer. As the title bluntly says, "Wild Love," which explains the whole song. It's a very PG song, though. It just goes into detail about how James Bay wants to give his partner wild love, "the kind that never slows down." Being able to have that intimate time with their loved one and forget about the world for a while. The ultimate summer dream.

Missin You Crazy by Russ

Russ has to get some credit in this playlist. Like most of Russ's songs, this one stays the same beat and pace for the majority of the three minutes and forty-six seconds, which could sound like a bad thing but it really just lets the listener vibe and roll with it. There are no sharp ends that come out of nowhere throughout the song. Weird way to describe it, but it hopefully makes sense.

All to Myself by Marianas Trench

This 2009 song is an absolute classic. It deserves to be played at max volume without a doubt. They sing about wanting "you all to myself," basically making a cry to get the girl. This is the classic tale of chasing their crush but adding an edgy rock-pop touch.

Sympathy by The Goo Goo Dolls

Some people might think it's funny that this song is considered a summer tune in my eyes, but to be completely honest, it's only a candidate because the movie "A Cinderella Story" plays it in the very beginning when it's a beautiful and sunny day out. The song purely just reminds me of sitting and watching a sunset. It has a very calming presence. It's one of those songs that you know the lyrics, but they never really register in your mind. You're only there to enjoy the tune of it.

Mud On the Tires by Brad Paisley

A summer playlist is never complete without a country song. We'll finish this off with Mr. Brad Paisley and this 2003 tune. This one reminds me of a beautiful night, fire burning and good times. For those who don't like country, this one might change your mind.

A taste of Festival City's **FAN-FAVOURITE** summer festivals

By Quentin Schroeder

Everybody loves a good festival. Some stretch down city streets while others seek shade from the summer heat in neighbourhood parks.

Edmonton is a hub for big summer events. With more than *50 festivals* held annually, it's easy to see why our city is nicknamed "*The Festival City*." Now after a couple of years of minimal festival action, Edmonton is gearing up for a jam-packed summer.



EDMONTON CRAFT BEER FESTIVAL

(June 3 - June 4)

Who doesn't like a hazy IPA or a refreshing sour in the summertime? Edmonton is home to one of the largest growing beer festivals in the world. This indoor festival at the EXPO Centre pours more than 500 beers from over 100 breweries; the biggest challenge is which beer to sample first.



EDMONTON INTERNATIONAL STREET PERFORMERS FESTIVAL

(July 8 - July 17)

More than 60 international, national and local artists take over Churchill Square for the International Street Performers Festival. Spinning acrobats, energetic dance troops and fearless jugglers will entertain and dazzle. There's a "Be Your Own Busker" workshop to impress your friends and an adult cabaret called "Late Night Madness" if you are looking for some big-kid jokes.



Photo by Gail and Alfred Bruckner

TASTE OF EDMONTON

(July 21 - July 31)

Certainly the tastiest of the festivals. Sir Winston Churchill Square fills up with dozens of local restaurants and food trucks for Western Canada's largest food festival. Sample a variety of dishes from the most delicious restaurants in Edmonton. Whether it's sweet snacks, savoury sandwiches or dairy-free ice cream, you'll be able to taste whatever YEG treat your heart desires.

THE EDMONTON FOLK MUSIC FEST

(August 4 - August 7)

Gallagher Park plays host to this iconic annual four-day music festival. The National, The War on Drugs and Lord Huron are some of the headliners for this year's musical guests. Gallagher park also provides festival-goers with a beautiful view of the Edmonton city skyline while listening to great live folk music. Tickets go on sale on June 4 and historically sell out on the same day, so mark it in your calendars!

CARIWEST FESTIVAL

(August 5 - August 7)

Get your dancing shoes on and wear something comfortable for this festival. Starting off in Sir Winston Churchill Square and spilling into the streets of Edmonton, Cariwest Festival is the most colourful and vibrant festival on this list. This fiesta gives people of Caribbean heritage a chance to share music, cuisine and carnival culture. You'll find a costume extravaganza, parade and a Caribbean village packed with live entertainment.

THE EDMONTON FRINGE FESTIVAL

(August 11 - August 21)

Almost every Edmontonian looks forward to North America's oldest and largest Fringe Festival taking over Old Strathcona every August. Before public health restrictions, The Edmonton Fringe Festival never failed to break box office sales and fan attendance records yearly. Hundreds of national, international and local theatre performers bring their creative energy to the streets of Edmonton for thousands of spectators.

Photo by Stephen Wreakes



Photo by Stephen Wreakes

My eyelashes aren't frosted over, so it's officially patio season in Edmonton

By Alleah Boisvert

Edmontonians are notorious for enjoying patios even in the dead of winter, but the anticipation for summer patio season in this city is palpable as the snow starts to melt. As soon as the temperature spikes above 10 degrees, everyone rushes to the patios to drink some ice-cold beers and soak in the sunshine. Here's a list of a few of the city's many great patios to check out over the next few warmer months.



Photo from @arcadiabrewingco

Arcadia Brewing Co. (10712 120 St NW)

Arcadia is right by a dog park, so there are always plenty of cute pups to see on their patio. But, if that's not enticing enough, Manchester Square's European-style structure lights up at night and looks gorgeous as the sun sets. It's ultra-Instagrammable, but there's more to this brewery than just looks; Arcadia exudes Edmonton kindness by supporting organizations like Boyle Street Community Services and being an ambassador for harm reduction.

Baijiu (10359 104 St NW)

Baijiu's patio is the ultimate chic date night spot. It's heated for when it gets cold, and for folks who want to enjoy the aesthetic nightlife of downtown, Baijiu is located across the street from Edmonton's Neon Sign Museum. Although the cocktail bar vibes make Baijiu seem upscale, on Tuesdays, they have \$3 PBR pints on special—very student-friendly.

Hudsons Whyte Ave (10307 82 Ave NW)

Hudsons is a tried-and-true Whyte Ave summer patio gem. They have great daily specials, lots of beers on tap (including a yummy Strawberry Fields summer feature lager) and the people-watching won't be better anywhere else. Hudsons also has TVs on their patio, making it perfect for the NHL playoff season. Just don't go in there wearing a Flames jersey during an Oilers game.



Photo from @oddcompanybrewing

Odd Company (#105 12021 102 Ave)

According to the @yego.death Instagram account, it's in everyone's best interest to manifest a spot on this cozy wood-structured patio; it's probably one of the most popular in Edmonton. Located right by Paul Kane Park, Odd Company is a close walk to the overlooking river valley in the Oliver neighbourhood. The streets are lined with draping elm trees, and the string lights make it look extra pretty after dark as you sip one of their unique brews. For the sour-lovers out there, Odd Company is the spot to visit.

