

THE NUGGET

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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.**

Students planting trees for change

By Mihiri Kamiss

As an effort to care for the environment within the Edmonton area, NAIT students volunteered on September 18th to plant trees in the North Edmonton neighbourhood of Klarvatten.

The event was led in tandem with Root for Trees, an organization whose purpose is to plant trees within new and developing neighbourhoods. NAITSA hosted the event for the “good of the environment and local ecosystem,” said Stuart Oudjin, NAITSA Volunteer Coordinator. Oudjin explains that during the event, Root for Trees supplied the trees and other equipment, and the organization's staff were there to assist NAIT students with planting.

As the volunteer coordinator, Stuart holds a strong passion for volunteerism even when the causes don't directly benefit him. “You're doing something [planting trees] that you won't get any benefit from. There's an old saying that society grows great when old men plant trees whose shade they know they'll never sit in,” Oudjin said. “I think planting trees is a good metaphor for that.”

Oudjin's primary goal, as he states, is to “push the sentiment of volunteering to NAIT students.” He believes this event was less about individuals having an “I'm going to change the environment” attitude, and more about getting involved.

Because of the chilly weather, similar operations won't take place again until the end of winter. However, those interested in contributing to more environmentally conscious events can

look forward to the upcoming My Neighborhood Clean Up event, which is committed to cleaning up litter around Gold Bar Park. If the weather is suitable for planting trees, Oudjin may organize another event in the beginning of spring. Otherwise, a similar event will occur again next September.



Photo by Danny Chamberlain

Learn how to cook with NAITSA

By Brian Janssens

NAITSA and NAIT's Centre for Culinary Innovation are excited to host “How To: Cook” events through Ooks Life. These events teach participants how to cook select dishes with fresh ingredients and a provided recipe. Two events are scheduled each semester and are open to all current credit and apprenticeship students.

Chris Song, a food scientist at NAIT, runs these events with the help of student research assistants Haley Pickard and Chantal Prince. Through these events, Song hopes that students will expand their skills by facing new experiences. “Cooking is an important life skill, and these events can help students develop these skills,” Song said. “It is so much fun to see everyone try something new.”

Pickard expanded on this idea and how it applies to the new student experience. “For a lot of students who may have just moved out on their own, this will be their first-time cooking,” Pickard said. “These sessions will help them learn the basics of cooking.” She continued to speak about the satisfaction she gets while helping students through these events. “Sharing knowledge

with people and helping them move forward is very fulfilling.”

The dishes that are featured at each event have been selected by NAITSA. The recipes are broken down into easily followed steps, with ingredients on hand. Prince spoke to the intimidation that someone new to cooking may feel when presented with such recipes and how they can be easier than first thought. “We want to teach students that seemingly difficult meals can be easily prepared,” Prince said. “The days of kitchen secrets are gone. Sharing knowledge to collectively grow better and faster is the goal.”

The first event this semester was “How To: Cook Stew and Bannock” that took place on September 26. The last event for the Fall 2022 semester, “How to: Cook Indian Food” will be held on October 24 and as of writing is already sold out. The first event planned for the Winter 2023 semester is “How To: Cook Sushi.” These events can be found on Ooks Life, with tickets purchased through Eventbrite. The cost to attend a “How To: Cook” session is 10 dollars, which covers all ingredients and equipment needed during the event.

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NAIT NUGGET

Educating and entertaining the NAIT community since 1964.

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NAIT instructor by day, supermodel by night



Photo supplied

By Fraser Sockett

If you are like me, most of your knowledge about the fashion world might come from the classic movie *Zoolander*, which is full of stereotypes of dumb models and eccentric fashion designers. Talking to Jacqueline Biollo, who recently got to walk the runway in New York Fashion Week (NYFW), threw all those stereotypes out of the window. She's a mature, full-figured model, actress, scholar, business owner and a former politician.

For 12 days in the middle of September, Biollo, a Communications Instructor at NAIT, taught classes online by day, and by night, walked the runway. In an interview with the Nugget, Biollo explained her experience. The process began seven years ago when an agent approached Biollo based on her social media presence. Her networking skills, acting credits and positive attitude were crucial in getting the opportunity to apply for NYFW in early 2022. She found out she was accepted in March; the following months were full of exchanging emails with potential designers who wanted her to showcase their outfits, attending some runway walking and branding

classes and getting schedules sorted out. Biollo recalls that her excitement continued to grow as the weeks got closer to the event.

