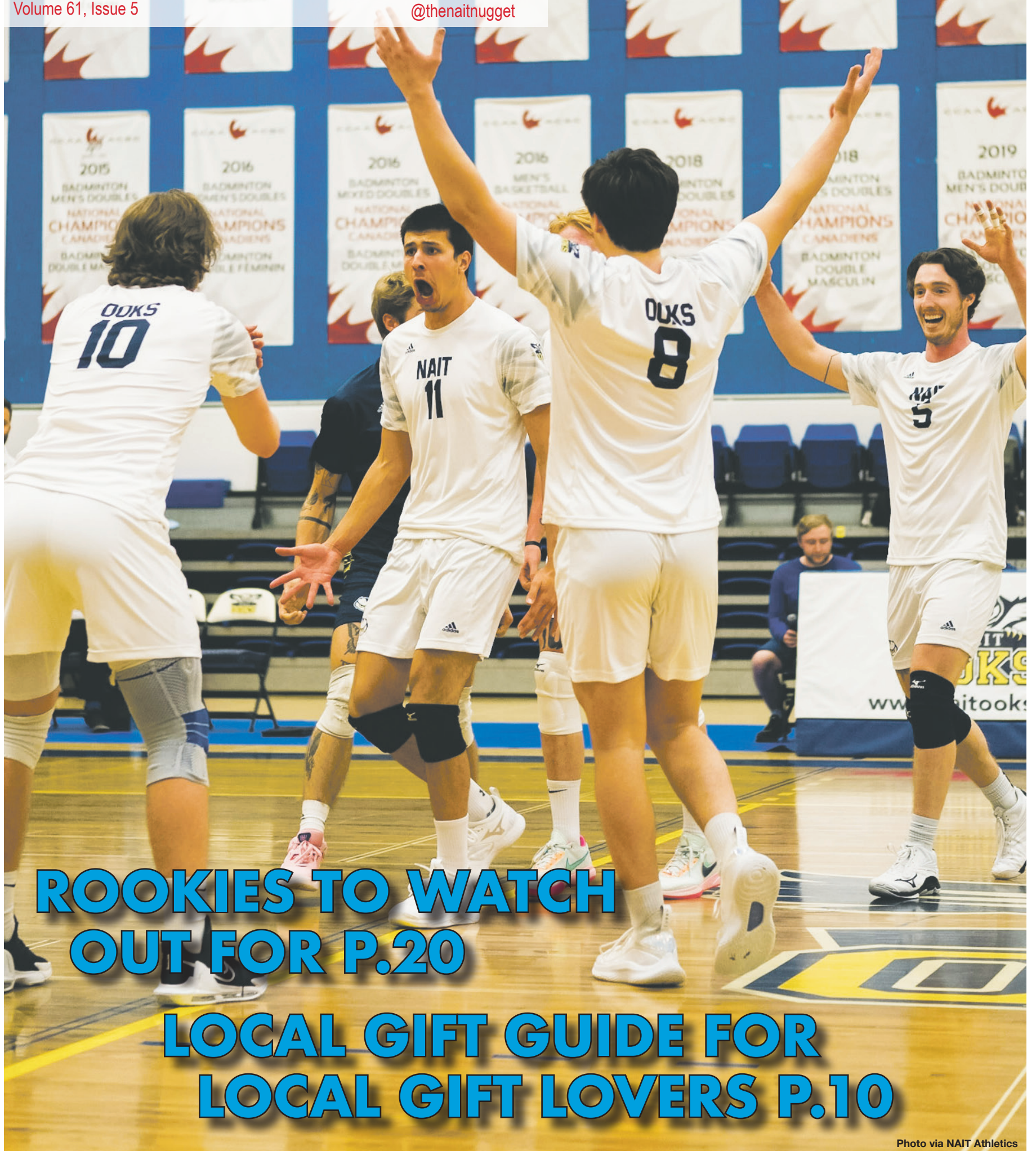


NAIT NUGGET

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Photo by NAIT

OPINIONS

Is something bugging you about life at NAIT or the world? Have some praise for the school or life in general? Need to voice your opinion on current events?

Send us your thoughts.

Keep it short and to the point. No more than 100 words. Submit your letters with your real name to info@thenuggetonline.com.

Yes, we need your real name. No, we won't post it! Getting something off your chest is downright therapeutic. **Write us.**

by Mark Yong

NAIT student Brendan Spence is looking for a career, not just a job. After eight years of service in the Canadian Armed Forces as a combat engineer, he is now studying software development—his second NAIT diploma.

"Typically, a lot of guys who go through my trade, they'll either go through the construction route or kind of more of the blue-collar," said Spence. His decision to return to school was influenced by the need for credentials to move into a new career. After taking multiple personality tests, the IT and software development field was a top 10 choice. "Growing up, I always enjoyed playing with computers, so I kind of just jumped the gun and tried out software development," said Spence.

In his transition to student life, Spence found that some skills he learned in the military also applied to being a NAIT student. He deemed three of those skills as the most important. "It'd be discipline, leadership and teamwork, to be honest," said Spence.

Having the discipline to stay in on a Friday night when there is work to be completed is an important post-secondary education skill. For some students, this skill is necessary for a passing grade. "It seems small, but it does go a long way," said Spence.

"[As] for leadership, I've been in a lot of these team projects, and it seems that people always float to me and make me the person in charge," Spence recalled. His leadership skills helped keep his teams on track, ensuring everyone knew their jobs and submitted their content on time. "It's a good characteristic I got from my service," he joked.

Spence's ability to recognize when to be a teacher and when to be a student is part of the military's philosophy. "In the military, everything is teamwork. In that context, the military has many trades and sub-trades, and it all has to intertwine to make the mission work," said Spence. This team-oriented philosophy is another useful skill for completing group projects at school. "You're only as strong as your weakest link, and that's where the leadership component comes in to lift that person whose struggling up to the same level as the rest of the team so you can get the job done."

When asked what NAIT could do to better support veterans, Spence replied, "I would say maybe make a networking coffee luncheon monthly so veterans can talk and network. It doesn't even have to be a monthly thing, it could just be Remembrance Day in November, setting up a free coffee networking event for all veterans who ever served. We don't really ask for much."

When Spence first arrived at NAIT, he heard by word of mouth that there was a nurse on campus who is also a military veteran that he could go to if he was having trouble outside of school. "NAIT could have an outreach number or email for a veteran to contact when they are struggling. I find that some veterans get out, and they feel so isolated, they don't know where to go," said Spence. "I think NAIT could do something like this, and it would be nice to see."

Although there are currently no peer mentors specific to NAIT student veterans, NAIT offers counselling services to all students. Students can find information on their student portal or by emailing counselling@nait.ca.

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NAIT STUDENTS' ASSOCIATION

NAIT NUGGET

Educating and entertaining the NAIT community since 1964.

Room O-105
11762-106 Street
Edmonton, Alberta
T5G 2R1
Media Operations (780) 471-7615
@thenaitnugget
www.thenuggetonline.com

News Editor

Caleb Perreux
news@thenuggetonline.com

Sports Editor

sports@thenuggetonline.com

Arts & Life Editor

Alleah Boisvert
arts@thenuggetonline.com

Entertainment Editor

Angela Kazmierczak
entertain@thenuggetonline.com

Media Operations

Allie Creasy
Andrea Sokolowski

Video Editor

Roy Raphael Navarro

Social Media Manager

Amanda Reade

Editor-in-Chief

Amy St. Amand
astamand@nait.ca

Issue Contributors

Mark Yong
Mikaela Cotia
Mihiri Kamiss
G. Mara Killian
Michayla Kirsch
Elijah Nachtigall
Aivree Irvine
Lorenzo Tamburrino
Alyssa Conti
Alex Galenza
Fraser Sockett
Sara Farrar

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Accessibility and equity at NAIT



Photo by NAIT

By Allie Creasy

In 1992, the United Nations recognized the need for equity and justice as it pertains to people with disabilities and thus launched the official International Day of Persons with Disabilities (IDPD) to take place on December 3rd of each year. Equity is the understanding that every person has different needs to reach the same goal. NAIT also understands the need for an equitable and accessible campus and has made 2022 the first year that they will be celebrating and raising awareness for this issue.

With this event, NAIT aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. In the 2021-22 year, NAIT had a reported 1254 students who identified as having disabilities. This doesn't account for all of the unreported cases, which would bring that number closer to 9,713—the number of accommodations and services provided to students with disabilities that year.

The global observation of IDPD in 2022 will follow a theme of three different interactive dialogues based on transformative solutions for inclusive development in employment, reducing inequality and inclusive development. The overall theme for the week focuses on “the role of innovation in fuelling an accessible and equitable world.”

According to NAIT Accessibility Coordinator, Gifty Amakye, disabilities are a systemic issue and the environment has a big impact on how disabled one may be. Gallaudet University in the United States is a post-secondary institution for deaf individuals. “If NAIT was an institution like Gallaudet, we would all be experiencing disability. Suddenly now this concept of disability has changed. It's not in the individual—the environment has changed.” When the environment itself is adapted to be more accessible, things are not as disabling for the individual person.

Even for those currently without disabilities, circumstances can change and they might need to access services or face barriers that previously weren't a challenge. “In a moment somebody's life can be changed and suddenly what they used to be able to access, they're unable to access anymore,” said

Amakye.

Instead of waiting for barriers to be challenged, NAIT aims to pre-emptively remove them to support all students and staff. “So what I see happening at NAIT is that we're proactive about this. Not waiting for individuals to say: ‘Hey there's a barrier here, can you do something about it?’ We're just removing the barriers altogether and ensuring things are fully accessible. That way somebody doesn't have to go through something to then suddenly have to request access. They would just have access [that's] already there.”