Polar Park Brewing Co. (10416 80 Ave NW)

For some reason, the atmosphere on Polar Park's patio just hits different. Maybe it's the altitude, or maybe it's all the tasty beers they brew in house, but either way, their patio rocks. Since they host lots of local shows, Polar Park is a ton of fun for folks who are seeing a local band and need to step out onto the patio for a breath of fresh summer air.

Sugarbowl (10922 88 Ave NW)

Sugarbowl is a cozy spot located right by the iconic Garneau Cinema, but this spot is iconic all on its own. Not only do they have great beers on tap and amazing food, but their cinnamon buns are a household name. Sugarbowl is open as early as 9 a.m., which makes it ideal for day-drinking (or pre-drinking before hitting the late-night Whyte Ave bars). After hanging out in Kinsmen Park below, make the trek up the stairs and sip on well-deserved beer to make a perfect summer day in the city.

The Black Dog (10425 82 Ave)

Woof top patio. Enough said.



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The basic to bold style guide for any Alberta weather

By Sarabeth Castro

To be on your wardrobe A-game at any time of day this summer, basic to bold summer styles can be mixed and matched to go from day to night. These garments are essential to the freshest and trendiest summer wardrobe must-haves!

The Basics

1 White T-shirt

As famous designer Giorgio Armani says, "I've always thought of the T-shirt as the alpha and omega of fashion." This functional wardrobe is very flexible. You can pair it with pants, a skirt, jeans or shorts of any material.

4 White Sneakers

Time to kick off your boots and bring out your sneakers. White sneakers are go-to shoes if you want to tone down a bit but are always on the go. Perfect for busy days and lazy weekends.

2 Denim Jacket

This gives an extra oomph if you pair it with a sleeveless tank, bralette or crop top inside. A denim jacket gives a rugged vibe if you are going out for dinner, providing warmth when the temperature drops.

5 Sunglasses

Aside from protecting your pretty eyes while lounging in the pool area, enjoying nature or having a picnic with friends and family, this gives your summer outfit chicness and a complete look. They can be a classic aviator, a cat-eye, or oversized; sunglasses should reign supreme in your accessories.

3 A Crisp Button-Down Shirt

A crisp polo always goes a long way because it can add elegance to a casual look. It is a timeless shirt because of its versatility, and you can style it with accessories like a bow, brooch, necklace, scarf, and voilà: it is already leveled up to greatness.

6 Maxi Dress

A long and flowy dress is also a must-have summer outfit. It can be worn for a relaxed day at the beach or dressed up with a long cardigan and fancy sandals for a casual dinner date.



The Bold

1 Metallic Outfit

According to Glamour magazine, expect a summer trend with liquid metal sheens; a far subtler, grown-up and contemporary take on shimmer. Most of this attire is found in golds and silvers, and these sheeny dreams create a luxurious molten metal feel, as if the shimmering fabric appears to be falling around your body.

4 Y2K

The Y2K era trend is paving its way again in a "luxurified" way. These revivals are seen from Gen-Z wearing butterfly-shaped crop tops and low-rise pants on TikTok. This Y2K comeback has us reminiscing on 2000 trends and the hip-hop era channeling Britney Spears and Christina Aguilera.

2 Statement Trouser Suits

According to Cosmopolitan, this oversized '80s workwear staple is looking punchier than ever this spring/summer, with padded shoulders, wider trouser legs and eye-catching color palettes; it does the heavy lifting in your office wardrobe. Lime green, hot pink and neon yellow are among the summer's runway statement colors.

5 Platforms

Extra-high platform sandals are making a buzz again this summer. Compared to wearing shoes with thin heels, these chunky flats are more comfortable and can elevate your summer style.

3 Cut-Out Dresses

These slasher styles are perfect for summer and even fresher and bolder in longer, more elegant dresses. This trend was recently seen on celebrities like Kim Kardashian, Dua Lipa and Blake Lively.

6 Feathers

This festive fashion trend makes a case for a playful and sophisticated look. Designers like Valentino and Giambattista Valli recently showed their feather creations on the runway. Some of the pieces included feathered shoes, bags and a peacock ensemble.

EDITORIAL

Everything you need to grow peppers in northern Alberta

By Angela Kazmierczak

TikTok and YouTube are swarmed with gardening content, especially bell pepper growing hacks. As I found last summer, peppers will successfully sprout as touted, but there isn't much guidance for aftercare in our 4a, 2b and 3b climate. But don't fret—I've tended over 40 pepper plants and naturally learned a few things throughout the season. I guarantee if you follow these tips, you'll have a healthy, bountiful pepper harvest.

Tip #1: Picking which variety to grow

Since Albertans contend with a shorter growing season, it's best to grow early varieties. Early varieties take about 60 to 90 days after transplanting. However, as tempting as longer varieties are, they take ages to mature—about 150 days after transplanting. That's around five months, meaning Albertans can't enjoy the fruit, if at all. Don't be dissuaded from growing the early birds, as early varieties include the unique flavours of everything from cayenne to Tabasco.

Tip #2: Grow the seeds in a pot

Peppers generally recover after transplanting, but it stunts their growth for weeks. Since no time can be wasted, it's best to grow the seeds (including watermelon) directly into a pot in early March, indoors. As a result, the plants are much healthier. Reilly, a gardening expert, recommends at least a 12-inch in diameter pot with proper drainage. The plant fills the pot over time. Plants can be taken outdoors once the weather warms in June. Be sure to harden the plants first over a course of two weeks.

According to Grow Veg, some peppers prefer pots over the ground since their roots are warmer. Additionally, if there's ever a storm or you wish to continue growing indoors, a pot can easily be relocated. But be prepared for more frequent watering.

Tip #4: Not too much fertilizer

I've grown some monstrous, leafy pepper plants with little fruit. As I've learned, whatever fertilizer amounts are given on YouTube, divide by at least half. I'll break it down even further. When the plants are seedlings, give nitrogen to help leaf growth and phosphorus for healthy roots. However, when the plants enter fruiting season, be sure that not a single ounce of nitrogen hits the soil as it's time to focus on high potassium fertilizers. To fertilize potted plants, simply sprinkle potassium on top of the soil and avoid the base. There are several inorganic and organic fertilizers available at Canadian Tire or on Amazon.

Tip #6: How to water

The advice on watering varies from source to source and variety to variety. Essentially, water once the leaves droop or the soil looks dry. When the leaves droop, don't fret over it either. Simply take it as a sign to water. The leaves spring up again after watering. Drooping leaves can also indicate hot weather, so be mindful of that. A word of caution though, don't skip watering when the plant's fruiting as the peppers become bitter or fall off. Then again, too much water makes roots rot. In hindsight, it's about the plant showing you its level of thirst and examining the soil.