While Hollywood typically portrays fashion designers as eccentric and dramatic, Biollo explained that they are actually quite authentic in their design. But people don't typically buy clothes from a single designer, instead picking and choosing from multiple. Thus, every individual has their own style.

Biollo also emphasized the importance of adapting on the fly, especially during the fast-paced nature of New York Fashion Week. "Having to be good at time management or crisis management or being able to pivot if something goes wrong minutes before a runway show [are] real-life skills."

Biollo describes herself as a social advocate by trade. Her love of people and desire to be a positive influencer and motivator certainly proves the model stereotype wrong. Biollo proves that we're in a new diverse fashion world where all bodies are beautiful.

Food insecurity in Albertan students' households

By Allie Creasy

More than 40 per cent of post-secondary students struggle with severe food insecurity in Alberta. Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life.

NAITSA has found many ways to help with this problem with options like the Food Centre, that offers three to five days worth of emergency food, and the Gùd Box, that gives students about 20 pounds of fresh produce for \$30.

NAITSA's Food Centre, which began in 2014, also aims to bridge the disconnect between studying and eating for students. "If you have to decide between studying and eating, we want you to feed yourself. We don't want to see students drop out because they can't afford to study and not feed themselves or their family members," said NAITSA Service Hub Manager, Megan Brodeur.

NAITSA's food bank service gave out its 3000th hamper in February 2022. The use of this service has rapidly increased since it began in 2015, excluding the pause during the COVID-19 lockdown. However, this semester there have been 213 hampers given thus far.

"We have seen a slow increase over the years, but this year alone has just exploded and we're only into the second month ... Normally if we have students that come to us saying 'I'm in a financial crunch, what do I do?' We say, 'well we can't really give you money off your tuition, but we can help you with food and at least that'll free up some of your budget so you can purchase some other things.'"

According to PROOF, an organization that focuses on the research and reporting of household food insecurity statistics, "There is a substantial and persistent disconnect between the number of people living in food-insecure households versus those accessing food banks."

Alberta has the highest household food insecurity in Canada, said a report by Statistics Canada. The province ranks at 20.3 per cent as of 2021. While Canada has a wide network of non-profit food providers, statistics show that there has been no meaningful progress in the permanent reduction of household food insecurity.

Last year, NAITSA saw an increase in new students that used the hampers, whereas NAITSA was used to returning students in the previous years. "[The returning students] would be regulars that we would see every two weeks and they were used to the service," said Brodeur. NAITSA found that the majority of their food centre users are international students from single households.

This finding fits with studies done by Meal Exchange, an organization that "empowered Canadian post-secondary students and campuses to address food insecurity." 74.5 per cent of students disproportionately experiencing food insecurity are international students, according to a survey of over 6000 Canadian students done in October 2021. 69.3 per cent are queer students, and 82.6 per cent are single parents.

"[Having] food that meets people's preferences is a really important concept, keeping in mind the international student [body]. Recognizing that [international students] will have really, sometimes specific, dietary needs and cultural [preferences] that need to be met in order to be considered food secure," said Executive Director of the Leftovers Foundation, Cory Rianson.

