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OPINIONS

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NEWS & FEATURES

ISSUE Beating the winter blues with SAD lights



Photo via freepik.com

By Liesl Sham

As the winter season is now in full swing, feelings of tiredness or sadness may be experienced by more individuals during these months. The short, darkened days may contribute to Seasonal Affective Disorder (SAD), a form of depression which occurs annually during the fall and winter months when hours of daylight are shortened.

Despite the lessened daylight contributing to SAD, there is a form of therapy that may help alleviate these negative emotions. SAD lights-also referred to as Happy Lights, SAD lamps or light boxes-are a type of light therapy used by many individuals during seasonal changes to lift their moods. By supplementing diminished sunlight with bright artificial light, these lamps trigger the body to release serotonin, a chemical that aids in balancing mood.

Business Management student Shayna MacLeod has been using SAD lights since the beginning of the COVID-19 pandemic. As Albertans were advised to stay home to avoid the spread of the virus, MacLeod has since been using these lamps as a way to mimic the feeling of sunlight and being outdoors as she meditates or completes schoolwork

"I saw results quite quickly," said MacLeod. "My mood felt more positive after just an hour with it on.

Experts suggest sitting in front of the light box for at least thirty minutes, usually first thing in the morning. The Mayo Clinic explains that, "it's thought that this type of light may cause a chemical change in the brain that lifts your mood and eases other symptoms of SAD, such as being tired most of the time and sleeping too much." A study from Athabasca University also showed that the side effects of light therapy are often less severe than other alternatives to treating SAD, like antidepressants, which can come with an extensive list of side effects. The fast-acting and cost-effective aspect of these lamps may especially appeal to students who are looking for walletfriendly ways to improve their mood and/or mental health. They are also simple to use and come in various sizes, allowing for easy portability and placement.

"I think students would definitely benefit from these lights to help improve their moods and motivation. School is very stressful, and living in Alberta we see a lot of darkness during these months," MacLeod stated.

Although SAD lights are beneficial in reducing symptoms of SAD, these lamps should not be seen as a magic switch to restore mental health for those struggling during the winter months. A lifestyle with healthy habits such as a balanced diet, exercise and regular sleep can further contribute to better physical and mental health.

"We all get a little moodier and a little more sad when it's darker outside, so I would recommend these lights to the general public as well," said MacLeod. "I think they are very helpful, especially for meditation when you can envision yourself in a sunny place even just for a moment."

NAIT students who are interested in SAD lights can loan the 'Happy Light Luxe' from the school library if they have a loanable technology membership which can be purchased with a small term fee. This can be a great way for students to try out light therapy without fully investing right away.



A SAD light on MacLeod's desk

Photo supplied

NEWS & FEATURES



NUGGET

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NEITSO AIT STUDENTS' ASSOCIATION NEST Eatery continues to dominate



Photo by NAITSA

By Caleb Perreaux

After the COVID-19 pandemic forced an early closure last semester, Nest Eatery's reopening has earned them another Bar None Best Campus Bar award and another People's Choice Award. The awards were given on November 22 at the 7th annual Best Bar None Accreditation and Awards night. These accolades continue to pile up atop the Nest's shelf; this is the sixth consecutive year they've won Best Campus Bar and the third consecutive year they've won People's Choice. For the Nest's General Manager, Michelle Dirksen, her excitement speaks for itself: "We are ecstatic to be recognized," Dirksen told the Nugget.

She's also extremely proud of her team and their hard work. "We are all a little giddy with this accolade. I feel so privileged to help support my awesome team and am very proud of their accomplishment.

Towers Bar at MacEwan University and Dewey's and Room at the Top at the University of Alberta were also included in the Campus Bar category. Dirksen praised each school, saying "I would also like to celebrate the other campus bars in this category—Uof A and Grant Mac— and give my team a shout out for surpassing industry standards!'

The general public voted for their favourite bar and restaurants in other categories for the People's Choice Award. Other winners include Julio's Barrio, the Starlite Room and River Cree Casino and Resort.

Best Bar None (BBN) is an Alberta Gaming & Liquors Commission (AGLC) initiative to highlight and promote liquor establishments across the province that practice safe drinking policies and responsible management. The program aims to encourage bars and restaurants to "adopt best practices related to customer safety and responsible levels of alcohol" by offering tools to "be better prepared for any alcohol-related harms," the AGLC website explains.

According to their website, being accepted as a BBN establishment requires following thorough criteria."As part of the accreditation process, all premises are assessed to ensure they meet the specific standards related to safe operations and responsible management," the website explains

Nest Eatery is open Monday to Tuesday from 10 a.m. to 3 p.m., and Wednesday to Friday from 10 a.m. to 6 p.m. Students can find the Nest online at www.nestatnait.com, or in person at S110.



The team poses with their trophies

Photo via Instagram @nestatnait



Photo by NAIT Content Collective

By Amy St. Amand

Like many students, you may be wondering how to get the most out of your college experience. Although you'll be spending a lot of time hitting the books, there's more to being a NAIT student than studying. Chris Black, NAITSA Student Involvement Coordinator, explained that "many students didn't know what a well-rounded post-secondary experience looked like. There was so much going on and no clear path where they could start getting involved and taking advantage of NAIT and NAITSA services."