Approximately 50 per cent of students accessing services for their disabilities were requesting exam accommodations. “People require extra time to demonstrate their knowledge for various reasons,” said Amakye. Some of NAIT's programs have noticed this and in turn, extended their exam lengths. Traditionally, students would have to ask for this sort of accommodation. But by addressing accessibility at a systemic level, ownership is removed from the student thus preserving their dignity.

The COVID-19 pandemic also gave people without disabilities a glimpse into what those who have them may experience throughout their whole lives. “The pandemic drove us to very quickly make things accessible. Suddenly the things we thought were so hard to do [we were able to find a solution for].” Amakye says the world turned to individuals with disabilities for their experience, knowledge and expertise as individuals who have had to navigate an inaccessible world for these innovations. “Accessibility is almost always driven by individuals who experience these barriers.”

Accessibility at NAIT can focus on a student's physical or mental needs: from wave entry doors and wheelchair ramps to accommodations like an interpreter or counsellor. NAIT provides sitewide access to text-to-speech assistive technology called “Read & Write” as well as resources and support for those with disabilities. “It's about ensuring that everyone has an equal or equitable opportunity to pursue a post-secondary education,” said Amakye.

Local architects become NAIT instructors

Cover photo via www.mattandash.ca

By Caleb Perreux

After five years of building an architecture firm, married couple Matt and Ashley Rodrigues are taking on a new project: teaching at NAIT.

The couple has a history in the industry. Matt started his career with his uncle and some family members on construction sites when he was 14. As he grew older, he helped his dad when he started his own company. Eventually, he became a safety advisor in an oil and gas company, then a supervisor with Tri-stad Construction. Tri-stad is responsible for some significant projects in the city, such as the Strathcona Hotel remodel on Whyte Ave and helping improve both the Delux Burger Bar and Guru restaurants in the Edmonton Tower downtown.

For Ashley, this field was a clear choice. “I kind of always knew I wanted to go in architecture [and interior design],” she explained. Ashley graduated from NAIT with an Architectural Technology diploma, then went to the University of Alberta for Interior Design. Ashley worked at three big firms, one of which was responsible for the Pearl, a high-rise downtown easily spottable on the skyline. One of her bosses, Art, actually helped push her and Matt to pull the trigger to incorporate their firm in 2017.

By that time, Matt and Ashley were already married and working for Tri-Stad. Ashley focused on the design aspect and Matt on the construction. “We actually got married, built a house, got a dog and started a business all within the same year; it was crazy,” Matt explained. “It was the craziest year, I think,” Ashley added.

In 2017, the couple decided to incorporate their firm after a few years in different sectors. For Matt, this entrepreneurial spirit awakened at a young age, “Ever since I was little, I didn’t know what I wanted to do when I was in high school, but I always wanted to do my own thing.” They both explain that it was an easy decision for them because of the freedom and flexibility a business owner offers. “We were tired of working for other people; we wanted to steer our own ship,” Matt said. “With somebody over your shoulder, you can’t take time off. You just want to do your own thing, your own hours; we want to work late, let’s work late. You want to walk the dog? Let’s walk the dog.”

But owning your own firm has drawbacks. Matt explained there are also tons of additional responsibilities involved. “Accounting, sales, marketing, business development. In the beginning, we would take on anything for a paycheck; it’s a scary endeavour going all in.”

Eventually, after years of trying to run a design and construction business, they opted to switch to design-only. “We were finding that it was a teeter-totter effect. The construction would be booming, but the design was slowing down, it was just an imbalance. But there are no regrets. It’s so much fun,” Matt explained.

Their decision paid off, and business is booming. “A lot of our houses are in the framing stage, it’s like getting to see your baby birthed on site ... it’s really surreal, to say the least,” Matt explained. “There’s never a dull moment,” Ashley added.

The tools may have changed from one office, a truck and a laptop to two offices, two desktops and state-of-the-art software, but it’s still the couple running the entire business themselves. “It’s Matt and Ash Inc., so that’s how we run it,” said Matt.

They have no plans to slow down, either. “On a monthly basis, we probably take a couple of houses.” From infills in the city to estates in surrounding counties, the couple enjoys the differences and challenges each project brings. The two projects that stand out to them are ‘River’s Gate’ in Sturgeon County and ‘King Edward the XIVth,’ an infill in the King Edward’s Park neighbourhood.

With all their experience, becoming NAIT instructors felt natural. Matt said he enjoys teaching people: “it puts a smile on my face.” Adding ‘instructor’ to their resume meant their workflow changed. “It’s a lot more timed structure. When you’re an entrepreneur, you can take time yourself to get it done,” he said. “Instead of two clients, you have 20.”

They ended up taking the role with two weeks until the start of classes, as some of Matt’s cousins were familiar with the program and knew they needed instructors. “It was quite serendipitous,” Matt explained. The duo are shortlisted for a course next semester and said their experience so far has been fulfilling. “It’s just a crazy feeling that from our humble beginnings to where we’re at now, we can help these students pave their way. They can do it.”



Matt&Ash Design Inc. is at Sturgeon County.

17 August · Morinville, AB · 🌐

River One House.

Clean lines, a neutral color palette, minimal & tasteful. This is our take on a modern scandinavian bungalow. This plan is packed with function too & it's a spec house that we designed for River's Gate.



A rendering of one of Matt and Ashley's favourite projects.

Photo via Facebook, @mattandash.inc

EDITORIAL

The many hazards of cycling in YEG winter



photo by Elijah Nachtigall

By Elijah Nachtigall

I ride my bike nearly everyday, and when winter inevitably hits hard and fast I'm still out there. Naturally, having clear bike paths is important. The build-up of packed ice and snow can create some dangerous scenarios for all cyclists looking to commute or get some exercise during the frigid winter months. Cyclists should be prepared to bike more defensively to combat the ice, but this defence shouldn't require six months of boot camp and basic training to fight off the relentless waves of ice.

I was running late for a film premiere at the Metro Cinema a few weeks ago, just a few days after our first major snowfall. Admittedly, I wasn't being the most defensive or cautious cyclist as I cruised along the 109th street bike path just a block north of the High Level bridge. Having just passed 99th avenue heading southbound, I watched the ground ahead of me carefully, making sure to steer clear of all the slippery patches. All seemed to be going well until I had to make an icy descent. My front tire slipped out from under me, and my face met the cement, leaving a nice red trail behind (courtesy of my now-bleeding nose and hand). My bike slammed on top of me, and thankfully, it only sustained minor damage. I picked myself up and tried to find anything in my bag that would stop the bleeding, before eventually landing on a London Drugs receipt and some densely packed snow to shove in my nose. I got back on my bike, fixed the headlight and began (very cautiously this time) to ride off once again.

I learned two things that night. First, I need to get some thick-studded tires. Second, the city's snow clearing plan seems to exclude ice. The city of Edmonton's prioritized bike route network says they will "maintain [snow levels] to a bare pavement standard within 24 hours following the end of snowfall." Yet as my wounds told me, ice is not cleared to a pavement level. Somehow, the sneaky slippery level exists in a plane between pavement and snow and defies the city's "Snow Clearing Priority Hierarchy."

So could this be a problem with the way the city council handles snow clearing on our bike lanes? Well, across the 7.8 kilometres of dedicated downtown bike lanes, snow removal equipment changes to adequately fit the size of the lane. If a bike lane is at least three metres wide you can expect to see a street sweeper, a truck with a front mount blade or a broom to plough down to the bare pavement. Wherever the bike lanes are reduced to less than three metres, smaller equipment, such as skid steer loaders or tractors, will be used. Trucks armed with a liquid tank may also be seen applying anti-icing material to the paths.

But, the city could certainly act sooner during snowfall to clear out snow. The equipment used to clear the bike lanes can't always sufficiently clear away ice buildup. It especially struggles on days when we see off-and-on freezing rain throughout the city.

These measures may not always keep bike lanes completely clear, but they are certainly a step up from the city's previous use of heaping piles of calcium chloride spread generously over the pavement.

"All that salt that used to be on the roads destroys your bike. Ever since they [the city] stopped putting it down the bike lanes have been terrific," said Ray, a 59-year-old cycling resident of Boyle Street.

Now that the snow is cleared and the salt is gone, the real danger presented to cyclists using bike lanes in the winter is the negligence of car drivers. Cars will routinely ignore bike lanes by not giving cyclists the right of way or completely ignoring the existence of the bike lanes altogether and driving straight down them (yes we see you, drivers in front of the Strathcona farmer's market). Drivers routinely driving over bike lanes in the snow creates tread marks that melt and refreeze over and over again, turning the bike paths into impossible to navigate craters. This forces more and more cyclists into the road, making them an easy target for the heavy cars that command the lane.

To keep cyclists safe in the winter we can look to the city of Oulu, Finland for inspiration. One of the common problems along the bike path network are the white lane lines that are painted onto the ground. In the snow, they're nearly impossible to spot. Oulu, nicknamed "the bike capital of Finland," combats this problem by projecting lights from street lamps onto the lanes to indicate where it is safe for bikers and pedestrians to be. Increasing the network of safe biking lanes has had much more of an impact on the population of cyclists in Oulu than the cold weather ever has. This is just a small step, but could provide Edmontonians with visible improvements and keep everyone safe.