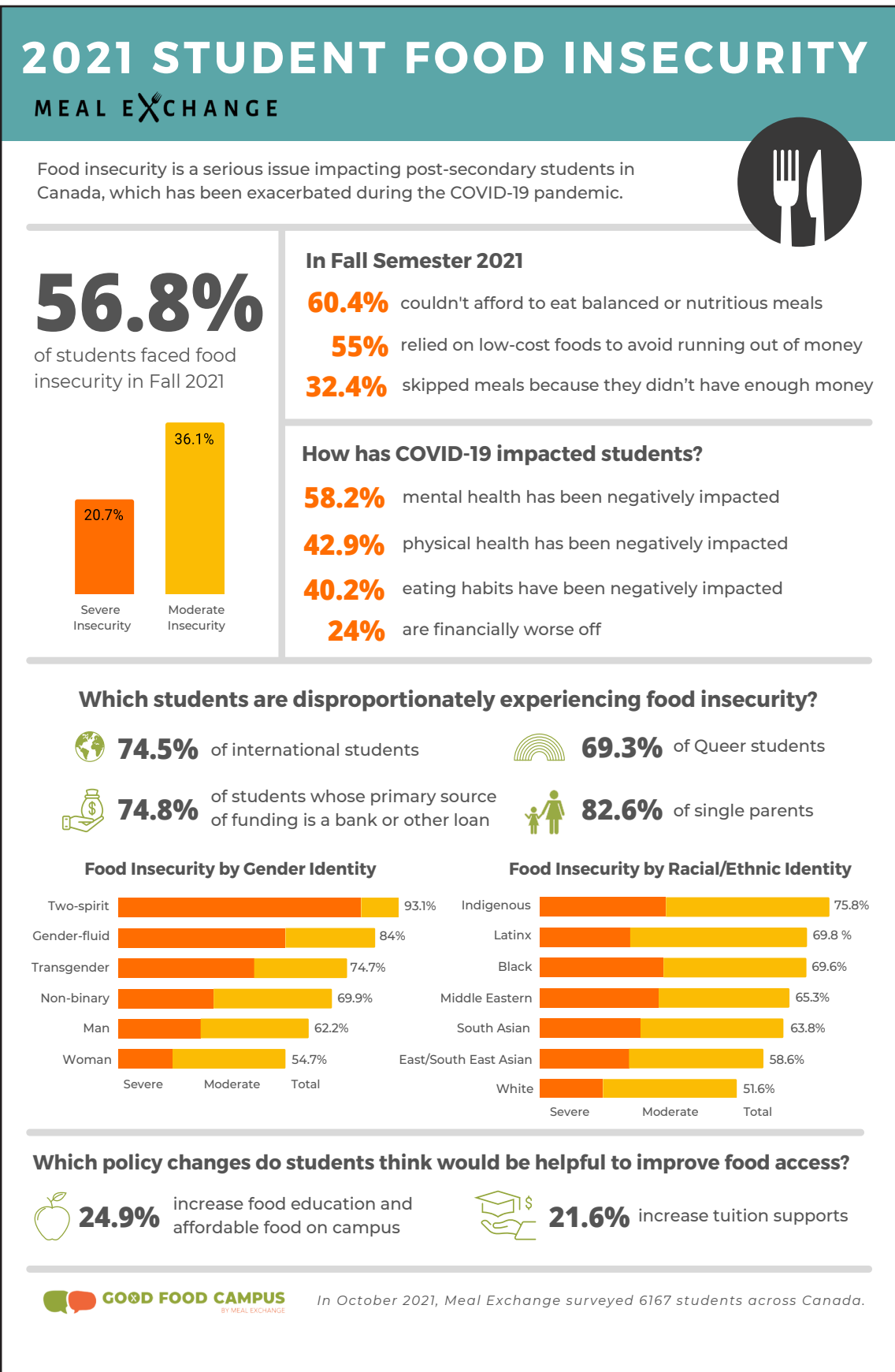
Students have reported that the main identifying factors contributing to their food insecurity are, respectively: cost of food, limited time to prepare food, tuition fees, housing costs, inadequate loans/grants and transportation. Mental health becomes affected by food insecurity impacting a student's sense of agency, creating social/community isolation, negative impacts on their personal identity and/or implications on student success.