Tip #3: To top young plants or not?

Interested in how to top? It's relatively easy. Once the pepper grows six leaves above the two seed leaves, clip everything beyond the six leaves with sheers or scissors. In the coming weeks, new branches will form.

Topping (also called pruning) is heavily debated amongst gardeners, but it makes for the healthiest, bushiest pepper plants ever. If you don't top, one long branch with some peppers grows. Whereas, in the case of pruning, a quadruple amount of fruit produces from all the points of branching. Topping is important because we don't want to direct energy to seed or fruit production. Small plants can't support heavy fruit. The decision is up to you though.

Tip #5: Don't ever ever rip off the flowers

Many YouTube videos suggest ripping off the first flowers on larger plants because it encourages more flowers. While more flowers will form, Edmonton's growing season is too short for this hack. Good news though, if a plant was properly cared for throughout its growth and received an adequate amount of fertilizer, plenty of flowers bloom the first time around. Given northern Alberta's short summers, the goal is to give as much time as possible for the fruit to develop.

Young peppers can be exhausting to care for. But, it's worth it since peppers sometimes produce for up to 10 years. Do follow these tips so you can have a bountiful harvest the first time around. Happy pepper farming!



Easy ways to stay in shape this summer

By Kaytlyn Poberznick

There is nothing wrong with wanting to lay back this summer, crack open a cold one and enjoy the sun, but if there is that slight urge to stay in shape, here are some simple ways to keep active these next few months.

River Valley Walks

Everyone knows about the River Valley throughout Edmonton, but it is truly a great way to stay active. Different trails vary in length, which is perfect if you're looking for a half-hour walk compared to an hour and a half. This could even be a nice date idea if you're looking for something a little bit different to do. Regardless, this is a nice, low-impact way to get your steps in.

Bike Rides or Spin Classes

Finding alternative ways of transportation can benefit your health immensely. Biking every day isn't always an option. That being said, riding a bike to the store once in a while or to your friend's house is an excellent way to stay active. Even just going for a nonchalant ride around the neighbourhood would be a fun activity. Spin classes can be a go-to if you're really looking to break a sweat. Although this isn't a free option, spin is an incredible option for a workout.

Hiking

This one is a bit of a bigger venture than the others. Edmonton isn't necessarily the hub for massive hikes, but they do have some lowkey ones like the Whitemud Creek Trail. If you're feeling adventurous, Jasper has wonderful hiking trails with some very beautiful views. Just make sure to pack some water and sunscreen.

Yoga

Lay a mat down outside and bask in the sun while doing some good old-fashioned yoga. This not only gets you moving a bit, but it helps with mobility. Mobility is key to injury prevention and can help relieve muscle pain. The fun thing about this activity is that if you're a new yogi, there are tons of free resources, like YouTube, to walk you through different styles of yoga.

These are just a few options to go off of this summer. Whatever the activity may be, have a happy, healthy and safe summer.

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EDITORIAL

Con-GRAD-ulations!

By Sarabeth Castro

It is finally here, graduation day! Graduation is a culmination of hard work, patience and perseverance, but as they always say, it's just the start. This year's graduation is different than others since most graduates attended classes online. Therefore, celebrating this milestone face-to-face and acknowledging those years spent balancing school, work and life is even more exciting.

Some of us are undecided about what career to take; some are anxious about what life will be like after graduation, while others are still figuring out life in general. One thing is for sure: opportunities are immense if we are persistent in spreading our wings and finding spots to flourish.

However, we are now talking about the real world. #Adulting101. There will be less or no support from our parents, and now we need to think about owning cars and homes or paying off student loans.

There is more pressure and more responsibility.

But, the past two years of studying while navigating this pandemic have taught me many life skills, like finding the determination to succeed and staying motivated and committed to pursuing my goals. One thing is essential: if we keep our core values intact, the setbacks and challenges that might come our way won't knock us down.

May this graduation day remind us that we did it, we worked hard for it and we earned it. As always, we need to celebrate the victories. We need to celebrate ourselves, friends, classmates and instructors. May the fire of learning never falter and may your dreams stay big as we all embark on this new milestone. As Michelle Obama said, "Don't be afraid. Be focused. Be determined. Be hopeful. Be empowered." Congratulations to NAIT's 2022 graduates!

Photo by NAIT

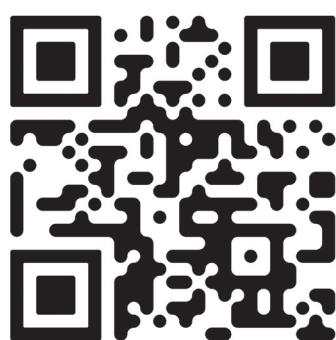


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SUMMER

By Sarabeth Castro

Summer is fun! Basking in the sun (with SPF) is one of the great outdoor activities you can do during summer. It's the perfect time to go to the beach and do outdoor activities like hiking, camping and canoeing, all while appreciating the beauty of nature. It's also the best time to get back to sports like badminton, volleyball or even taking walks in parks.