So, next time you set out to use the many bike lanes and multi-use paths the city has to offer, make sure to keep an eye out for dismissive drivers and sneaky ice routes. It's always smart to wear a helmet, dress in layers and kit out your bike with all kinds of lights and reflectors. The City of Edmonton's winter cycling guide has all the info you need to stay prepared for anything our freezing conditions throw your way.

EDITORIAL

Empty hands and a distracted life: Getting over my social media addiction

By Mihiri Kamiss

It's no secret that many individuals are addicted to social media. Some use social media heavily enough to cause issues in relationships, work and school. The consequences of not tracking your time on social media while in post-secondary can be detrimental to students. For over two years, I worked on slowly distancing myself from social media as I recognized that these areas of my life were suffering due to poor time management. I was chronically glued to my phone, picking it up every moment my hands felt empty to check the notification screen. Gradually, I made changes to my social media usage to lower the number of hours I'd spend a day—but it wasn't enough. I never thought I would be addicted to social media until I finally checked my phone time usage. I was shocked to discover a whopping minimum of eight hours spent on Instagram every day. I knew it was time to turn my life around.

The solution can be more challenging than deleting distracting applications for good. Those who run business or professional social media accounts may find it difficult to break away, just as I did. Running an art account has always been my excuse for keeping Instagram and Twitter. After realizing my time spiked over eight hours, I cut out social media as much as possible to focus on school. I noticed dramatic changes in my time management skills.

The most significant change I made to track my social media use included setting up parental controls on my phone. Since starting this semester, I have limited my time on Instagram and Twitter to 10 minutes. 10 minutes is perfect for creating a post or checking my phone during washroom breaks. Now, two months into the school year, I rarely reach the 10-minute limit. It isn't a perfect solution for someone who lacks the willpower to avoid adding more time when it's convenient, but it's a great starting point. Even if you set this timer up and continuously snooze it, at least you can't lie to yourself about your time usage.

Immediately after setting up limitations, I found I had a lot of time to focus on schoolwork. Procrastinating became something of the past; I had ample time to plan and work on what was important to me. Instead of spending my time on inefficient and distracted studying, I made time to make friends, read a few books, create a club here at NAIT, and even enroll in the Blue Book program at the Mawji Centre—all on top of my full course load.

Not only can I do more within 24 hours, but my relationships with my family and partner improved significantly. My attention is no longer a splitting road, where every interaction is divided between them and social media distractions. Although I don't call or text my partner as often as before my social media break, our relationship is much healthier when we aren't clinging to each other's digital backs every hour of the day. The time spent with my partner is more enjoyable and fulfilling with fewer distractions.

Unsurprisingly, taking a break from something that occupies most of the day can cause you to find other activities to fill in the gaps. My alternative was checking my email five times as often as usual. I noticed a habit re-forming, similar to my social media addiction. Since this one was new and recognizable, I could catch myself and continue my path towards better use of my time.

Many young adults (such as myself) underestimate how much time we spend on social media. The most effective way to monitor how much time we're clocked in is to enable parental controls or check the battery usage statistics found in many phone settings. I encourage those who have been in a similar boat as me to take a break from these addicting applications. Even if you decide not to, the least a person can do is practice self-awareness when spending time on social media.



Art by Mihiri Kamiss

Alumni feature: Thanh Nguyen

By Mikaela Cotia

Thanh Nguyen recently graduated from NAIT in April 2021 with a two-year diploma in Digital Media and IT, specializing in Web Design and Development. At first, when she was choosing an institution to study for her post-secondary education, she hadn't heard of NAIT until one of her relatives told her about it. "One of my relatives brought up that in Alberta, we have a very technology-oriented kind of college. I was looking through the NAIT website and was impressed with how [many] technology-related programs [they had]," said Nguyen.

Nguyen fondly remembers NAIT's career fairs. "It was great, especially in-person because we were able to make real connections with people who are already in the industry and have a meaningful conversation," Nguyen said.

As a student, Nguyen enjoyed attending networking events or anything informational such as resume and cover letter workshops. "My favorite event would be the industrial connection event where they bring in different people from different companies [and we were] able to meet with them ... where we would [make] a speed connection [and] talk to each person."



Photo supplied

After graduating in 2021, Nguyen works at Yellow Pencil, a web development interface, where she works for many public sectors, like the City of Edmonton, the University of Capilano, and more. "[We] develop a user-friendly web interface, create an environment for our client to continuously update and share their latest information to the public," she explained.

Nguyen believes that NAIT played a huge role in setting her up for a job. Before attending NAIT, she had no experience in the industry. "NAIT set me up for success because their program covers many of the latest technologies. Letting us know how to do our research and choose our path, [whether it's] back-end, front-end, full-stack, [learning] how to communicate with clients or how to start a portfolio that would be beneficial for a job," Nguyen said.

Her advice for students is: "Take advantage of all the services that NAIT and NAITSA offer. You can make connections and get very informative knowledge that is beneficial for your career later. It is [an excellent] opportunity to learn to connect with your peers, especially with your classmates, as they are in the same industry as you."

EDITORIAL

Nostalgia near NAIT: NexWave Games showcase



Photo by G. Mara Killian

By G. Mara Killian

Located across from the CAT building's parking zone, NexWave Games has a unique storefront; their use of iconic characters and logos is sure to catch the eye of any passerby and bring them into the store.

Gamers who grew up in the early 2000s will remember the excitement they felt when going to a retro gaming store, and when I entered NexWave games for the first time, the kid in me got excited. It still looks like something out of that era, as if somebody took a store from 2004 and placed it in the modern day. The dark carpeting and slightly dimmed lights offer a relaxed atmosphere. The store has a Nintendo 64 demo booth from Blockbuster, which adds to that feeling of nostalgia. NexWave Games is also simultaneously compact and open. There isn't a single bit of unused space, but it also never feels crowded. A R.O.B. (a toy robot from Nintendo that was released in the 80s) acts as a mascot and sits at the store's front desk. Finally, tying everything together is a Golden Axe arcade cabinet by the entrance. Kain, the store's owner, does an amazing job creating a nostalgic feel.



An inoperational R.O.B. that acts as the unofficial mascot.
Photo by G. Mara Killian

The store opened in 2004 when Kain bought NexWave Technology. He took this struggling tech store and saved it by turning it into a used game store that's still going strong today. He opened the store with the intent of helping others broaden their collections. To achieve this, he travels throughout North America, seeking out new merchandise. His most recent venture outside of Edmonton was to the Portland Retro Gaming Expo.

Stating that he "want[s] to keep [NexWave Games] local," Kain is against selling any of his merchandise online. He wants to get people in the doors so that he can give a more personal experience with every

sale. This excellent customer service is one of the things that sets NexWave Games apart from the others.

Another thing that sets NexWave Games apart is the prices. Kain sets fair prices for all his games rather than trying to get the best value out of them. He still wants to

make a profit but also wants to help others expand their own collections. Additionally, he'll buy used video games from anybody above the age of 18. The games need to be in good physical condition, and the amount he gives for each can vary depending on many factors. This includes rarity, edition and how many he has on hand. He'll pay out around 50 per cent of the value in cash and between 75-90 per cent of the value in in-store credit. These are the best values you can get in the city by far.

If you want a blast of nostalgia or want to check out a retro gaming store near NAIT, I'd suggest giving NexWave Games a try. And if you want to say hi Kain himself, he's usually at the NAIT location between Monday and Wednesday. NexWave is located on the corner of 118th Ave and 104th St. NW.



A working Golden Axe arcade cabinet in the front of the store.

Photo by G. Mara Killian

Tips to slim down your grocery bill



Savings at the local grocery store.

Photo by Fraser Sockett

By Fraser Sockett

Student budgets are notoriously tight. When you don't have any extra in your budget, dealing with the rising prices of groceries can seem impossible. But the Nugget spoke to Jon Harris, father, husband and dog owner, who went from earning \$100,000 a year in oil and gas to becoming a professional cook and only earning \$30,000 a year. He offered these tips on how to save money while buying food.

Learn to Cook

If you have just moved out of your parent's place and now realize how hard it is to cook, look up a YouTube video on how to break down a whole chicken. A whole chicken can be cut into eight pieces; the bones can be used to make a broth. It is never too late to learn this valuable life skill.

Welcome to Barter Town

"I have not paid for a haircut since 2020," said Harris about how he saved money on groceries. Bartering is a lost, forgotten art. Trading one skill for another can help when money is short. Harris made an offer to his hairstylist about exchanging loaves of sourdough bread for his family's haircuts. Are you an accounting student? Find a butcher and offer to do his taxes in exchange for discounts throughout the year.

Quality over Quantity, (but expensive doesn't always equal quality)

While it is tempting to buy cheap ramen noodles and live off them for months at a time, you could do more harm to your body than you think. Consider purchasing some better quality rice as your staple food. Harris opts for higher quality bulk goods.

"When we buy rice, we don't buy cheap. We buy good quality Jasmine or Basmati, as there is nutritional value in it," Harris explained. "There is no nutritional value in KD or ramen noodles."

Buy in bulk, but not too bulky

Making a massive Costco run always feels good, but don't buy more than you can eat by a specific date. If you need room to store the goods, consider splitting with a friend or family. "As a student, get your parents involved. Maybe they have a deep freeze; let them know about the sale," Harris said

Look at flyers, clip coupons, join discount clubs

Grocery stores have new deals every week. New flyers typically come out on Wednesday or Thursday. If you see a great deal on an item, stock up on it enough to last you before it goes bad. There is no shame in clipping coupons. A tip: you should never buy full-price toilet paper unless it's a dire situation.