NAITSA designed the New Student Experience (NSE) with this feedback in mind. It's a program that students are automatically enrolled in (as long as they have an account on Ooks Life) that is designed to "provide students a sampling of what NAIT has to offer." The hope is that students can "discover what they like the most and get more involved in that aspect of campus life."

The NSE is a self-led program. Students RSVP on Ooks Life and will be sent instructions on how to participate. When students complete the path, they will receive

an exclusive NAITSA swag item, a digital badge recognizing their involvement, and be entered to win a monthly draw for prizes. Students that complete the NSE in January will be entered to win a spot on NAITSA's Flee the Freeze Caribbean vacation or \$250 cash. Black calls the NSE a "great way to explore what NAIT has to offer and participate in campus life outside of the classroom."

For students thinking of the future, NAITSA also offers the student involvement record, which highlights students' co-curricular and extra-curricular involvement on campus. Accessible on Ooks Life, the student involvement record includes any student staff positions, events attended, club memberships and even volunteer hours. Students can also self-report experiences, such as case competitions or scholarships, or print the record to support scholarship and job applications. For more information on the NSE or the student involvement record, students can email ookslifesupport@ nait.ca.

Student perks and deals

By Riley Neilson

Being a NAIT student gives you plenty of perks. From discounted tickets, deals on Spotify or student discounts, here's a list of some of the perks and deals you get as a NAIT student.

Student Rush tickets

Every Tuesday home game, the Oilers are offering special tickets for \$49. These tickets go on sale at 7 p.m on the Friday before the game. To purchase, visit the Student Rush website at https://www.nhl.com/oilers/tickets/student-rush and log in with your NAIT email address. Before the game, head to the Rogers Place box office and show your ticket for a drink voucher that you can redeem in the game for a Molson Canadian, Molson Ultra or Fountain Pop. The Next Oilers Student Rush game is Feb. 21 against the Philadelphia Flyers.

Discounted tickets and subscriptions

Other discounted tickets, which are all available at the NAITSA office (O108), are for movies at Cineplex, a choice pass for West Edmonton Mall and ski tickets for Banff Sunshine and Marmont Basin. Students can save 60 per cent off on an Adobe monthly subscription, get Microsoft Office 365 for free and get the first month of a premium Spotify subscription free and then \$4.99 for every consecutive month.

Learning supports

Students get free access to a number of programs and apps that can support learning.

- **Read & Write:** offers help with everyday tasks like reading text out loud, understanding unfamiliar words, researching assignments and proofing written work.
- **Grammarly Premium:** an app that can help with writing, grammar, citations and avoiding plagiarism. Sign in with your student email to access your account.
- **LinkedIn Learning:** offers courses on a wide variety of topics, such as digital marketing, journalism, Photoshop, time management and more.
- **Mind Tool:** access over 2,000 videos, articles, podcasts and more on professional development topics like leadership, time management and other skills suitable for everyone at NAIT.
- **Nimbus Learning:** an online tutor platform that connects students with peer tutors. Find students tutoring a class you need help in and arrange a meeting entirely through the app.

For information on how to access each of these platforms, visit learningservices.nait.ca.

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Information booths open Thursday, February 16, 2023 10:00am - 2:00pm

South Lobby Kiosk, Fresh Express, X-Wing, HP Centre, CAT 1st floor, CAT 2nd floor

Voting closes February 16 at 4pm.

Vote using your NAIT student portal or at naitsa.simplyvoting.com

FOR MORE INFORMATION, VISIT ELECTIONS.NAITSA.CA





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ARTS & LIFE

Down by the dumps: How Edmonton dumpster divers find value in garbage

By Alyssa Conti

With over 147,000 tonnes of waste collected in 2021 alone, Edmonton is a vibrant, formidable city of consumption. Some Edmontonians are fighting back against the waste by 'dumpster diving'—risking arrest and injury for a chance to find treasure in another person's trash.

Dumpster diving is the practice of foraging through dumpsters to find food and potentially valuable items to keep, donate or sell for profit. Many regular divers are houseless individuals hoping to make it through another day. However, due to the rising costs of living and the environmental risks associated with urban waste, some activist groups also see dumpster diving as a way to combat industrial consumption.

Fighting back in a small way

XR, or Extinction Rebellion, is a global activist group that uses non-violent direct action to address the urgent climate crisis. While local offshoots of the movement now exist across 86 countries, including Canada, the group originally assembled in London on Oct. 31, 2018, by announcing their Declaration of Rebellion against the UK government.

"I joined XR Edmonton and found people who had similar goals," said Reddit user wokeupsnorlax, a former dumpster diver. "One of those people was looking for a roommate and I decided to join. That house introduced me to dumpster diving. The idea was to reduce waste, save money and fight back against capitalist consumerism in our small way."

"I personally believe food is a human right. Before colonizers came to Canada, this country was a magical permaculture forest garden. The Indigenous did such an amazing job at creating a permaculture paradise and we f*cked them and their land

unbelievably. I also like the fact it reduced my carbon footprint by taking recyclable plastics we

got from the trash and properly

Making it through the day 23-year-old Aaron Gordy has been dumpster diving since he was 10. As a child growing up in poverty, he would often rummage through dumpsters with his younger brother. He says it started with bottles and cans to sell at the bottle depot, but eventually, they found food and "cool stuff" to bring back with

"I never went into the dumpster with any expectations, like you don't just go 'Wow! I hope I find some cheese today.' You just go in," said Gordy. "One time we found six or seven perfectly good loaves of bread, wasn't past the expiry date or

anything, so you take those home. Why spend money on food when

you're at the poverty line when it's

recycling them.'

them.