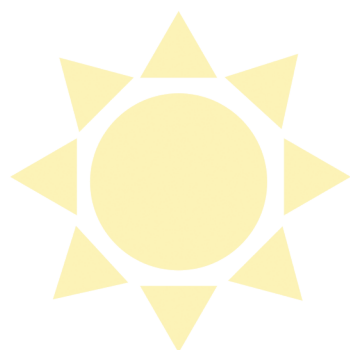
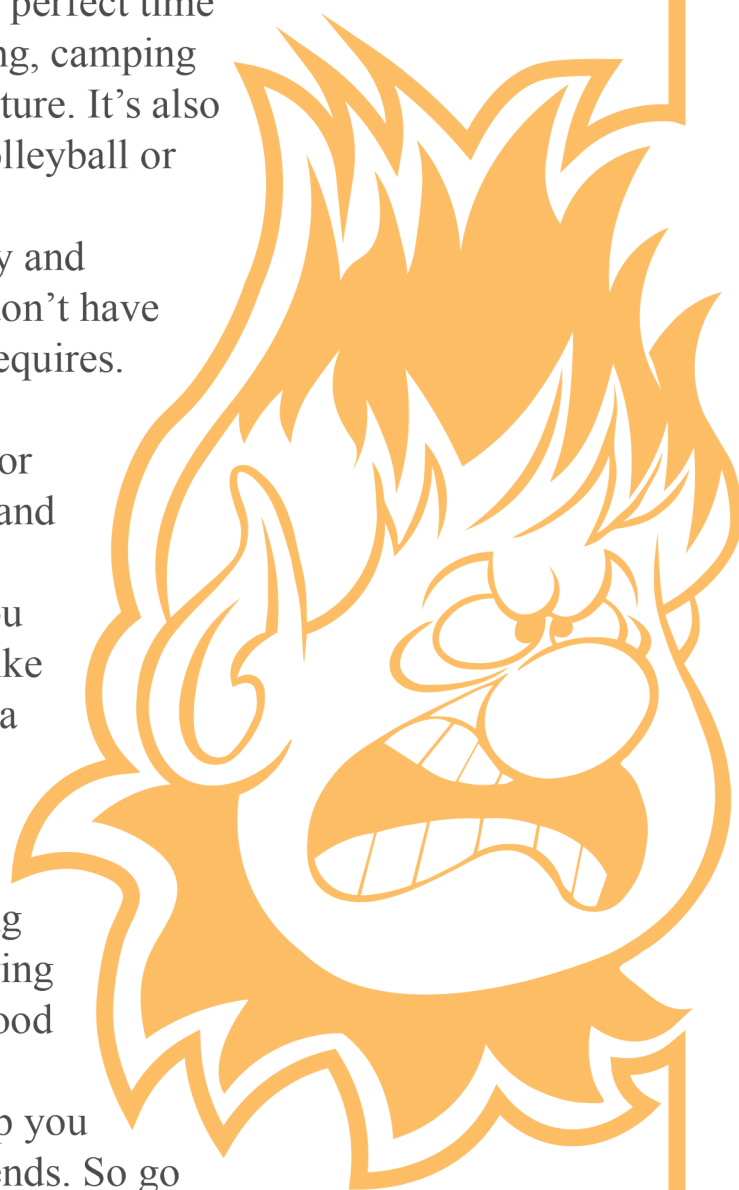
It's also the best time to take road trips with family and friends because the roads are safer to drive on. You don't have to worry about wearing all of the layers that winter requires. You can wear shorts and sandals—a big plus!

The warm weather also means you can host outdoor parties and barbecues, and prepare delicious recipes and refreshing concoctions to complete the mood.

Even if you're not a person that likes to go out, you can also enjoy the sun by doing backyard activities like hanging a hammock in your backyard while reading a book, planting or gardening while sipping your pina colada and enjoying your music.

Research shows that sunlight is essential for human health and well-being; this includes generating vitamin-D production, supporting bone health, lowering blood pressure, preventing disease, and promoting good mental health.

All in all, summertime is a fantastic season to keep you warm and enjoy the company of your family and friends. So go out there and create more memories this summer.



WINTER

By Angela Kazmierczak

It's time to toss aside those icy feelings for winter and replace them with words like "infection-warrior" and "calorie-burner."

Winter is arguably the most underrated season. Now, no one dislikes cleaning off the windshield in the mornings as much as I do, but the season has some overlooked qualities that would make anyone reconsider his or her viewpoint—or at least be more appreciative for that nine-month stretch called winter. There are two main reasons why winter shouldn't be discounted.

Reason 1: Let's brush aside winter's heroic abilities to ward off dangerous viruses and diseases from mosquitoes, including Zika, malaria and West Nile, for the less obvious. Health writer Baum claims that cold temperatures fight inflammation and decrease swelling in injuries. That's correct. Upon an injury, that sharp air helps compress the joints. This is because the cold air acts like an ice pack. As some naysayers would pout through thinned lips that winter slows wound healing, the season has obvious benefits for swelling that merits the hat tip.

Reason 2: Researchers discovered this one in no other than Wyoming, the American state known for its wild parks and Old West history. As volunteers hiked to the top of a hill during spring and once during the winter, their bodies' responses revealed something rather interesting: the hikers burned up to 34 per cent more calories in cooler temperatures.

During these bleak temperatures, the body fights to maintain its core temperature. In other words, the body works harder to stay warm, so it burns more calories in the process. So, does that mean we're always, unknowingly, working on that summer bod?

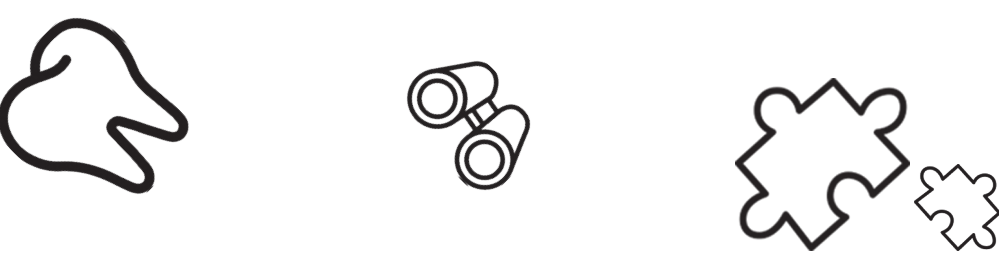
I think so, friends.

Whether summer or winter rocks your world, I hope the reasons outlined help make winter and summer that much more brr-arrable, and help us all face winter and summer with a knowing optimism.



Summer in YEG

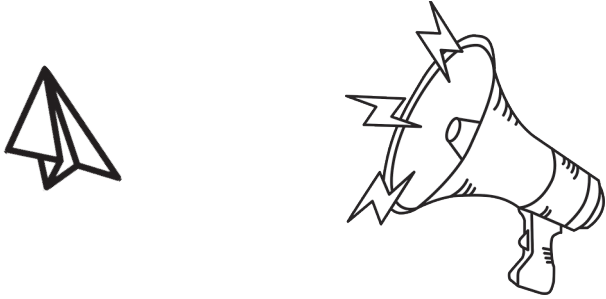
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V I K D Y F H N P Y L V P C A
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C O B K A L E R W A H G Z L X
U R O A D T R I P S R W U T B



art walk
banff
beers
camping
folk fest
fringe
hawrelak
hiking
ice cream
muttart
patio
river valley
road trips
scooters
swimming
valley zoo
whyte ave

Sud-Ook-u

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			2		6		5	9
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				7				2
2	8		1	5				
				3				
1						9		
8					5	3		
	5	2						



What summer clothing item are you?

By Kaytlyn Poberznick

Which flower do you like more?

Sunflower
Hydrangea
Marigold
Peonies

Would you rather...

Go to cute coffee shops
Sit on the beach
Play some beach volleyball
Go on a hike

Which summer drink would you choose?

Lemonade
Margarita
Iced Tea
Water

What is the perfect summer night?

Drive-in movie
Campfire with friends
Stargazing
Peaceful picnic

Which ice cream flavour would you choose?