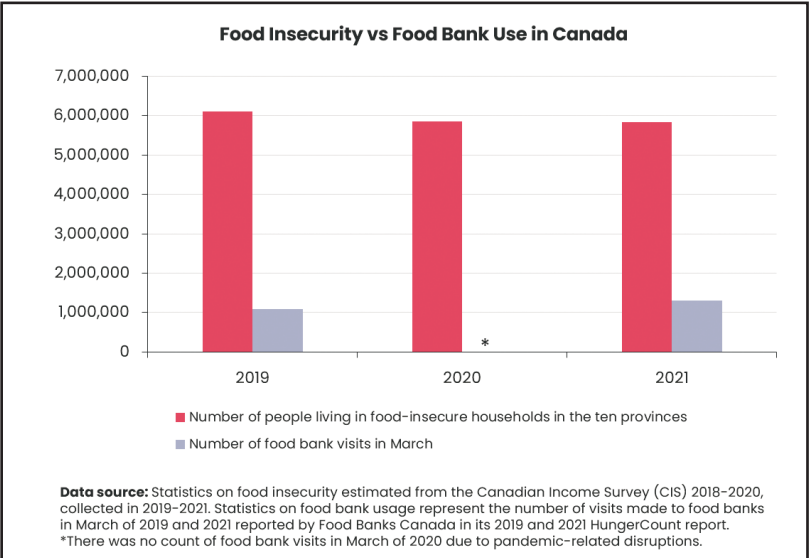
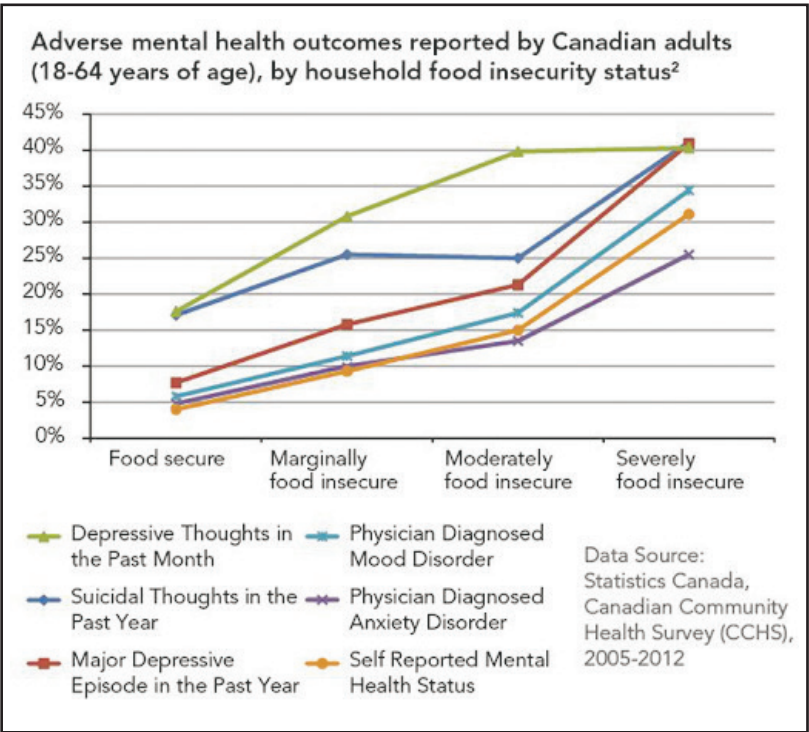
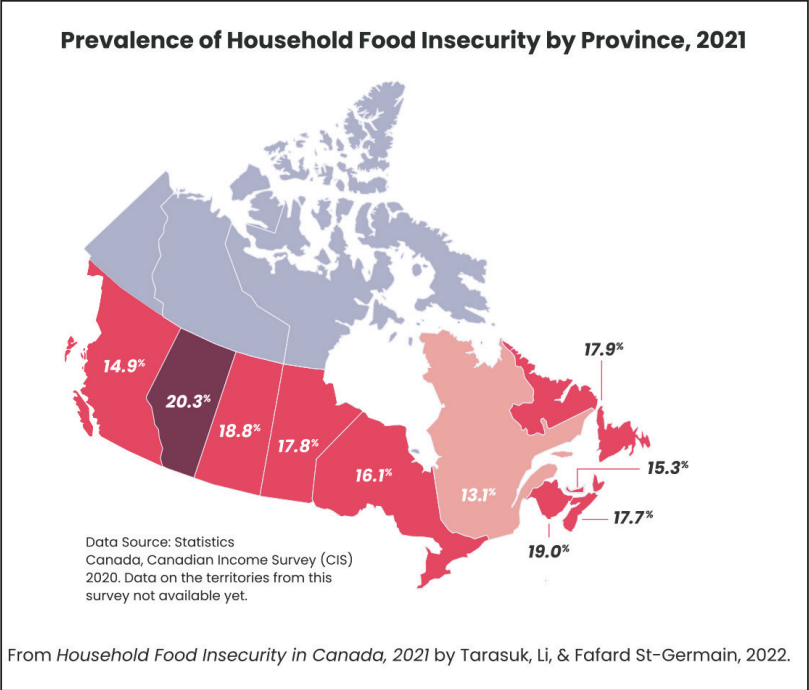
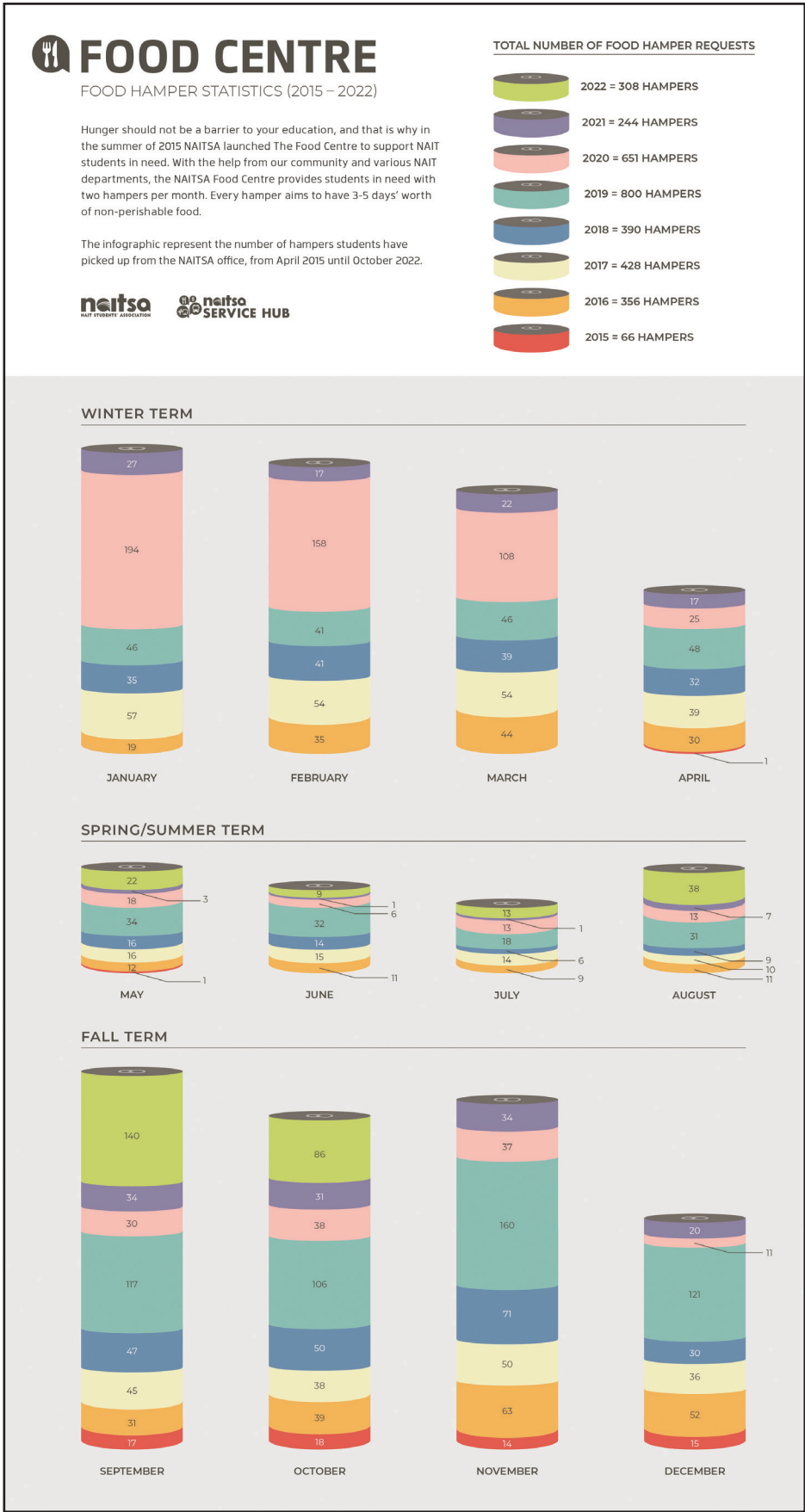
While the NAITSA Food Centre focuses on emergency food assistance, NAITSA hosts year-round events that give students access to free food without having to go to the food bank for a quick or occasional meal. One of the more relevant events is the Healthy Breakfast Start which offers a cart, located on campus once a month in varying places, that provides students with healthy breakfast options and works in