From left to right: a Swiss M49 or M51 greatcoat, a Dutch tropical field jacket and a Pattern 82 Canadian tanker jacket. Several vintage army jackets found clean and in good condition. Photo by Aaron Gordy

right there available to you?" According to Statistics Canada in 2018, one out of every eight Edmontonians live in poverty. The number includes roughly 25 per cent of single adults, 36 per cent of single-parent families, and families of four that make about \$43,000 or less after taxes.

"When I was growing up ... pretty much all of the immigrant families' kids would dumpster dive, and a lot of the older people would do it just to do something," said Gordy. "I don't know if they were doing it for the same reasons we were doing it ... it was not uncommon to see someone going through the dumpster, looking through the stuff."

Diving risks

Garbage cans and any materials found within are technically considered private property, so divers can be charged with trespassing if found. Although Gordy and wokeupsnorlax find that the rule is rarely enforced, they offered a few precautionary measures for those interested in dumpster diving.

"Find a few places that are close and walk or bike. It's more discreet and doesn't attract attention ... If you do drive, drive to a place nearby and walk. Most dumpsters aren't in an easy place to park anyways. If you're driving in winter, try to scope out a few local spots on Google Maps. Do a quick drive during the day and check it out," said Reddit user wokeupsnorlax.

Divers recommend wearing clothes such as long pants, long sleeves, sturdy shoes and gloves to protect your body from injury or infection.

"It helps to bring a friend to help and to stay safe if you're diving at night," added wokeupsnorlax. "Bring a headlamp, your hands will be full." Gordy also advises against taking food in the winter, as perishables get "harder to visually tell what's good and what's bad" due to the snow and slush surrounding them.

Despite these risks, many dumpster divers still swear by the practice.

"If you're looking in the right places, you can find anything dumpster diving. I've got a bunch of bikes, a bunch of cool winter coats, I've got Lego that I found," said Gordy. "You can find anything that you want if you're just willing to look hard enough."



Collections of Lego that Gordy found through dumpster diving on separate occasions. Photo by Aaron Gordy





By G. Mara Killian

The holiday season has passed and we're heading back to school. Listening to music can help ease the commuting blues, so here's a list of upbeat music with a twist. To give you a bit of nostalgia, you'll only find songs released before 2014 on this playlist.

"Dragostea Din Tei (Numa Numa)" by O-Zone (2003)

"Dragostea Din Tei" came to the west with the help of content creator Gary Brolsma. Brolsma, better known as the 'Numa Numa Guy,' created one of the first viral videos to grace the internet. This set off a trend that's been ongoing ever since. "Dragostea Din Tei," a cheerful pop song in its own right, translates to "love from the linden tree." This song wouldn't have gotten quite as popular as it did without Brolsma making his video, though. Brolsma ended up producing music later in his life. His most recent album, "Frosting Covered Cakes," came out in 2022.

"You're Only Human (Second Wind)" by Billy Joel (1985)

Finding a brief resurgence in popularity after appearing in the television show "The Boys," "You're Only Human" is meant to boost the spirits of those who are depressed. So what better song to boost your mood in the morning? This boppy track has a lot of jazz influences that are sure to get you dancing in your seat on the way to class.

"Wake Me Up Before You Go-Go" by Wham! (1984)

Almost 40 years old, "Wake Me Up Before You Go-Go" continues to be one of the best upbeat earworms of the 1980s. The story goes that Andrew Ridgeley wrote the

word "up" twice when writing a note to his mom asking her to wake him up in the morning. After noticing the repetition, Ridgeley followed it with "before you go-go." Fellow band member George Michael learned about this and the two started writing. The lack of any real message in this song makes it a great song to mindlessly listen to as you get ready for the day.

"We're Going to Be Friends" by The White Stripes (2001)

"We're Going to Be Friends" is a wholesome and happy acoustic song. It's about two kids becoming friends on their first day of school. Jack White's acoustic performance for this song is equally uplifting and calming, leading to an overall comfy vibe.

"September" by Earth, Wind & Fire (1978)

Over the last half-decade, this song gained a cult following with Generation Z thanks to meme culture. "September" is about reminiscing over happy memories and looking forward to creating new ones, making it a great song to listen to when you need a pick-me-up.

Be sure to check out the entire playlist on the Nugget's Spotify for other upbeat jams like "Walkin' on the Sun," "Hips Don't Lie" and "Best Day of My Life."

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A sculpture on fire at the 2020 Silver Skate Festival.

By Brian Janssens

Edmonton is home to many festivals throughout the year, some with quite expensive entry fees. These three upcoming winter events are free to attend and can provide a well-deserved break from school worries.

Deep Freeze: A Byzantine Winter Festival (Jan. 21-22)



Photo via deepfreezefest.ca

Hosted by Arts on the Ave, Deep Freeze: A Byzantine Winter Festival is taking place on Jan. 21 and 22. Located on 118 Avenue between 90 Street and 95 Street, this festival takes place very close to NAIT's main campus. This festival observes the Old New Year while celebrating the many cultures that call Alberta Avenue home. Highlights include live performances, an artisan market, street hockey tournament and light and ice sculpture installations in the enchanted forest. Those wishing to compete can also take part in perogy and tourtière baking challenges.