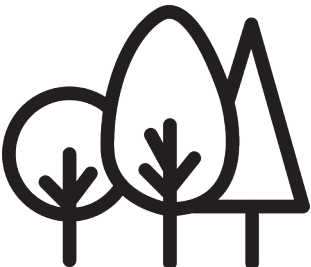
Cherry
Rockie road
Bubble gum
Cookie dough

Where would you rather be?

In the city
By the beach
Middle of nowhere
In the mountains

Would you rather wear...

Tote bag
Handbag
Fanny pack
Backpack



Results

Mostly A's: Sundress

You love hanging out with friends and enjoy a good night out on the town. Summer gives you a chance to have some fun. Usually your adventures consist of trying new restaurants and coffee shops rather than going into the wilderness.

Mostly B's: Sandals

You're quite relaxed, but you're always ready to have some fun. Although you'd rather take a walk on the beach than actually run into the water, you're very laid back, but entertaining to be around.

Mostly C's: Bucket Hat

You're free spirited. There's a part of you that likes not knowing stuff, you just live in the moment. Being separated from city living gives you a sense of freedom.

Mostly D's: Jean Shorts

You'd rather be in the mountains hiking than sitting at home. You enjoy being outdoorsy and the sound of nature resonates with you. You thrive in the peace of being in the middle of nowhere.




ANSWERS

B I L U W R S A P I R I D V O R U
X T Z Z O O C B R K V R R E L V H O C
A C G F N W U U U W N W A V E C
O I L V A I Z K Z Z C D X C V A T
R U R L H O K M A B P S V K S J
X X M E O A V I K A C C E A V I
A V I K A C C E A V I K A C C E A
I A S S A S L F S L F S L F S L F
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9	3	1	5	2	7	6	4	8
5	2	6	4	8	3	9	7	1
4	8	1	2	3	9	5	6	7
3	9	6	9	5	4	1	8	2
2	6	5	8	4	7	3	1	9
8	3	2	7	5	4	1	9	6
9	5	7	6	1	2	8	3	4
1	6	4	3	9	8	7	2	5

U-PASS


We administer the U-PASS.




EVENTS



We coordinate fun events on campus.

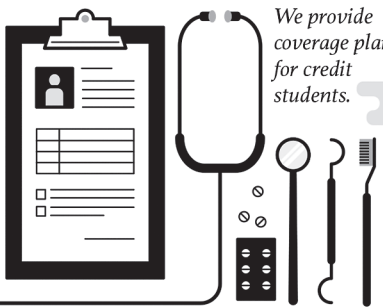


MENTAL HEALTH



We provide access to resources via mywellnessplan.ca/nait


HEALTH & DENTAL



We provide coverage plans for credit students.

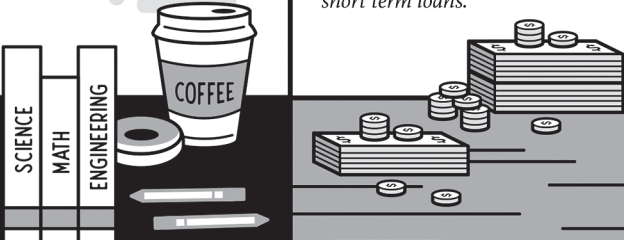
PEER SUPPORT

A confidential supportive listening service.




ESTL

We offer emergency short term loans.




CAMPUS MICROWAVES

We provide and maintain microwaves for student use.



FOOD CENTRE





We provide food hampers to students in need.



NAITSA


IS HERE FOR YOU

NAITSA.CA | O108

 NAITSA.CA
 @NAITSTUDENTS
 @NAITSTUDENTS
 @NAITSA

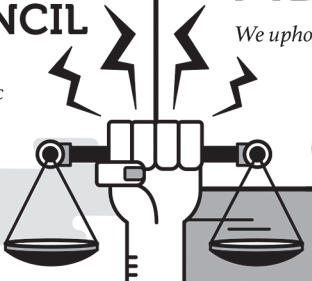
NEST EATERY

We own and operate the campus bar. nestatnait.ca



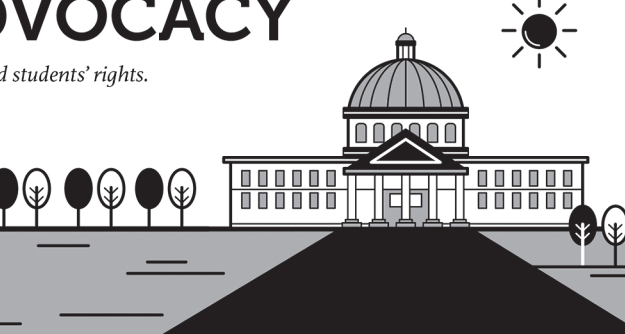
EXECUTIVE COUNCIL

President
VP Academic
VP Internal
VP External




ADVOCACY

We uphold students' rights.




SENATE

We have elected student oversight.




SATV

We run digital TV signage to keep students informed.




VOLUNTEERS

Opportunities for students to enhance their resumes.




CLUBS

We fund and support clubs on campus.



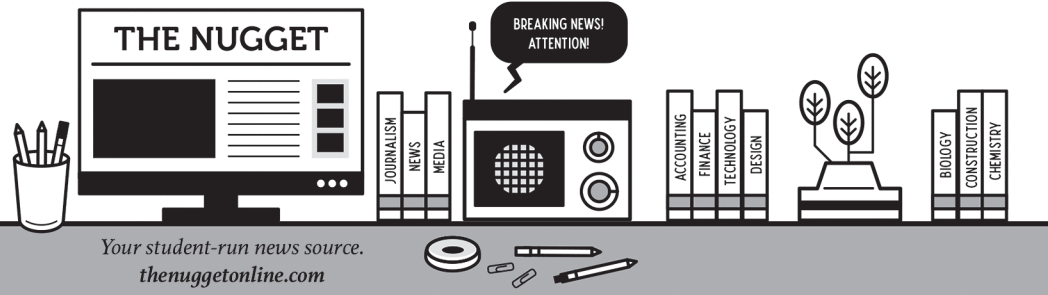
DISCOUNT TICKETS

We sell discount tickets for activities and events.



THE NUGGET

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Characters for a great SUMMER

By A. Jade Munsie



Summer is on the way, and as normalcy retakes shape, it's time to celebrate the accomplishments. For graduates, sun-bathers and adventure-seekers, that means basking in the freedom and possibilities that summer offers, much like the characters of these three classic films:

***The Graduate* (1964)**

Directed by Mike Nichols



"Mrs. Robinson, you're trying to seduce me. Aren't you?"

Benjamin Braddock (Dustin Hoffman), a university grad, comes home to a celebratory party. But when Mrs. Robinson (Anne Bancroft), the wife of his father's law partner, asks Ben to drive her home, what follows is an affair for the ages.