Make Mother Nature work for you

Growing your own food can help fill in the gaps when produce is expensive. "We grew over 10 kilos of potatoes this year," Harris mentioned. "As long as you can plant a seed, the earth will give you some fruit."

Gardening is a skill that takes years to master, but it pays off. Seeds are cheap, and your first year of growth will not yield a massive bounty, but in years you will improve.

Make a Monthly Budget

Most people, Harris included, think budgeting is boring. "You can't make setting a monthly budget sexy," said Harris.

But I disagree. Set the lights on low, and light some candles. Put on your sexiest lingerie. Play some Barry White music. Pour a glass of red wine, and sit at your computer to plan a monthly budget. Seduce your partner with all the savings you achieved. Reach a budget climax by buying an Instant Pot on the Boxing Day sale.

EDITORIAL

Budget-friendly meal ideas to make your money last



By Fraser Sockett

After you save money buying groceries, you need to think of ways to make those into easy and cost-effective meals. Here are a few ideas that can be prepared in a variety of fresh and funky ways:

Bolognese or Marinara sauce

These are two simple tomato-based sauces that add flavour to dreary pasta. The most significant difference is one has meat while the other does not. Make a big pot of either sauce, and use it the first night with spaghetti noodles. Freeze the rest in Tupperware containers and use it for a later date. It is very versatile as it can be used in a variety of ways.

Soup

One of the most underrated foods, ever. Once you learn how to cook your own soup, you won't return to the canned stuff. There are so many varieties of soups to make. If you can think of one ingredient, it has been used in soup. There is even a chocolate soup! The only limit is your imagination...and allergies.

A well-known tidbit of the restaurant industry: the soup d'jour is usually made with leftover food the place wants to get rid of, so don't be afraid to add your wilting veggies!

Tacos

The only person that doesn't like tacos is someone who worked at a Mexican restaurant on Whyte Ave for over a decade. They are so easy to make and can include a variety of toppings; anything from avocados to zucchini. They are the soup of the solid food world in their versatility. Leftovers can be turned into a fun fiesta taco soup.

Leftovers

Old food from another night doesn't mean it is useless. For the leftover rotisserie chicken you bought, pick the meat off the bones, mix it with the two-day-old rice, fry it up in a pan with an egg and frozen vegetables. You will have great chicken fried rice.

It is fun to get creative with food if you are daring. Every year after Christmas dinner, I combine leftover turkey, mashed potatoes, gravy, stuffing and cranberry sauce. Instead of reheating it on a plate in a microwave, I mix them together, place it in a meat-loaf pan and bake them into some new creation that I call Christmas Leftover Loaf.

With the leftover salad you have, wrap it up in a tortilla, add some tortilla chips and leftover taco beef and have a beef taco salad wrap.

According to some, the origins of French Toast and Bread Pudding were based on medieval Europeans trying to figure out a way to use day-old bread in a new way to feed their families. Back in those days, they didn't have bread clips to keep the bread from drying out, so they had to get inventive.

Omelettes

Eggs are some of the cheapest food you can buy. With a good pan, you can cook a great omelette that would impress Culinary Art teachers. If you don't fold the omelette properly, you then at least have scrambled eggs—not bad either way.

Necessity is the mother of all invention, so don't be afraid to experiment with food. Use Google to look for ways to use things in your fridge so you do not toss them out. You could be the discoverer of the next most significant food trend.

LOCAL GIFT GUIDE

for local gift lovers

By Sara Farrar

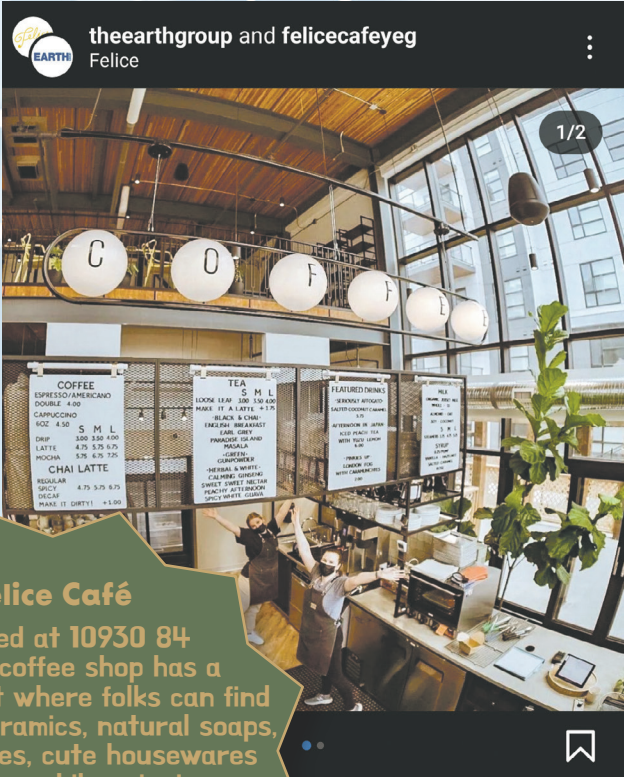
Cherry Pick

Two words: sustainable clothing. Search @cherrypickcollective on Instagram to introduce holiday shoppers to a world of vintage or lightly used clothing that is looking for a new home. With Sunday delivery, Cherry Pick is a great option to gift a loved one some new threads while consuming sustainably and affordably.



Felice Café

Located at 10930 84 St., this coffee shop has a small market where folks can find handmade ceramics, natural soaps, suds, candles, cute housewares and jewelry while enjoying a cup of joe. Shopping locally mixed with an aesthetic coffee shop? Yes, please.



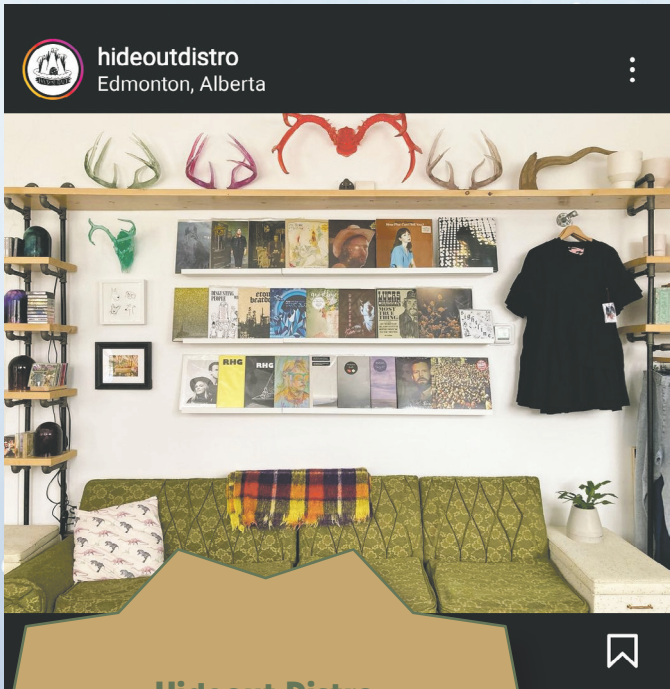
Glass Bookshop

Gifting for a book lover or collector? Glass Bookshop has a wide variety of books: local Edmonton authors, cunning cookbooks and powerful poetry. They just recently moved into the Ritchie neighborhood, so there's a lot of space for browsing their vast selection of titles with the ability to special order book requests not found on their shelves. If books are not the first choice, they also have local gifts, like hand-poured candles, earrings, stickers, cards, puzzles and infamous tote bags that make great gift additions or stocking stuffers.



Hideout Distro

Take a peek on 124th Street and find a cool book library out front before heading into this local boutique with many treasures. Gifting at this store is made simple with flowers, fragrances, stickers, art prints, incense, planters and cards that scream stocking stuffers. It has something for the quiet friend who loves to discover new music, the green-thumb friend who searches for planters to join their garden or that friend who is obsessed with interior design.





More than a Fad
Just down the street from campus, More than a Fad and its orange sign will pop out. This non-profit store supports the Adeara Recovery Centre, which helps women recovering from addiction with various services. Even better: everything is only \$1! Search their store to find the perfect second-hand and sustainable gift of vinyl, a unique dish or a rad piece of clothing.



Shop Chop
On 102 Ave. and 107 St., one will find Shop Chop, which is not a restaurant, despite the name. At this time of year, the store is packed with holiday ornaments, crafts, cards, trees and decor. Think real-life Whoville. That white-barn-aesthetic friend will love any gift from Shop Chop.



TC Creations
Hand-made, women-owned and operated and affordable, TC Creations was born out of a love for jewelry and uniqueness. The gal who runs TC Creations, Tori Cooper, is a full-time student who understands the importance of affordability and student budgets. What makes her different from other jewelers is how customizable and one-of-a-kind each piece is, as her customers have a say in the whole design process if they choose. If jewelry is the way to someone special, TC Creations is only an Instagram direct message away.



Unite by TMK
Smack dab in Kingsway mall, Unite houses a variety of local entrepreneurs' creations. This store reduces shopping barriers and supports local brands as everything is under one roof and so close to campus. Pick up an eco-friendly kit of silicone stretch lids, kitchen cleaners and produce bags for that pal on their green venture. Snag some treats for that avid snacker. Or give the gift of normalizing body and skin issues with notable plant-powered and cruelty-free body care products. Unite has it all.

EDITORIAL

“Quiet Quitting” is actually just self-care

By Alyssa Conti

It's Thursday and you finally found time off from your part-time job to focus on school projects. Your manager texts you before noon asking you to come to work anyway. You reluctantly take the shift, and they tell you to help move stock as soon as you get there because they're understaffed. This wasn't in your job description. You weren't even supposed to be here today.