tandem with their myWellness platform to check in on students' mental health.

There are many steps that can be taken to lower food insecurity in households throughout campuses in Alberta and Canada: combat the stigma, collaborative institutional approaches including programming, addressing the intersect between food insecurity and mental health and creating policies that support food security.

Students and staff at NAIT experiencing financial hardship can access the food centre and counselling through NAITSA where "hunger shouldn't be a barrier to your education."





NAIT Alumni Feature

By Mikaela Cotia

Avery Armstrong, Landscape Architectural Technology, 2018



Avery Armstrong graduated from NAIT in 2018 from the Landscape Architectural Technology program. Initially, Armstrong got accepted at MacEwan University and the University of Alberta. She tried General Arts at MacEwan, but for her, it did not feel right.

While studying at MacEwan, she worked at a greenhouse where she helped clients with planting questions and reviewing their landscapes. “I would see enough landscape designs come in, and I thought, ‘That’s a job? I can do that?’” Armstrong said. That same year, she dropped out of MacEwan and applied to NAIT.

As a NAIT student, Armstrong enjoyed attending some of the networking sessions, like the women in technology lunches. Even after graduating, she strives to continue volunteering. During her time at NAIT, her favourite event was the portfolio night, where the design students showcased their portfolios. “It [was] amazing to see everyone’s finished portfolio with their touch of design style, and how they interpreted all the designs over the semester,” Armstrong said.

Armstrong also fondly remembers her instructor, Naveed, who was very friendly and funny. “We were doing this design project, and it was about shape and shadows. I asked him, ‘Hey Naveed, do you want the design to be in colour, or in black and white?’ and he said ‘yes,’ and nodded his head, and that seemed to be the end of the conversation.”

After graduating, Armstrong began work as a landscape designer for a local residential landscaping company. She meets clients to design their yards, pick out their plants and materials, manage the construction and help the crews understand the plan. She believes that her landscape diploma set her up for this career. “It gave me a good base of knowledge that I could expand upon once I found that final job.” One tip she has is: “If you have any portfolio nights or career fairs for your trade, go to them! You may get a job offer. Or if not, it’s also a good place to explore other companies and ideas.”

Armstrong also believes NAIT excels in providing the tools and background knowledge students need to start a career after graduation. “All the classes apply so easily to real-life careers. But you can also take your knowledge from NAIT and expand it to do whatever you like.”

Carolyn Kincade, Dental Laboratory Technology, 2007, and Bachelor of Technology in Technology Management, 2017



Carolyn Kincade is a two-time NAIT alumna; she graduated in 2007 from the Dental Laboratory Technology program and in 2017 with a Bachelor of Technology in Technology Management. Originally, Kincade went to MacEwan when it was a community college. She loved working in a laboratory setting during her science degree, but switched to NAIT after learning many of the facilities were the same and that the programs were more hands-on and shorter than an undergraduate degree.

During her time at NAIT, Kincade enjoyed spending evenings at the campus restaurant and bar, the Nest. Her favourite event was a wine pairing night at Ernest’s.

“They would have a special dinner paired with wine in a certain region, and the chefs would come out and talk about why they paired us with the wine. A lot of the food was prepared by the actual hospitality students.”

After graduating from NAIT for the first time in 2007, she worked in a private dental laboratory where she focused on dental device construction with a high need for aesthetics. Afterward, she joined her company, Institute for Reconstructive Sciences in Medicine, in 2013. She returned to NAIT to further enhance her post-secondary education and obtained her Bachelor of Technology in Technology Management in 2017. Kincade is still very involved with NAIT; from 2007-17, she was the chair of the NAIT Dental Technology Advisory Committee. She is a board member of the Bachelor of Technology Advisory and the Alumni Advisory Committee at NAIT. She offers this advice for upcoming graduates: “Leverage the relationships that you have made with your facilitators, your instructors, and your fellow [colleagues]. It’s a big moment of change, so don’t be afraid to be uncomfortable stepping into that discomfort. It is a moment of growth, so embrace the joy and terror as you start the next leg of your journey.”

Matt Rigby, Bachelor of Business Administration, Management, 2022



Matt Rigby graduated from the JR Shaw School of Business from the Business Administration four-year program, specializing in Management. Rigby was originally from Calgary and had a friend studying at SAIT, but they moved to Edmonton for a change of pace. His friend recommended going to a polytechnic institution for business. He researched and found that NAIT offered a more hands-on education, which he liked.