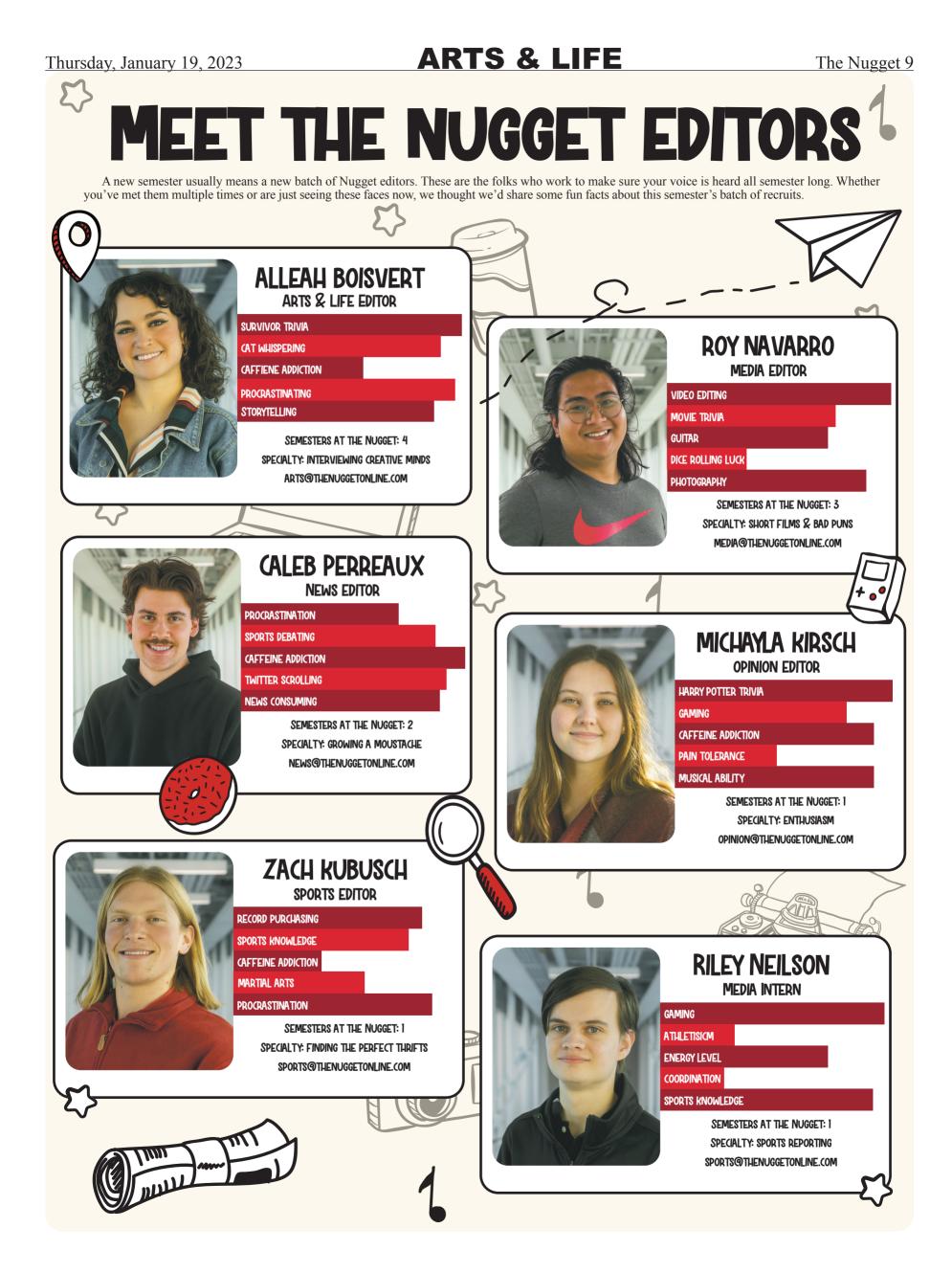
Flying Canoë Volant (Feb. 1-4)



In Edmonton's French Quarter and Mill Creek Ravine, Flying Canoë Volant is a yearly celebration of French Canadian, First Nations and Métis culture. From Feb.1 to 4, attendees can experience this festival from 6 p.m. to 11 p.m. In previous years Indigenous and Métis camps were set up along side a trapper's cabin in Mill Creek Ravine. From here along 87 Avenue, attendees could find light displays, an art walk, and a snow slide at École Rutherford. Across 91 Street NW, La Cité Francophone featured an ice bar, live music and film screenings.

Silver Skate Festival (Feb. 10-22)

Silver Skate Festival, Edmonton's longest running winter festival, runs from Feb. 10 to Feb. 20. Attractions include snow sculptures, a folk trail, heritage village and winter cinema. Silver Skate also hosts the Edmonton Winter Triathlon, which has participants run, skate and ski around Hawrelak Park. Fridays through Sundays at 7:45 p.m., spectators can warm up and enjoy the lighting of fire sculptures in the centre of the park. With Hawrelak Park undergoing a three-year rehabilitation project starting this spring, this is a festival that you do not want to miss.



ARTS & LIFE

New year, new study habits

By Liesl Sham

A brand new year has begun, the school term has reset and it is the perfect time to practice new study habits to conquer the busy school days that lie ahead. Studying, especially under heavy stress and deadlines, can be a daunting task. Here are some tips that may help students enhance productivity and succeed this semester.