If you ever question what you're doing with your life, you'll find comfort and humour in *"The Graduate."* The film follows a young man who doesn't know what he wants out of life. However, he soon learns *who* he wants in his life. The film demonstrates that life's uncertainties shouldn't stop us from taking chances.

***A Summer Place* (1959)**

Directed by Delmer Daves



"She's everything I've ever dreamed of in a girl."

At a seaside inn in Maine, teenagers Johnny Hunter (Troy Donahue) and Molly Jorgenson (Sandra Dee) fall in love while their parents deal with unhappy marriages. The two families become intertwined, and while the older generation confronts the relationship of the younger, Johnny's father (Richard Egan) and Molly's mother (Dorothy McGuire) rekindle what was once a teen romance of their own.

While summer is the perfect backdrop for romance, *"A Summer Place"* confronts the conflicts of morals and love. The story is timeless, and the theme song is in roughly 23 films and 13 various television programs, including 1989's *"Batman"* and 2017's *"The Shape of Water."*

***BEACHES* (1988)**

Directed by Garry Marshall



"What will I do without a best friend?"

As children, C.C. Bloom (Bette Midler) and Hillary Whitney (Barbara Hershey) meet under the boardwalk in Atlantic City. While their friendship spans the entirety of their future years, they deal with love, divorce, children, fame, jealousy and sickness.

"Beaches" shows how summer friendships can sprout in the most unlikely places, growing to last a lifetime. Plus, it features iconic Bette Midler hits like *"Wind Beneath My Wings"* and *"The Glory of Love."* It's sure to bring up memories of friendships that have dwindled and excelled over time.

Take chances, enjoy the possibilities and reach out to friends this summer. The pandemic has taken its toll, but sunshine is on the way.

A cinema enthusiast's guide to a perfect summer movie night

By Alleah Boisvert

With warm weather right around the corner, students are daydreaming about all the activities they want to check off their summer bucket list. Something to consider adding to the list this summer is hosting an outdoor summer movie night. Cinema enthusiast Joe French weighs in on what makes the ideal summer movie night. French is the owner of Stony Plain's Movie World, one of the last physical movie rental stores in Canada.

"There are not too many movie stores left around anywhere. I think there's seven or eight left in Canada, one of which we have right here in Alberta, so it is a rare gem, and it's a rare thing to do. This place is just a big ball of nostalgia at its core. [It's] been here for 40 years," said French.

In the age of streaming, movie nights lack that feeling of deliberate intention that comes with strolling down the aisles of a rental store. Scrolling through Netflix just doesn't hit the same. Making an event out of choosing a movie to watch and planning the perfect night adds to the fun.

"[People] figure that summertime, we're outside, we're not watching movies, we're not doing the movie night. That's for winter and rain. But I do have a couple of my customers that now partake in the summertime movie night. They put their TV out on their patio or in their backyard and did a projector," said French.

With his expertise, it's no surprise that French recommended some great movies for a warm summer evening.

"My personal pick would probably include 'Jaws'. I think that would be a classic drive-in vibe movie to just kick back and enjoy. 'Jaws' would be number one."

If the weather is extra hot, French suggests some chilling horror films might do the trick.

"To go completely polar opposite of the summertime feel, I might even do something along the lines of 'The Thing' or 'The Shining', where it's a cold, snowy, isolated seclusion kind of movie, just to add a bit of juxtaposition to the summertime," said French.

French also says that having like-minded people around is a factor when it comes to hosting a successful movie night. This makes for more interesting discussion and aligns the event with the intentional feeling that comes with picking out a movie. He also recommends the group pick a movie together.

"Another thing you could do directly after the film is just sit around and talk about it. What did you like about it? The cinematography, the directing or what the movie itself means to you, whether it's one that you're visiting from childhood, or a new movie that you've never seen before that nobody has seen and you're all experiencing it for the first time," said French.

Physical movie rentals often come with perks like bonus features that streaming services don't usually offer, which can set a summer movie night apart. Movie World also offers digital codes, collectors' items and serves up what French says is some of the best movie popcorn around. Although the trip to Stony Plain is out of the way for some, Movie World accommodates

out-of-town customers with services like rental extensions.

"Without customers renting movies, buying movies and popping in here at least once a week, this place would not be here," said French.

If you're hosting a summer movie night, consider keeping Movie World in the loop by following their Instagram @movieworldstonyplain or visiting their website. Movie World also has a GoFundMe that movie enthusiast students can donate to if they want to help this small business recoup after the difficulties of COVID-19.

"More people need to realize you can still enjoy the family movie night and not be stuck inside and not feel like you're wasting the summer weather."



Photo from Movie World

EDITORIAL

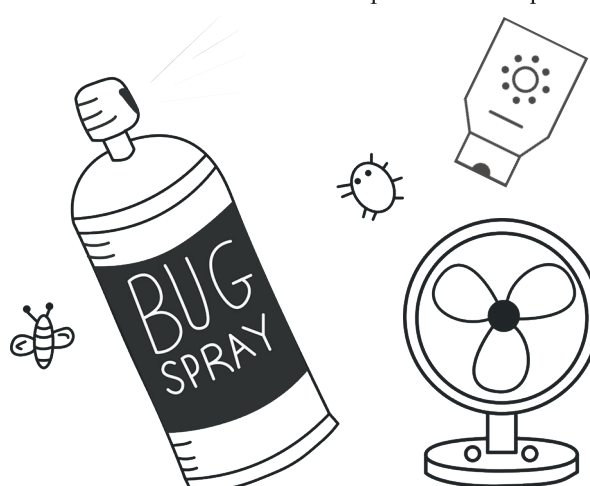
How to survive summer in Edmonton

By Maria Jana Minela Ilustre

Summer is the hottest of the four seasons, occurring after spring and before autumn. You probably knew that already, but this is all new information for someone like me who came from a tropical country. During summer, the sunrises are earlier and the sunsets occur later, which is a win for me since I love getting to see the beautiful sunrise and sunsets Edmonton has to offer. Since summer is approaching and this will be my first time experiencing this season in Canada, I asked a few residents what summer is like here and what I can do to make it more enjoyable.

The first and most often suggested advice is to get a fan. A few folks did say to get A/C, but I'm a broke college student, so air conditioning is just so out of my league, I won't even think about it. They say summers get hot here - up to 30 degrees. But that doesn't concern me, because for me, that's an average summer

temperature. What does concern me is that I may have gotten accustomed to the cold Canadian winter, which is why I may have been looking for some fans to purchase online. This one is a maybe for me; we'll see how Alberta's summer heat compares to the tropics!