Now if you didn't take that shift, or if you refused to move stock because it wasn't part of your original set of duties, congratulations! You may be quiet quitting.

Quiet quitting actually has nothing to do with leaving your job. The phenomenon itself is about employees doing the minimum work required to maintain their position, instead of going above and beyond for little to no acknowledgment.

The term originates from an Insider article about a recruiter who slowly cut back on his work duties with little consequence, which then inspired a viral TikTok that encouraged others to do the same.

It's not hard to see why the trend took off. Our generation of career-driven individuals grew up in a constant state of rapid advancement. Forty-hour work weeks and hustle culture became the norm. However, many of us have also seen the burnout incurred by our parents, grandparents and mentors from working these exhausting hours to no avail.

Now, I personally don't consider myself to be a lazy worker. My LinkedIn experiences section consists of nine different jobs I've worked in the past five years, all of which were jobs I genuinely tried to go above and beyond for. However, each of these jobs noticeably lasted for about a year or under. Some of them were temporary positions off the bat, but mostly I would

quit these jobs due to burning out too quickly.

I have been working at the same restaurant now for about a year and eight months, which is actually the longest I've stayed in one place since 2017. I started out burning bright and burning fast. I was a star worker for the first year—my managers and coworkers relied on me and trusted me, and I was just happy to help!

Eventually, they started expecting more from me each time, and I began helping around in stations I wasn't even a part of. I was burnt out. I was ready to quit. But I was self-aware enough to realize that I tend to jump ship when I burn out.

Around this point in time, quiet quitting was starting to gain traction across several industries, so I decided to give it a shot. I would stick to my station, wouldn't help without being asked and only retained the bare minimum information that I needed to perform efficiently enough. It did wonders for my mental health.

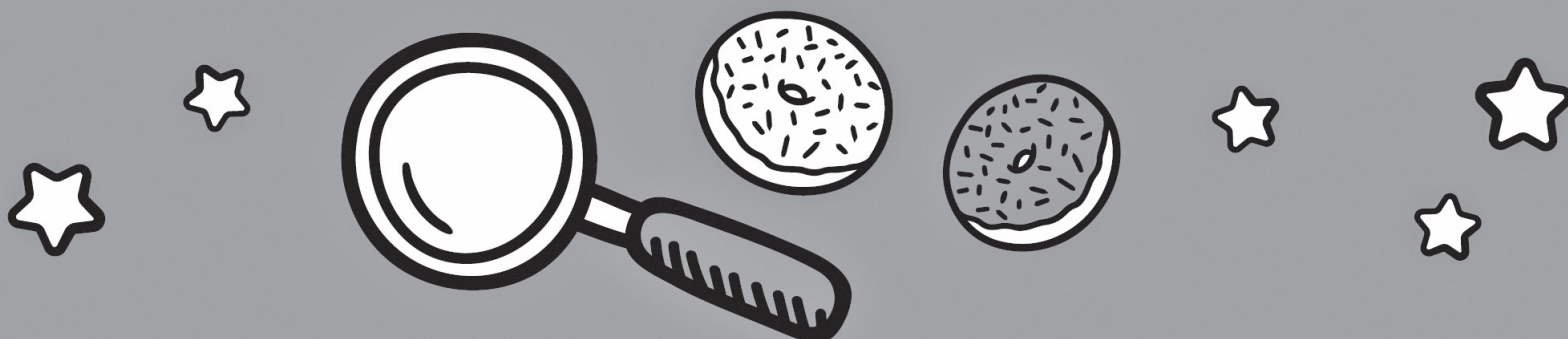
For students who are juggling between priorities, this might be the route for you. As you enter the job market, ask yourself if this job is worth going above and beyond for. If you're passionate about the work or hope to advance within the company, go for it! If you're burning out from work but are still passionate about what you're doing, consider temporarily quiet quitting.

Quiet quitting is really about setting boundaries with the work you're doing. No human being can give their all, all the time. Learn your limits and draw the line when you have to. If you feel like you need extra help, NAIT offers several mental health resources virtually and on campus.



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6 foods to eat for better school performance



By **Andrea Sokolowski**

You are what you eat, and without good food and nutrients our brain is not able to function properly. If you want to keep your mind in great shape, here are six of the best foods you can eat.

Leafy Greens

Leafy greens are an excellent source of brain powering vitamins such as vitamin K, beta carotene, folate and vitamin E. Vitamin E can lower cognitive decline and can protect brain cells from radical damage. Vitamin K and beta-carotene have been shown to improve memory, making them perfect for students who need to memorize. For a quick morning snack on the fly, throw a couple leafy greens into a smoothie or sprinkle some in your scrambled eggs for extra nutrients.

Bone Broth

Bone broth is finally getting its deserved day in the sun. It's easy to chug on the go, so what more could a student want? This ancient food has super powers for your gut, therefore helping the brain be happy. It's loaded with high levels of collagen to improve joint health, amino acids to boost immunity and help improve memory. And a happy body equals a happy mind. On top of the many benefits, bone broth is super easy to make and won't break the bank.

Eggs

Fun fact: regularly consuming eggs greatly improves your brain power. Why? Eggs are a great source of choline. Our bodies naturally produce choline through the liver. Choline is linked to maintaining communication between cells and improving memory. Your brain needs it to regulate memory, mood, muscle control and other functions. Now you can enjoy your morning breakfast with an even bigger smile.

Salmon

Who knew that fish can make your brain feel, well...less fishy? This fish is high in omega-3 fatty acids which can fight depression and anxiety, leading to better focus. Fatty acids also contribute to brain development and function. So next you're making a salad or pasta dish, feel free to add salmon into the mix.

Blueberries + Berries

Finally, something sweet on the list. The all-natural candies of the world, blueberries have always been a powerhouse of great nutrients and vitamins. While other berries are just as healthy, blueberries win as being the most brain fuelling efficient of them all. Anthocyanins found in blueberries may slow and even reverse mental decline. They include vitamin C, vitamin K, manganese and phytonutrients. These nutrients allow for easy blood flow and oxygen to the brain which helps with concentration.

Walnuts

It turns out walnuts can keep you from going nuts. Walnuts are a definite must to add into your diet. These nuts can help with processing information, memory and concentration. They also contain a plant-based omega-3 essential fatty acid (alpha-linolenic acid) which can help combat cognitive decline. Research suggests eating one to two ounces of walnuts per day for optimal nutrition value.

The Bottom Line

When we give our bodies the nourishment it needs, we give it a chance to thrive. Research reveals that eating foods rich in vitamins, minerals, antioxidants, choline, anthocyanins, collagen and omega-3 fatty acids can help your brain function at an optimal level as well as can increase your mood with overall better health. Incorporate these foods into your diet to keep that brain healthy.

HOLIDAYS

around the world

By Michayla Kirsch

While Christmas is the most popular December holiday around the world, it's not the only one. Here are seven other global holidays celebrated this time of year.

St. Nicholas Eve/Sinterklaas Day: December 5th

St. Nicholas Eve, or Sinterklaas day, honors the patron saint of Christmas, gift-giving, and children: St. Nicholas. He's been around for over 200 years and is also known as Father Christmas, Kris Kringle, Papa Noel, and Babbo Natale. Saint Nicholas' Day is on December 6 in Western Christian countries, December 5 in the Netherlands, and December 19 in Eastern Christian countries. The main idea of this holiday is to celebrate the anniversary of the passing of St. Nicholas. While this holiday is similar to Christmas, St. Nicholas Eve has slightly different traditions. The night before St. Nicholas' Eve (called Sinterklaasavond or Pakjesavond), those who celebrate leave shoes on their doorstep or beside their bed, depending on where they are.

Bodhi Day: December 8th

Bodhi Day honours the enlightenment of Siddhartha Gautama or the Buddha. In China, this festival is called the Laba Festival. It is during the 12th lunar month, on the eighth day of the Chinese calendar (either December or January, but usually January.) People celebrate this day by meditating, studying the Dharma, chanting Buddhist texts and performing kind acts to others. Some Buddhists celebrate Bodhi day with a traditional meal of tea and cake.

Santa Lucia Day/Little Yule: December 13th

Santa Lucia Day is on December 13 to celebrate St. Lucy. She was a religious martyr who was killed for her beliefs. Lucia means light, so the festival celebrates hope in the long and dark winters of Scandinavia where this day is celebrated. A girl is honoured with the pageant tradition of being the Lucia Bride, where she leads the pageant with the others following. In Northern Italy, they celebrate the same as St. Nicholas Day. St. Lucia comes to town with a donkey, her escort, Castaldo and gifts. Siracusa has a week-long celebration with festivities, fireworks, sweets and the people's vow not to eat pasta or bread. Finally, in Finland, this day is called Luciadagen and takes place a week before the Solstice. There they honor St. Lucy as a "beacon of brightness" for the darkest time of the year.

Yule: December 21st

Yule is a Germanic celebration of the Winter Solstice, the year's shortest day. Some of Yule's traditions and customs have been made into Christmas celebrations, like hanging a mistletoe, decorating an evergreen tree, hanging holly and ivy to decorate the home and burning a Yule log through the night. Some even still set bonfires. The Germanic peoples were some of the first to celebrate this tradition, as it has pagan roots. Yule has been around since the fourth century; it is a midwinter festival that lasts 12 days, beginning on the Winter Solstice.