1. Set a study schedule

For students struggling with procrastination, create a study schedule to organize tasks throughout the day. Dedicating specific times for studying and completing schoolwork helps with time management and cultivates self-discipline. A routine study schedule also helps students avoid the need to cram the night before major exams or assignments are due, which reduces overall stress and ensures a well-rested night before a big day.

2. Find an appropriate study space

Whether studying at home or in a public area, ensuring that the study space is comfortable and distraction-free can boost productivity. Decluttering unnecessary or distracting items and finding a place with adequate (preferably natural) lighting and controlled noise leads to greater focus and more effective studying. For long study periods, use furniture with ergonomic support. NAIT has many study spaces, such as the library, the NAITrium, or student lounges in the Feltham Centre (CAT).

3. Study with friends

Study buddies can foster a positive and motivating environment - moral support goes a long way. Exploring, discussing and helping classmates through difficult concepts encourages active participation and can help students feel more engaged in their learning. Meeting up to study also allows students to keep each other accountable, tackling procrastination. For those who haven't developed study groups of their own, NAIT Learning Services provides the option for students to create and join student study groups.

4. Apply active recall

Active recall can be effective in boosting memory retention. By actively searching the brain for answers and retrieving information from memory, students are more likely to remember that information in the long-term. For example, using flashcards, explaining concepts to a friend or completing practice problems are all great alternatives to passive studying, where you simply re-read notes.



5. Reward achievements

Rewards for reaching a study goal or completing a task allows for a mental break and are great incentives to continue working hard. By associating the positive feelings of a reward with learning or studying, students may feel more inclined and excited to complete their tasks again next time. Rewards can be as simple as enjoying a treat from Starbucks or hanging out with friends at NAIT's campus bar, the Nest Eatery.

These tips cover a few of the many ways to study effectively. If students are unsure where to start, applying a few of these tips could lead them on the right track to surviving (and thriving) the new term.

Tips for starting a new semester at NAIT

By Ayman Hashem

For first-time and returning NAIT students, the beginning of a semester can be nerve-racking. With such a big campus, it can be hard to decide what to do first. To make it easier, here are some tips for making the most of a new semester at NAIT.

Going to events on campus

NAIT and NAITSA offer a variety of events available to all students. These events are a great way to meet new and exciting people and give you something to do when you are not in class. Most of the events are free, but make sure you research before you attend, especially if you are on a budget.

Exploring campus

Before, in between and after classes, the NAIT campus has plenty for students to do. Taking the time to explore what NAIT offers can make the semester much more enjoyable. Got an urge to play sports? The gymnasium is open Monday to Thursday from 10 a.m. to 2:30 p.m. Feel like playing ping pong or foosball? The Rec Zone (South Lobby) is the place to go. Exploring campus is a great way to find places to unwind when not in class.

Joining a club

NAIT clubs are the best way to explore your interests while meeting others who share those interests. With over 50 clubs already started, lots of interests are represented. But if you do not see a club you want to join, you can start your own. If

you have a president, vice president of operations and vice president of finance, you can register to create a club on the Ooks Life website.

Talking to classmates

The beginning of the semester can often mean new classes and new classmates. Even though many of your classmates might be strangers, talking to them can lead to great friendships on and off campus. Plus, it makes the less interesting classes more enjoyable, so don't be afraid to start a conversation.

Recap

- Check out the Ooks Life events page or bulletin boards across campus to see what events are happening soon.
- NAIT's campus has plenty of places for students to enjoy themselves across campus. Taking the time to explore can make your time at NAIT much more enjoyable.
- For a detailed look at the clubs NAITSA offers, head to the Ooks Life organizations page
- For more information on starting your own club, check out the NAITSA clubs information page
- Talking to your classmates can make school a lot more enjoyable. You can end up making lifelong friendships while at NAIT.

SPORTS

Ooks mid-season recap

By Riley Neilson

The Ooks seasons are all in full swing except for Soccer. The Men's team finished first overall in the regular season but came up short, losing in overtime to SAIT in the gold medal game. The Women's team lost to Lethbridge in the bronze medal game. Here is what's happening for the rest of the Ooks teams. All stats are accurate at the time of writing.

Men's volleyball

The men's volleyball team currently sits second in the North division with eight wins and six losses. The team has struggled on the road, losing four of the seven road games. They've done better at home, winning five of seven. The schedule favours the Ooks, as three of the remaining five games are at home. Keyano College, who also plays in the North Division, hosts the ACAC Men's Volleyball championship this year, meaning there is only one other guaranteed playoff spot. The Ooks would need help from other teams as they do not play the first-place King's University Eagles again this season, and the Eagles currently have the same number of wins in three fewer games. However, the Ooks are in control of their destiny for the play-in-game seedings, as they sit one win up on both Lakeland and Northwestern Polytechnic. Northwestern Polytechnic does have two games in hand, but they also have two games left against the Ooks. Lakeland only has one game in hand, and NAIT holds the tiebreaker between these two teams.

Women's volleyball

It's been a season to forget so far for the women's volleyball team as they sit comfortably in last place. They finally won their first game of the season in game 14, but they aren't entirely out of hope yet. At the time of writing, they only have one game left against a team with a winning record and two games against both Concordia and Northwestern Polytechnic. These are the two teams directly ahead of them in the standings, and if they manage to pass even one of them, the Ooks will have a shot at playoffs.