As a student at NAIT, he fondly remembers meeting all the different students and instructors, especially all the different staff at NAIT. “I enjoyed meeting all the instructors teaching different classes, and I liked how nice they were,” Rigby said. He favoured a lot of his past instructors, but his all-time favourite instructor is Richard Ford, who taught him many interesting things.

Rigby was very involved with NAIT. He had many volunteer positions, including Campus Ambassador, new student orientation, Prospective Aboriginal Youth Ambassador, Program Ambassador for the School of Business in Management and academic council. “I liked [volunteering] for the prospective aboriginal youth ambassador because I talked a lot about being an older student and coming back; it was something many people really connected with,” said Rigby.

After graduating early this year, Rigby began work as a Data Analyst at Community Western Bank in Vancouver. Rigby believes what he learned at NAIT has genuinely helped him, and he’s able to apply it to his career now.

For upcoming graduates, Rigby advises them to be open to everything coming their way. “I did not think that I would be working in a position that I have now, and I am glad I am because it has given me a lot of different benefits that I enjoy, as well as different experiences; it is not at all where I thought I would be. And for students, do all your homework as soon as you get it, to get it done and out of the way, and you can also take your time to do it slower too.”

Clayton Liebe, Bachelor of Business Administration, Finance, 2021



Clayton Liebe graduated in April of 2021 with a Bachelor of Business Administration, specializing in Finance. Liebe was in the program when he was 18 but unfortunately had to drop out due to his sister’s terminal cancer diagnosis. After a while, he decided to go back and fulfill his degree. He initially chose NAIT as his institution because he liked the first-year course list. “I liked the idea of getting exposure to all facets of business and being able to decide from there,” Liebe said.

Liebe was very involved with NAIT. He led the peer support group as a peer support coordinator and helped organize the program’s launch. He recruited and trained

peer supporters and ran countless information booths to educate students and connect students to resources. He was also the Vice President for the case competition club, competed and won several research challenges while representing NAIT.

Through all that experience, Liebe’s most memorable experience at NAIT was Nest Fest. “I always loved Nest Fest. The campus has so much energy at the start of a new semester. The first week back to school, there were always so many interesting events,” Liebe said.

After graduating, Liebe began working as a financial analyst at Franvest Capital Partners. It is a family office that invests in lower middle-market privately held companies, primarily in the fitness, wellness or franchise industries. “My time at NAIT helped me tremendously in achieving my goals. Not just in coursework, but in my ability to speak in extracurriculars,” said Liebe.

As Liebe reminisces about his time as a NAIT student, he offers this advice to all students and upcoming graduates: “Get busy, network as much as you can. Find what job you are interested in, find someone on LinkedIn doing it, and reach out. Don’t ask for a job or anything but be genuinely curious. If people agree to talk, ask them about their job progression, lessons learned, advice, etc. Don’t be let down if some people say no. Get involved. It may seem scary, but [now] is the place to make mistakes. Get uncomfortable and put yourself out there. Everyone will get the same piece of paper as you when they finish school. Have some fun with it and have something to talk about afterward.”