Chanukah | Hanukkah: December 18th

Hanukkah (or Chanukah) is a minor Jewish holiday. It's one of the most well-known because of its proximity to Christmas. It begins on the 25th day of the Hebrew month of Kislev. This day usually falls during November or December. Hanukkah is celebrated around the world wherever Jewish peoples reside. The word Chanukah means 'dedication' in Hebrew, and the holiday originated after the rededication of the Second Temple in Jerusalem in the second-century Maccabean Revolt. The holiday lasts eight days, and like other Jewish holidays it begins at sundown. Other traditions include giving/receiving a gift each night of Chanukah, receiving Chanukah gelt, singing songs, spinning dreidels and feasting.

Kwanzaa: December 26th

Kwanzaa is an African-American holiday that celebrates Black heritage. This holiday was founded in 1966 and hoped to educate people about African American struggles and their rich cultural heritage. The holiday lasts for seven days, beginning on December 26. Kwanzaa is from the East African Swahili phrase "Mantunde ya kwanza," which means "the first fruits." They added a second "A" to correspond to the seven letters to the seven symbols, the seven principles and the seven days of Kwanzaa. The seven principles of Kwanzaa are focused on each day of Kwanzaa. For example, Kujichagulia (koo-jee-cha-goo-LEE-ah) is the practice of self-determination.

Ōmisoka: December 31st

In Japan, December 31 or New Year's Eve, is called Ōmisoka. Those who celebrate call this day "Ōmisoka" or "big misoka day." The last eve of the year on Ōmisoka is called jo-ya night. Jo-ya means "the night to remove last year's evil." According to the lunisolar calendar, a new day starts with a sunset, and with it, people came to think that jo-ya night was the beginning of a new year. Traditionally on the jo-ya night, the Shinto god, Toshigami-sama, would visit shrines or temples, and people stayed up all night to celebrate and welcome the god. Most who celebrate this tradition visit the shrines and temples at midnight on Ōmisoka. At these temples, bells are rung at midnight 108 times on Ōmisoka day to metaphorically wash away the sins and human desires of the old year so that people can turn a new leaf to ring in the New Year.





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Winter driving Q&A with Edmonton driving instructor



A man cleans his truck before driving on the road.

Photo by Angela Kazmierczak

By Angela Kazmierczak

With Edmonton dipping into cooler temperatures and the snow and ice clinging to roads, it's again time for defensive winter driving. Ray Gallinger, an in-car instructor from 1993 to 2009 at Northern Lights and now a Driver's Education instructor at Glenn's Driving School, shares some winter driving tips in a Q & A to help keep the roads safer this winter.

Q: How should Edmontonians prepare their vehicles for the winter season?

A: "Get things checked out in your vehicle and have a mechanic check the strength of your coolant. Because if the weather is cool and you have that wind chill, the coolant's going to freeze, and you're going to be in trouble. Next, have the battery tested to make sure the vehicle will start up in the cold weather. The other [tip] is to make sure you have windshield washer fluid in the car. Don't put a lot of summer washer fluid in the car at the beginning of August because you won't use that much and the fluid will freeze up come winter."

Q: How much distance should there be between your vehicle and the vehicle in front of you?

A: "If the roads are bad, you would want to have at least a minimum of six seconds following distance. When traffic is starting up at a traffic light, one of the big mistakes that people make is they start up right away. You want that same four to six seconds start up behind the vehicle at the traffic lights, and if you've got a lot of exhaust hanging in the air, don't move until you can see the vehicle in front of you because people have driven into the back ends of cars from starting up too soon. The number one driving error is that people are driving too close. You need to allow for a couple meters of space."

Q: What things should people keep in their vehicles for an emergency?

A: "If you're driving on the highway or outside of the city, it's particularly important to have warm clothes and a slow burning candle to keep in the vehicle because if you're stalled, burning that candle will keep you from freezing in the vehicle while you wait for help. If you're going in deep snow and you're having trouble with traction, kitty litter can be kept in the car. Kitty litter can be put under the wheels for better traction."

Q: What kind of tires should be on vehicles during winter? What's your take on All-Season tires?

A: "Vehicles with very little tread on them, even on All-Season tires, that's a disaster come winter time. They did some tests on tires, where they compared the Goodyear Nordic winter tire versus the best All-Season tire. At 60 kilometres an hour on ice, when the All-Seasons stopped, the person continued for almost 14 metres further. One group found that even with Nordic winter tires 75 per cent worn, they only continued for three metres. Also, in Montreal where winter tires are mandatory, they find 30 per cent of deaths are prevented."

Q: How does a person recover from skidding on the road?

A: "For a vehicle with an anti-lock braking system (ABS), don't pump the brakes. Pumping the brakes will take longer to stop, and it could destroy the ABS. You want steady pressure on the brakes. When skidding, you always steer where you want the car to go. If your front end is going left, you steer to the right. Now, if you get that swishing sound, that's telling you your wheels are locked up, and at that point you don't have any steering. When you don't have any steering ability, you need to ease off the brakes to regain braking power."

Q: What winter driving habits should someone focus on developing?

A: "You want to get yourself down 10 to 15 kilometres below the speed limit in bad conditions. The other big mistake people make is not driving slowly enough on corners. People are driving the way they would with summer driving and lose control of the vehicle. Also, clean the snow off your cars, including the hood, the roof, the headlights and taillights. Otherwise, you're comprising everyone else."

Q: How much extra time should a person give themselves to reach a destination?

A: "That's going to depend a lot on exactly where they're going. Because you know, if you're on a route where there's not very many traffic lights, there's not going to be much difference in time. But you generally want to allow yourself extra time. If you're going eight or 10 blocks, give yourself an extra 10 minutes. Don't push it to the last second because you don't know what's going to happen with the people in front of you."

The Driver's Guide to Operation manual is available to all drivers for additional driving information. Alberta 511 also offers updated traffic and transit information in Alberta. Glenn's Driving school has served the Edmonton community for 42 years and is a 2022 Consumer Choice Award winner.

THE SHUFFLE: LEARN A LANGUAGE



By Michayla Kirsch

December is 'learn a language month,' so why not use music?

"THE SNAKE" by Lana Lubany & Ben Thomson

This song features beautiful Arabic lyrics while enthralling you with a serpent-like rhythm. When listening to this, I suggest focusing more on the beat and rhythm than on the lyrics.

"Die Zauberflöte (The Magic Flute), K. 620: Aria of the Queen of Night" by Mozart

This song is a meme, as well as an opera. Sang in Latin, the song's meaning... is a little dark. I suggest a look into it, as it's too much for me to explain here. For those who can sing, the highest note is an F6, which is extremely high.

"Deal with the devil" by Tia

A Japanese favourite of mine. It's so fun, catchy and punchy; this song is from the anime "Kakegurui," and I suggest watching. The anime is very edgy and weird but a crazy and fun show, just like this song.

"Paciencia Y Fe" by Olga Merediz

This song is from one of my favourite musicals, "In The Heights." This emotional song is sung in Spanish. Lin-Manuel Miranda has been my favourite composer for many years, and this song is no exception. The whole musical is a masterpiece, and I would suggest any of the songs to those interested.

"2Step" by Ed Sheeran feat. Antytila

Ed Sheeran is coming in clutch with this and promoting the smaller Ukrainian band, Antytila. The song was written in support of Ukraine and is the best form of propaganda, in my opinion.

"Perfect Symphony" by Ed Sheeran & Andrea Bocelli

Two Ed songs in a shuffle? Madness. I love this song. When I first heard this song, I fell in love. Not only that, it's in the language of love, Italian. This song hits differently than the original and provides a feeling of confidence and hope in love.

"Kill This Love" by BLACKPINK

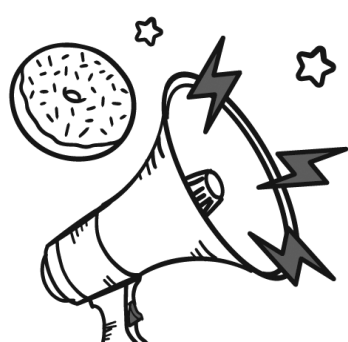
A Korean hit, of course, BLACKPINK. These girls are such powerhouses. So catchy and a hit as far as K-Pop goes! I love Korean as a language; it has emotion in its tones and is pleasing to the ear.

"Dernière Danse" by Indila

A French song. This song is very graceful and takes you on an enchanting journey through dance. I found this song through a very good friend of mine, and it feels slightly sad.

"Bamboleo" by Gipsy Kings

Another Spanish song, but this time from Mexico. Very much a tango, swing, or sway sort of song. It is a very catchy song, as well as a great meme for the meme lovers. I find this song gets stuck in my head way more than it should.



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Ho-Ho-Holiday drinks around NAIT



Photo via Starbucks

By G. Mara Killian

With the change of season comes a change of menu items at the various cafes around NAIT. Want to know which drink is best for you? Read further to find out.

Starbucks (In the CAT building, beside the Common Market, and in Kingsway Mall)



Photo via Starbucks

The chestnut praline latte is one of the few seasonal drinks they have that isn't too sweet. As the name suggests, it tastes like chestnut and praline. The chestnut praline latte is a satisfying, rich drink for those cold winter nights. If you like the nutty taste of the chestnuts, I'd suggest getting this one with almond milk. Otherwise, go with dairy or oat milk for a more balanced taste.

If you want something sweeter, you could try the peppermint mocha or the caramel brulée latte. Both are sweet but offer different benefits. The peppermint mocha is a great mixture of chocolate and mint with a creamier texture than the competitors. It also tastes great with every type of milk they offer. The caramel brulée latte is very sweet and goes well with either dairy or oat milk to keep it balanced.