Men's basketball

The men's basketball team has eight wins and four losses. They currently sit second in the North Division and in the final guaranteed playoff spot. It's a battle, though, with U of A Augustana and Lakeland hot on their heels and only two games separating the three teams. The Ooks control their destiny, though, with only one game left against a team with a winning record. Meanwhile, Augustana also has two

games left against the undefeated Keyano Huskies. Lakeland and Augustana have a game left against both Lethbridge and Medicine Hat, two of the teams battling for the top of the division in the South.

Women's basketball

The women's basketball team is currently in sixth place in the North division, the final playoff spot in the division, with three wins and nine losses. At the time of writing, the Ooks had just finished splitting a crucial home and home with The King's University Eagles, a team with one more win in one more game, with both teams winning their respective home game. The good news for the Ooks is that they have two games left against Northwestern Polytechnic, the team directly below them in the division. The bad news is they also have two games left against Concordia, the team currently tied for the top of the league.

Men's hockey

The men's hockey team has six wins, four regulation losses and two overtime losses at the halfway point of their season. They're sitting in fifth place. The playoff race is tight at the halfway mark, with only five points separating first place and sixth, the final playoff spot. The Ooks are currently on a three-game losing streak. While their defence has been strong and they are first in goals against, their offence has had some struggles—they're sitting at the second least goals in the league. Their offence needs to pick up in the second half to get a strong seeding for the playoffs. Still, with the strong foundation on defence, this is not a team to underestimate.

Women's hockey

The women's hockey team is off to a blistering 8-1 start to the season. With a high-powered offence leading the league with 32 goals and a stifling defence holding the opposition to just 11 goals against, this team looks like a tough one to beat. The women's hockey team has the top three, four of the top five and five of the top 10 scorers in the league. Not only are 32 goals the most scored in the league, but the second place team, Red Deer Polytechnic, only has 23 goals. But as multiple teams can prove, it takes more than offence to win in hockey. The Ooks' defence hasn't let them down as they have only given up ten goals, making them tied for best in the league. This gives them a league-best goal differential of 21. The second-best goal differential in the league is 12, so if the Ooks can keep up the level of play through the rest of the season, they are the favourites to win the championship this year.

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SPORTS

Ooks athlete feature: Kaitlyn Slator



By Alex Galenza, previously posted on naitooks.com

NAIT Ooks women's hockey goalie Kaitlyn Slator is making waves this season as she races towards the ACAC women's hockey all-time wins record. Slator, the fourthvear student-athlete, is a former Personal Fitness Trainer and Medical Radiologic Tech student currently enrolled in the Open Studies program at NAIT. The ACAC record is held by Sandy Heim from the McEwan Griffins with 46 career wins; Slator is nine wins away from setting a new record.

The ACAC all-time career wins isn't the only record Slator had her sights set on this season. Slator set a new record for all-time NAIT women's hockey wins on Nov. 4 against the Red Deer Polytechnic Queens. That win marked her 37th career win, passing alumni Jill Diachuk who finished her career with 36 all-time wins.

"It feels really cool to be able to break the NAIT record for wins. I'm super grateful that I have been a part of such strong teams to be able to reach this milestone. I am just a percentage of each of these wins, so I have to give a lot of credit to my teammates and coaches who were all a part of the wins," said Slator.

The NAIT Ooks women's hockey team is off to a great start this season with a 6-0 record. The team is leading the league in goals for with 28 and goals against with only eight goals allowed so far this season. Slator is at the top of the ACAC for both goalsagainst average (1.33) and win percentage (1.00). Slator is a veteran on the team.

"I have experienced winning and how it feels, but I have also felt a lot of heartbreak throughout my career at NAIT. I want to take those experiences and my passion for hockey, and hopefully, that can translate over to my goalie partners and other players on the team. I am more of a lead-by-example person, so I do my best to help pave the way through my work ethic and love for the game on the ice," said Slator

NAIT Ooks women's hockey Head Coach Brendan Jensen has been the team's coach for the past two seasons, which has given him a chance to coach Slator and watch her grow as a player.

Kaitlyn's mentality is definitely infectious. It starts in practice with how she competes and battles. She is a workhorse, and these career millstones are a direct result of that," said Jensen.

It takes a certain type of person to be a hockey goalie. Although it is a rewarding position, there is also a lot that goes into being able to perform at a top level.

'As a former goaltender myself, I can say that these milestone moments come as a testament to the diligent work day-to-day. A lot of people don't know or see what a goaltender goes through on a day-to-day basis, and that might be the most impressive thing that Kaitlyn does. No matter the moment, she is the same person with a calming

presence each day," said Jensen.

Slator, originally from Brandon, Manitoba, has played 3312 minutes over her career as a NAIT Ook with a win percentage of .704.

"I just want to thank all of my past and present teammates, coaches, and especially Dave, my goalie coach, for helping me develop into the goalie I am today and keep pushing me to get better day in and day out. My teammates are the biggest part of why I love hockey, and I get excited to come to the rink every day to put in the work needed to hopefully win a championship this year," said Slator.