Second up on my to-do list is to buy bug spray. Bugs do not scare me, but it was still nice to live a few months without having to think of pesky bugs that could crawl up to me. This suggestion is a definite yes for someone living in Alberta.

The next thing someone told me to do was invest in a bike. With a bike, you can enjoy the River Valley trails and parks. Plus, biking is a more accessible and sustainable way to get around the city. The problem with this suggestion is...I don't know how to ride a bike. So, it's a no for me, unfortunately.

Lastly, the best advice yet—just don't worry about it too much and enjoy the summer! They say the summers here are great, with lots of sun, warmth, long days, cool thunderstorms and many events and festivals. I am looking forward to those!

Whether or not it's your first summer here in Edmonton, I hope you enjoy the upcoming summer so that we can all face fall and winter with some warmth that's leftover from Alberta's hottest season.

The Wild Card

By Kaytlyn Poberznick

Eight and eight. This is how we finished our regular season. Eight wins and eight losses. I'm not sure there was a single soul that thought we would make it to Nationals. Quite frankly, we spent most of our time worrying about whether we'd make it through playoffs let alone make it to provincials.

Once we hit the second round of playoffs, the dynamic shifted. We wanted to win.

A five-hour bus ride up to where? Keyano College? A team that we had lost to three times prior? That in itself seemed like a sprint up Everest.

It turns out that when you play like there's nothing to lose, you play well. Fifty-nine to forty-nine. The dagger was put in. The second-best team in the league had been defeated. I can only speak on my behalf, but that win felt like the biggest accomplishment of the season so far. That was when the Cinderella Story began.

That win sent us to provincials. All we had to do at that point was win our first game, and we would punch our ticket to Nationals. Easier said than done. Playing a team that was fifteen and one sounded extremely daunting at the time, but everyone could taste Nationals. It was in the palm of our hands to make the decision to come together as a team to beat the best team in the South, St. Mary's. Sixty-seven to sixty. Another win under our belts and a guaranteed spot at Nationals.

The next day we took a hard loss to the home team, the Lakeland Rustlers, in the provincial finals. But knowing how resilient our group was gave us more ammunition to practice harder. Regardless, the Wild Card's were on their way to Nationals. Nanaimo B.C. here we come.

It was my first time experiencing the ocean and I immediately fell in love. The sound, the movement, the smell—everything about it gave me peace. Personally, I think the ocean gave us good luck. I don't really know how it did, but I'll just continue to believe that.

Our first game was against the Champlain Cavaliers from Quebec. Everyone was excited to play a new team. We had no expectations going into the game, and to be quite honest, no one expected us to win. We were already shown a lot of disrespect from the moment we made it to Nationals. Our 'Congratulations' post from the host school, VIU, said that we were from Calgary. The pamphlets with our roster in them had everyone's years wrong. Apparently, I was a fifth-year athlete. Aphia's name was misspelt and the broadcast team never asked how to pronounce our names.

Sixty-seven to fifty-five. We officially had our first win at Nationals. This wasn't just a free vacation anymore. We were there for gold.

Next up, the semi-finals against the MSVU Mystics. We had to win this one. We didn't want to have to play Lakeland for a bronze medal if we lost this game. That would be the death of us. So as a collective, we decided to kick some Halifax ass.

As soon as the buzzer went off, we made history. Eighty-four to seventy-two. Gold medal match here we come. In the history of the women's basketball program at NAIT, there has never been a team that had made it to the finals at Nationals. That in itself

made the trip worth it. Who would've guessed that the Wild Card team would make it this far?

That night our team sat in Kat and Aliyah's hotel room watching the VIU Mariners versus Dawson Blues game. This would determine who we played in the final match-up. Everyone on our team was hoping that Dawson would win. We didn't want to go up against the host team in their own gym with hundreds of fans that would be 'booing' us. With our luck, Dawson lost by four. Next thing you know we get a text from Coach saying, "Get your game faces on girls, we play VIU."

The final day of Nationals was the last game day six of our fourteen girls would ever have. The last game Todd Warnick would ever coach as an OoK. The biggest game of the season. This was the day to prove that being a Wild Card wasn't an underdog term but a word that other teams should fear.

The gym was electric. We couldn't hear each other talk during warm-up because the student section was counting all of our missed shots at the top of their lungs. It was the first time we had ever experienced anything of this magnitude before.

I don't think I spent a single minute of that game not wanting to throw up. That might be a bit too much information, but I think that sums up every player on the team too. The game was fairly close the whole time. Players were making shots they hadn't hit all weekend. Everyone was stepping it up. No one could've asked for a better final game.

When we looked into the stands, we had Lakeland cheering us on after their bronze medal win and the small section of all the families that had flown out to watch us. Money well spent if you ask me.

The fourth quarter finished with a score of sixty-five to sixty-five. We were off to overtime. Throughout the whole season, Todd kept saying, "If we had an extra five minutes we would've beaten them," so he finally got his wish. Five more minutes. Five minutes to beat the host team on their home court. Five more minutes to become the first women's team at NAIT to win gold. Five minutes to make history.

Everyone on our bench was holding hands. My leg physically could not stop shaking. I had tears running down my face. Some tears were because of the stress and others were because I've never wanted to win more in my life.

The final buzzer goes off. We sprinted onto the court. Hugs are flying everywhere, tears of joy are streaming down faces and our cheering section in the bleachers could not be louder. Seventy-six to seventy-one. We just won Nationals.

I've held gold medals before, but just your basic gold medals from winning mini-tournaments and from Timbits soccer. Nothing quite like this. I don't think it had sunk in yet that we had won. I know there were a few girls that kept saying "I just keep waiting for them to come take this away from us." But no one ever came to take it away.

This team deserves the world and now they have made history in it. From Wild Card to National Champs. Who would have guessed it?

"Everyone on our bench was holding hands. My leg physically could not stop shaking. I had tears running down my face."



Photo by NAIT Athletics



Photo supplied

Breakout of your comfort zone

By Anna Koch

When I saw that the Nugget was looking for stories for their May issue, I felt the urge to share how a lucky coincidence during an online class brought one of my dearest friends into my life.

Now I don't need to mention that COVID-19 has had a massive impact on all of us, mentally, physically and academically. But as an international student from Germany, coming to Edmonton without any family and only a few friends in Edmonton, I was especially looking forward to the campus experience.

I remember how excited I was, showing up to campus early and staying all day, even though my only class was at 6p.m. I enjoyed wandering through the halls at NAIT, studying, having lunch and coffee and attending all the events happening on campus. It was a great chance to meet new people and make new friends.