The final hot Christmas drink Starbucks carries is the sugar cookie oat latte. I've tried this latte with all the other kinds of milk and the only one that it works with is the oat milk. The oat milk makes this latte taste like a liquid cookie but without the clumps of crumbs that you get from dipping one in your coffee.

McDonald's (11-minute walk from NAIT, or 4 minutes by LRT)

McDonald's only offers a couple of choices. As with the other McCafe products, they don't offer an inclusive selection of milk alternatives.

The peppermint mocha is the cheapest of the bunch, but it also lacks the chocolate taste the competitors offer. This makes the McDonald's mocha product much sweeter. Their peppermint hot chocolate has more chocolate flavour and acts as a non-caffeinated alternative. So if you want a sweet and cheap peppermint drink, then McDonald's is the one for you.



Photo via McDonald's

Tim Horton's (Beside shop @NAIT, in the CAT building and HP Centre, in Kingsway Mall)

Tim Horton's swapped out their peppermint mocha for the new gingerbread oat latte. Like the sugar cookie latte, the oat milk helps this latte taste like the cookie it's inspired by. With only a hint of ginger, this latte tastes like the gingerbread cookies you'll get at Superstore.

As for non-caffeinated drinks, Tim Horton's also carries a small selection of candy cane hot chocolates. These hot chocolates only have a hint of the candy cane taste to them, so the sweetness isn't overwhelming.



Photo via Tim Horton's



Record-breaking Ook donates 50 books to kids

By Andrea Sokolowski

"I just think helping others and utilizing our platform within the ACAC and NAIT is crucial and we should take that time to really set a positive image."

Those were the words of Sarah Moorji, NAIT Ooks women's soccer midfielder. In 2022, for every goal the team scored, Moorji committed to donating one book to Edmonton's St. Edmund school.

"Since it's my fifth and final year as an Ook, I wanted to incorporate someone or something that has influenced me to become a better athlete and individual," said Moorji. "St. Edmund school allowed me to grow as a person and really understand what it takes to become a well-balanced athlete."

The soccer season finished in October with 30 goals, but Moorji decided to donate 50 books, matching the record-breaking amount of games she played in her five years at NAIT. "It was surreal to think that I've played in every NAIT women's soccer game during my five years as an Ook."

This soccer star started playing at nine years old. Moorji has won many awards including Rookie of the Year, ACAC All-Conference top midfielder (three times), Academic All-Canadian (two times). She was also nominated for the Queen Elizabeth sports award and won the Alberta Soccer Award of Merit in 2019.

She's also been consistently active in the community during her time at NAIT. During the COVID-19 pandemic she taught technical soccer skills to children from ages five to 13. In honour of her late grandparents she also helped fundraise \$3,000 to the Aga Khan Foundation. This foundation helps support individuals in third world countries with basic necessities for living as well as emergency recovery methods for the sick.

"Growing up my parents and grandparents had a huge impact on helping others ... when my grandparents passed away I wanted to do something in honour of him,"



Photo via NAIT Athletics

said Moorji.

The athlete has a bright future ahead. She studied in the disaster and emergency program and wants to work in that field professionally, play soccer at a European level and continue coaching youth soccer programs for the years to come.

Moorji's advice for the youth wanting to join soccer at NAIT: "Have fun and enjoy the moment, the years go by super quick."

Season preview: Curling

by Alex Galenza (previously published on naitooks.com)

The NAIT Ooks curling team is ready to compete in the 2022/23 season. Due to the uncertainty of the pandemic last season, the CCAA announced early on that the 2021/22 CCAA National Curling Championship would be cancelled. Although the team wasn't gunning for Nationals, that didn't stop the Ooks from bringing their A-game all season in hopes of medalling in the ACAC Curling Championships. The Ooks brought home an ACAC silver medal in mixed curling, and both the women's and men's teams brought home an ACAC bronze. Head Coach and curling alumni



Photo via NAIT Athletics

Karynn Flory-Simmons is back coaching the team for her second season.

"I am confident our teams will do well this season. We have had time to practice, prep, and come together before this first spiel of the season," said Flory-Simmons.

Several new names have been added to the roster this season. The new student-athletes are Sean Borkovic, Rebecca Carriere, Grady Mackintosh, Ryan MacMillan, Anthony Ogg, Rachel Kraft, Alana Mawhinney and Rowan Ozipko.

"Our new student-athletes this season have come in with positive attitudes and a drive to want to play well. We have a handful of student-athletes, all with quite a bit of past curling experience, which will be a nice fit with our veterans," said Flory-Simmons.

Last season, the curling team only competed in the second semester because of the return-to-play protocol. This season has gone back to normal, with bonspiels hosted in both the fall and winter.

"I am most excited to see how the athletes progress over the course of a whole season. Watching them get to experience a full season and truly appreciate what a student-athlete experience is like is super rewarding. Curling Nationals were cancelled last year, and I truly think our athletes missed out on one of the best events of the season, so we are working hard in hopes that we can qualify this year," said Flory-Simmons.

The NAIT Ooks begin their season this weekend at the fall regional hosted by SAIT. The event runs from Friday, November 25th, to Sunday, the 27th. The team gets a break for final exams before returning for the winter regional hosted by Concordia University of Edmonton from January 20-22. The team is then off to the ACAC Championships, hoping to qualify for Nationals. The ACAC Curling Championships will be hosted by Lakeland College from March 3-5. The curling season will come to a close in Sudbury, Ontario, from March 16-23 for the CCAA National Championship.

ROOKIES TO WATCH OUT FOR

BY ALLIE CREASY

NAIT gets new students every year, which means the Oaks get new players. Some of these players went above and beyond to land their position on the Oaks and are expected to shine throughout their athletic careers. These are the “rookies” to watch out for. The Oaks soccer season ended in October, but some exceptional rookies stood out and left their mark.

SOCCER



Meron Werede is a five-foot-six midfielder from Edmonton on the men's soccer team. This Oaks team won 11 out of 12 games with three assists from Werede. Of the four games played, Werede took his shot and scored. With a 100 per cent success rate, this rookie surpassed all others and is someone to watch out for next season.

1 GOAL, 1 ASSIST



Lamisi Sirett is a five-foot-tall midfielder on the women's soccer team. Scoring six goals—three being game-winning shots—and with two assists, this Edmontonian took the lead over all other rookies on the team this season. Players usually excel on their home field, but this rookie beat the odds and made 10 out of 11 shots on enemy fields.

6 GOALS, 2 ASSISTS

Six Oaks teams are mid-season, giving their rookies plenty of time to showcase themselves. Volleyball, basketball and hockey are the longest-running sports per year at NAIT. They also have the most games.

VOLLEYBALL



Jarod Robert is a six-foot-one outside hitter from New Zealand. With 22 sets and 24 kills, Robert has accumulated 31 points in six matches. Men's volleyball is the team to watch this season, as they know how to put on a show and get results. Robert has helped achieve three of the team's wins thus far.

22 SETS, 24 KILLS



Charlotte Vandanelzen is a five-foot-eight outside hitter from Lethbridge, Alberta that earned 84 points in just 12 matches this season. With 37 sets and 77 kills, Vandanelzen put up a fight against the enemy teams. This rookie tied up their first match against Red Deer Polytechnic, finishing with the most kills on the women's volleyball team.

37 SETS, 77 KILLS

BASKETBALL



Nhiall Kuech hails from Calgary, Alberta. This six-foot-three men's basketball guard has played—and started—10 games this season. The Oaks team won six of those games with the help of this rookie. Kuech has the most play time of the team's rookies and put it to good use by scoring 92 points. The Oaks have won nine of 14 games so far this season.

15 ASSISTS, 92 POINTS



Rory Vandermeer moved a neighbourhood over from St. Albert to join the Oaks women's basketball team as a forward. In just eight minutes against Medicine Hat College, Vandermeer got six points. While the team is off to a rough start, this five-foot-10 rookie—wearing lucky number 13—has the potential to help turn it around and get those “W’s” they deserve.

11 STEALS, 48 POINTS

HOCKEY



Ryley Osland is a six-foot-one rookie on the Oaks men's hockey team. This St. Albert goalie is making some noise with 181 saves in six games. Osland helped the team win three of the six games he tended. Keeping Osland in front of the net can help the team take home the ACAC championship for the second year in a row.

181 SAVES, 21 AGAINST



Halle Graham is a five-foot-five forward on the Oaks women's hockey team. Hailing from Red Deer, Alberta, this rookie had a bold start with a penalty in the first game she played, a goal and penalty in the second and an assist in the third. The team has won 12 games this season (six with the help of Graham), tied one and lost one.

1 GOAL, 1 ASSIST

The Ooks mixed-gender sports, badminton and curling, had their first tournaments in November so it may be too soon to tell which rookies will stand out the most this season.



BADMINTON

The 2021-22 ACAC badminton champions had their first tournament of the new school year on November 20. At the tournament, hosted at Concordia University, the team started strong with two players placing. Anirudh Sharma took second place in men’s singles, and Sylvie Bibeau (not pictured) took third place in women’s doubles. The next tournament takes place on January 22 at NAIT’s home base, giving the other rookies a chance to show their strengths.

Tournament Recap: Player	Win-Loss	Total Games
Marie Francisco	0-5	5
Anirudh Sharma	3-1	4
Vishw Patel	1-5	6
Sylvie Bibeau	4-2	6



CURLING

After a great last season and bringing home a few medals (ACAC silver in mixed curling, women’s bronze and men’s bronze), the team is off to a rocky start. Both the men’s and women’s teams had three losses out of four at their first tournament. The mixed teams had better luck, winning five games and taking one “L.” The men’s and women’s teams will have a chance at redemption during the next tournament which takes place on January 20-22 hosted on Concordia ice.