The NAIT Ooks women's hockey team is back in action on Sunday, Jan. 8, on the road against the Red Deer Queens. Catch all the action on acactv.ca or Telus Optik channel 1998. The NAIT Ooks' next home game is on Friday, Jan. 20 against Red Deer Polytechnic at 7 p.m



Slator celebrates after setting the women's hockey record for all time wins. Photo by NAIT Athletics.

		HC S	DME GA	MES
BA	SKE	TBALL		
JAN 27	WOMEN	'S6PM MEN'S8PM	VS CONCORDIA	
FEB 10	WOMEN	S6PM MEN'S8PM	VS RED DEER POLYTECH	TIAN
FEB 11	WOMEN	'S6PM MEN'S8PM	VS OLDS COLLEGE	
FEB 17	WOMEN	'S6PM MEN'S8PM	VS SAIT	13
VO	LLE	YBALL		
JAN 20		'S6PM MEN'S8PM	VSNORTHWESTERN	
JAN 21	WOMEN	'S1PM MEN'S3PM	VSNORTHWESTERN	
JAN 28	WOMEN	'S6PM MEN'S8PM	VS CONCORDIA	
НС	OCK	EY		
MEN	S			WOMEN'S
JAN 27	7PM	VS SAIT	JAN 27	7PM VS LAKELAND
JAN 28	6PM	VS SAIT	FEB 10	6:15 PM VS SAIT
FEB 3	7PM	VS PORTAGE	FEB 11	6PM VS SAIT
FEB 10	7PM	VS BRIERCREST	FEB 18	6PM VS OLDS
FEB 11	2PM	VS BRIERCREST		
FEB 17	7PM	VS RED DEER	FEB 24	7PM VS RED DEER
FEB 25	6PM	VS AUGUSTANA	MAR 04	6PM VS LAKELAND

Creative Corner

What NAIT study spot are you?

1. It's a Saturday and you have no homework and no plans. What are you doing?

- a. Going outside. Sunshine, here you come!
- b. Calling your besties and grabbing lunch.
- c. Studying. Why not get ahead?
- d. Driving to the mountains for a quick day trip.

2. Your phone had an unfortunate accident with a bottle of water. How do you react?

a. Stay calm. You've got a spare for situations like this.

b. Head to the store and buy a new one immediately. You can't go without.

c. It's for the best. You were spending too much time on TikTok anyways. d. Grab some rice, toss it in, and wait.

3. Classes are out, and you're feeling snacky. What are you reaching for?

- a. A handful of almonds and blueberries for the nutrients.
- b. An energy drink and a bag of chips from the vending machine.
- c. You packed a lunch, so it's off to the microwaves.
- d. Blind pick of a delivery app. You're in the mood for something new.

4. You've got a big final to study for. What type of music will help you focus?

- a. Nature sounds. They make you feel calm.
- b. Something upbeat! Dancing while studying makes you work harder.
- c. Classical, to help you focus and tune out distractions.
- d. Heavy metal. It drowns out the stress.

5. There's a new season of your favourite show out, but you also have a huge group project due . How do you balance?

a. Do a little bit of both! You work on your project for an hour, then take an episode break. Rinse and repeat until both are done.

b. Turn it on in the background. You're confident it helps you study.c. Your project is more important, so you skip the show and get to work. If you finish early you'll reward yourself with an episode.

d. Delete your Netflix account entirely so you aren't tempted. You can reinstall once you get your work done.

Mostly A's: the NAITrium

You're the epitome of calm. The natural light and soft whispers of students make the NAITrium a perfect place for some peaceful studying. The stress of a new semester won't phase you. You've planned and prepared and will accomplish whatever you put your mind to.

Mostly B's: CAT Student Lounge

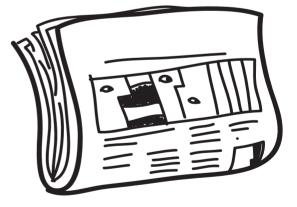
Hello, social butterfly. You love the company of others and are at your best in a crowd. Just like the hustle and bustle of the CAT student lounge, you love a bit of background noise and people watching while you study. Grab a coffee and settle in, because you're determined to exceed all expectations this semester.

Mostly C's: HP Computer Commons

You like the classics. A pencil and fresh notebook at hand, you're at your best surrounded by the quiet clacking of computer keyboards. You'll be studying late into the night—your dreams don't sleep.

Mostly D's: Spartan Centre

Adventure seeker at heart, you're often found somewhere out of the ordinary. It's got everything you need, even if it is off the main path. You're not afraid to try new things to get the job done.



hard

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SUD-OOK-O

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medium

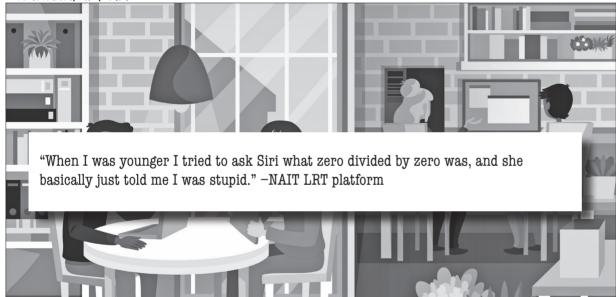
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Thursday, January 19, 2023

overheard at NAIT



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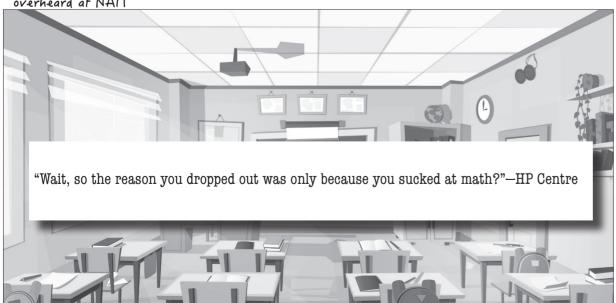
Medium solution