But all these opportunities got taken away when COVID hit. So many businesses and institutions including NAIT unfortunately had to close their doors and transition to online learning. It was not an easy time for students and teachers.

I can't deny that the impacts of COVID really hit me hard. I just felt like giving up. Some days, I even thought about going back to my home country. It was so frustrating to not meet classmates and study in person, and I really wanted to find people to bond with outside of classes and maybe even build a friendship.

Never ever would I have expected that a lucky coincidence would throw me in a breakout room with soon to be one of my dearest study buddies and later one of my best, dearest and closest friends today.

We met for the first time on campus in the beginning of 2020. He was studying with a mutual friend of ours and she introduced us. I think my mind was somewhere else and I wasn't really paying attention. I was just about to go to the gym, and I was still getting the hang of being in school. Getting all my books, going to events, studying and making sure I was organized—I had a lot on my mind. So when he was trying to talk to me, I was off in my own world and didn't notice.

So when we were put into a Zoom breakout room nine months later, I was surprised when he asked me about our friend and if I was "that girl from Germany." It had been a while since we first met and usually I'm the one reaching out to people. So when he remembered me and started a conversation, I was so happy!

After the class we chatted a bit. It was difficult to meet because of different work and class schedules and COVID, but we became online/phone study buddies and very soon, very close friends. When campus opened and restrictions were lifted, we tried to attend as many events as we could, like Scaryoke and Dirty Bingo at the Nest. One day, we got lucky and ran into the Treat Trolley. It was such a great feeling to be back on campus and see all the other students.

But as my time at NAIT comes to an end, I still think about all the friendships, memories, and opportunities I missed out on because of COVID, and sometimes it does make me really sad and melancholic.

But on my hardest days and lowest points, I think about the past: my work and travel year in Canada, the connections I made, the adventures I had.

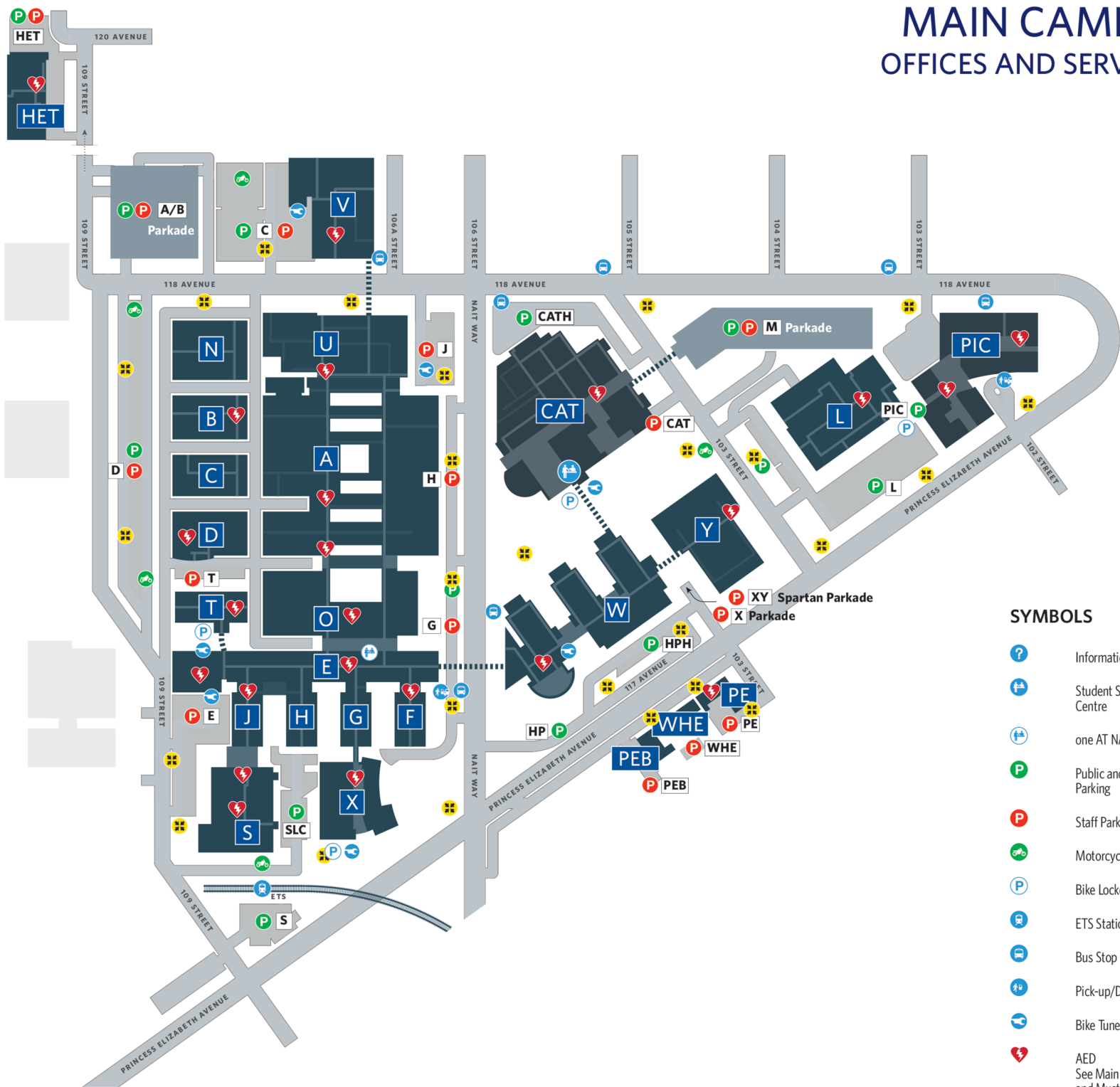
What I learned is that even if you want something really bad, like going to a certain place or getting a certain job, and it doesn't turn out the way you wish to, it is most likely that something better is waiting for you along the way. Something you haven't even thought about in your wildest dreams.

I am so grateful COVID brought such a kind and thoughtful person to my life and sometimes I wouldn't know where I'd be without him.

Challenges make life interesting and help you grow. I enjoy stepping out of my comfort zone, trying new things and taking chances because who knows what you might miss otherwise. A new friend, a new job, or a new perspective on life.

So no matter what you're going through, always take chances. Try to remind yourself about what is good in your life, and think of all the exciting possibilities that are before you, like someone from Germany meeting someone from the Philippines while studying in Canada and becoming life-long friends.

MAIN CAMPUS OFFICES AND SERVICES



- 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
South 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 | Nisohkamátotán 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-159 | The Welcome Centre |
| L-142 | NAIT Assessment Centre | CAT-180 | Student Awards | U-210A | Tutorial Services |
| | | W-111PB | Student Counselling | | |