Tournament Recap: Team	Win-Loss
Men	1-4
Women	1-4
Mixed	3-1

UPCOMING GAMES

DATE	TIME	TEAM	VERSUS
JAN 08	7:00 P.M.	WOMEN’S HOCKEY	RED DEER COLLEGE
JAN 12	7:00 P.M.	WOMEN’S HOCKEY	OLDS COLLEGE
JAN 13	8:00 P.M.	MEN’S BASKETBALL	THE KING’S UNIVERSITY
JAN 13	8:00 P.M.	MEN’S VOLLEYBALL	SAIT
JAN 13	7:00 P.M.	WOMEN’S HOCKEY	OLDS COLLEGE
JAN 13	6:00 P.M.	WOMEN’S BASKETBALL	THE KING’S UNIVERSITY
JAN 13	6:00 P.M.	WOMEN’S VOLLEYBALL	SAIT
JAN 14	3:00 P.M.	MEN’S BASKETBALL	THE KING’S UNIVERSITY
JAN 14	1:00 P.M.	WOMEN’S BASKETBALL	THE KING’S UNIVERSITY

HOROSCOPE: *What winter fashion should the signs wear?*

By: Mikaela Cotia

Sagittarius (November 23 – December 21)

White fur, corduroy pants, brown leather

If you're a Sagittarius, then you like elegant and classic. You're always buttoned up in your best pieces. Push your boundary this year by adding in some bolder silhouettes and statement accessories.

Capricorn (December 22 – January 19)

Flared jeans, white sneakers, white cap

Capricorns never sacrifice comfort for fashion. They evolve their style every year but are always keeping it cozy. They like simple but sophisticated pieces — comfort with a twist. It makes a lot of sense since Capricorn's are always rocking the depths of winter.

Aquarius (January 20 – February 18)

Toques, trench coats, turtlenecks and boots

Aquarius's are passionate do-gooders who love to look great. They like to walk on the wild side and experiment with bold prints and colours to show off the intense part of their personality. Aquariuses like the spotlight, so they use their personal style to soak up the much-deserved attention. They are creative, unique, vibrant and trendy. Go get it, Aquarius!

Pisces (February 19 – March 20)

Navy blue trench coat, blue jeans, sunglasses

Pisces are free spirits at heart, and they like to add whimsical flair to their wardrobe. Always eye-catching, but never too much. You go with the flow in a comfortable outfit, and you look good in the latest and best silhouettes. This year, you're all about an easy-breezy vibe to your wardrobe.

Aries (March 21 – April 19)

Black boots, baggy pants and colourful puffy jackets

Aries like classic with a street-style vibe to their outfits. Your style goes from zero to a hundred real quick. You're the master of creating a seamless look that takes you from desk to date and from date to a weekend out with friends. You're the chameleon of the fashion world! This year? Focus on your basics so you can keep up the good work.

Taurus (April 20 – May 20)

Leather, black boots and berets

Tauruses are not afraid to stand out in a stylish way with bold pieces and accessories. They are always fashion-forward and love to make a statement with their daily style. Whether it's on the red carpet or your next 9-to-5, own your style and reap the rewards of confidence.

Gemini (May 21 – June 21)

Cropped sweaters, black toques and sneakers

You're a risk-taker who reaps major sartorial rewards with streamlined (but never simple) pieces. You're never a wallflower. Gemini's take pleasure in outfits that have people turning their heads and asking questions. This is your year to take proportion play, volume and silhouette experimentation to a whole new level.

Cancer (June 22 – July 22)

Dress shirts and sweaters overtop, pointy boots

Cancers keep it poised and polished 24/7 with a refined sense of style. Always overdressed. You're sophisticated with an eye for clean lines and a timeless, classic appeal. This year is your time to challenge yourself and wear your sharpest essentials with a relaxing look.

Leo (July 23 – August 22)

White long sleeves, skinny jeans, and stadium coats

Leos are known to never back down from an eye-catching piece. They are notorious for their fiery, headstrong personalities. You are not afraid to try anything, especially vibrant hues. Let your creativity, passion and ultimate zest for life, love and attention translate into a bold new wardrobe.

Virgo (August 23 – September 22)

Black long-sleeve top, wide-leg jeans and long red coats

Virgos have a deep love of the classics and gravitate toward tailored silhouettes. You are always looking polished and grown-up. You have a way that says "Hey, look at me," but you're never overdressed. This year is for you to channel your two power colours, red and ivory, to add something different to your typical style.

Libra (September 23 – October 22)

Jeans, closed-toe shoes and sunglasses

Libras take their classics with a side of edge. You are a wild child and are never afraid to go to the dark side of your closet. Grey, black and navy are your power colours this year.

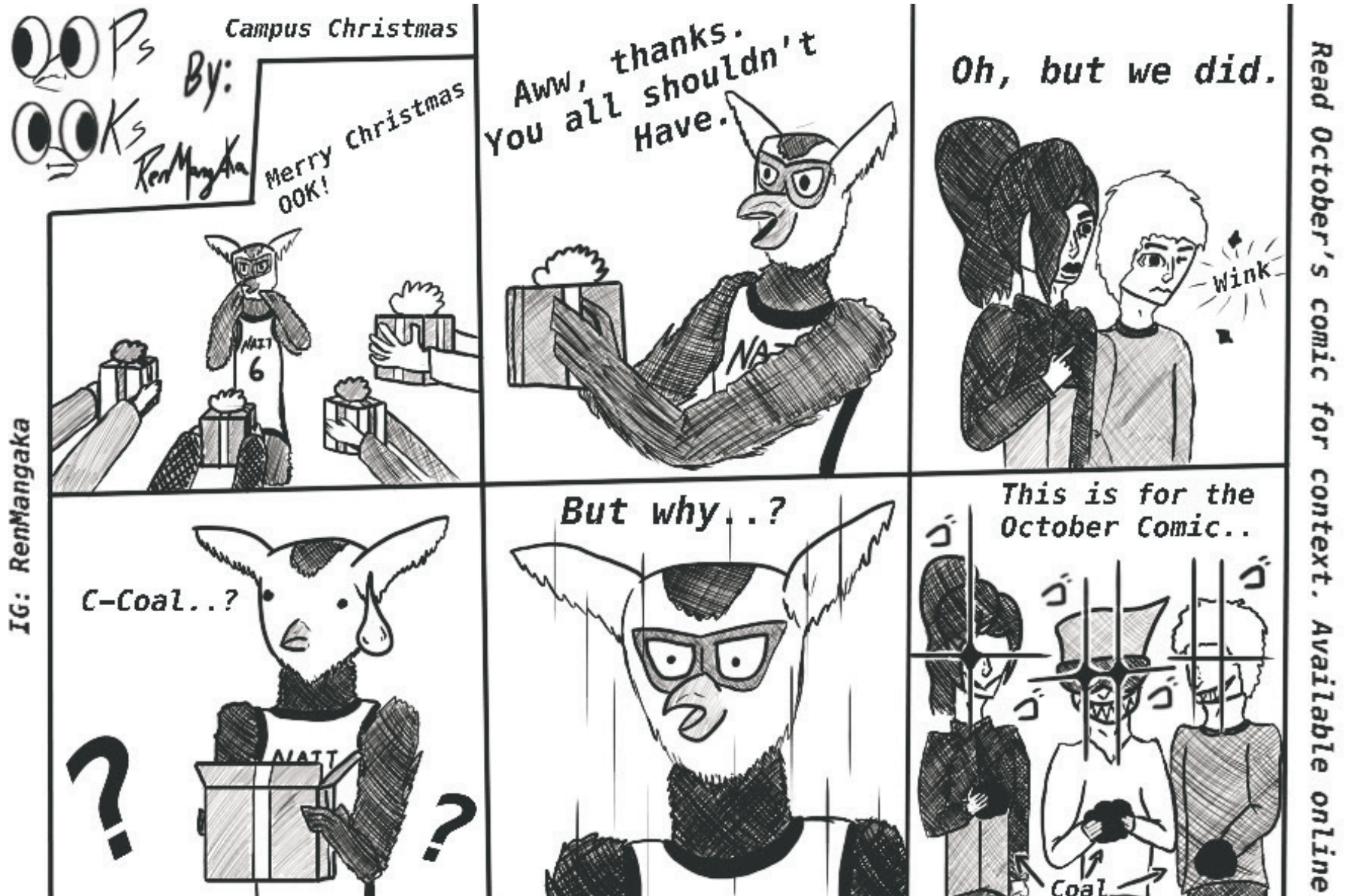
Scorpio (October 23 – November 22)

Fur jackets, baggy jeans and white shoes

Scorpios are known to be polished 24/7. You are the most mysterious sign, and you take quality into your style. You're a creature of habit when it comes to getting dressed, so keep your favorites close this year. Don't be afraid to add in a splash of something mysterious — just like you.



Creative Corner



Comic by Lorenzo Tamburrino

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Art by Aivree Irvine and Michayla Kirsch



THAT'S ALL, FOLKS!
THE NUGGET WILL BE BACK IN THE NEW YEAR. NEXT ISSUE ON STANDS JANUARY 19TH.
STAY TUNED FOR MORE NAIT NEWS, ENTERTAINMENT, SPORTS, AND MORE!



Cozy Corners

Map by Lorenzo Tamburrino