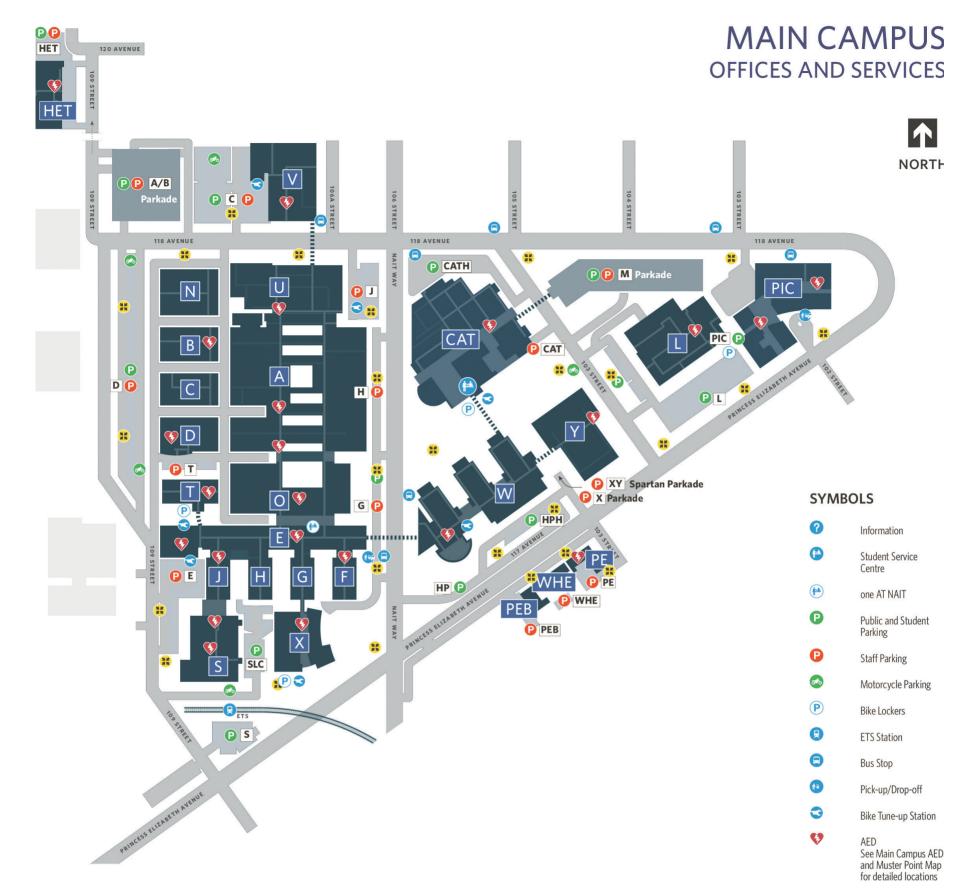
Hard solution

Easy solution

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8	3	1	9	2	4	5	6	7
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4	2	3	7	1	6	9	8	5
1	6	8	4	5	9	2	7	3
9	5	7	3	8	2	1	4	6

overheard at NAIT





CATIONS

ONTON
Campus - 106 Street nw
cia Campus 4 - 149 Street nw
h Campus Gateway Boulevard nw
Distribution Centre - 120 Street nw

BUILDINGS

A	Industrial Building
В	B-Building
С	Gateway Mechanical Services Centre
CAT	Feltham Centre
D	Services Building
E	Technical Building
F	Medical Wing
HET	Heavy Equipment Technology Building
J	J-Wing
L	Continuing Education and Industry Training Centre
Ν	Sandvik Coromant Centre
0	Central Building

PE	Human Resources Building
PEB	Princess Elizabeth Building
PIC	Productivity and Innovation Centre
S	Activities Centre
Т	Administration Building
U	Learning Resources Centre
V	Industrial Technical Building
W	hp Centre
WHE	Western Hog Exchange
X	South Learning Centre
Y	Spartan Centre

OFFICES AND SERVICES

E-131

0-117

CAT-215

W-111

L-217

S-105

W-101

U-310

L-142

Athletics	E-134	NAIT International	CAT-180	Student Service Centre
Department of Well-being	W-203	Administration		Admissions and Enrolment Support
Campus Recreation Services	0-108			Advising and Career Development Service
CAT Computer Commons		(NAIT Students' Association)		Services Funding and Financial
Computer Training	E-121	Nîsohkamâtotan Centre		Aid Services
Centre	T-409	Office of the Registrar		Pre-Admission
Corporate and	0-112	one AT NAIT		Immigration Advising
International Training	CAT-180N	Parking Office		Student Payments
Health Services	D-104	Protective Services	U-210	Student Study Lounge
International Centre	X-114	Shop at NAIT	0-117	Student Well-being and Community
Library Services	CAT-180	Student Awards	L-159	The Welcome Centre
NAIT Assessment Centre	W-111PB	Student Counselling	U-210A	Tutorial Services