Photos supplied

Club feature: Gamers of Dungeons and Dragons

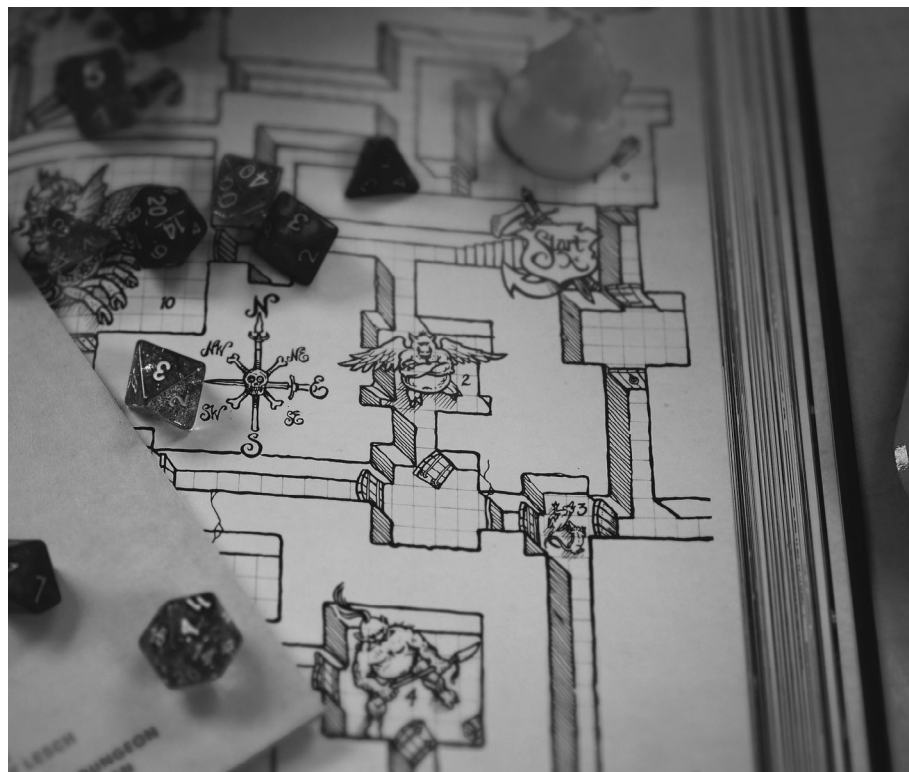
By Paul Kusmire

NAIT hosts many clubs around campus, from technology to marketing. One club aims to go beyond that with settings of epic battles in lands unknown. They create stories that are interactive in almost every way, with like-minded people shaping the story together. Gamers of Dungeons and Dragons is a long-running NAITSA club, hosting games for players new and old. The club meets every Monday, Wednesday and Friday, and players can come to create, play and craft characters in the TableTop Role Playing Game (TTRPG) focused group.

TTRPGs have been a long-standing past time for many who enjoy freeform storytelling, long overarching plots and interesting combat encounters. In Dungeons and Dragons, players build a character from scratch with nothing but pen and paper. Players of all ages and backgrounds become a party, dropping into a theatre of the mind made by a Dungeon Master. The draw for many new and older players is the amazing freedom it can bring, like becoming a seven-foot-tall amour-clad Dragonborn who wields a mighty axe for the faith of their god.

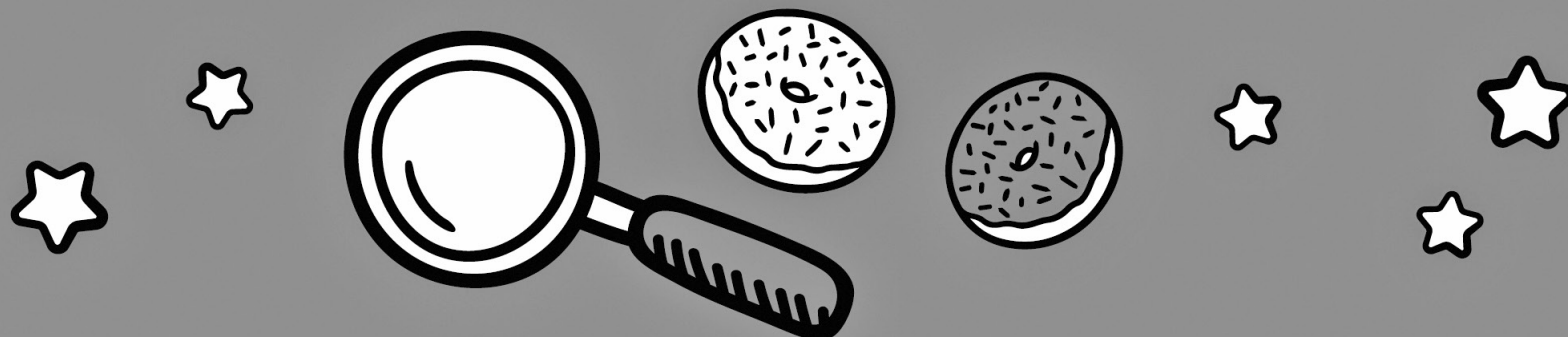
After being cooped up by the recent COVID-19 restrictions, the Gamers of Dungeons and Dragons club, like many others, were unable to commit to in-person sessions. This makes it an excellent time for new players to meet up for four hours to learn and create as a group. President of the club, Gray Killian-Golding, explains that the organization goes past just Dungeons and Dragons. Pathfinder [First Edition], Call of Cthulu, Warhammer Inquisition and Shadowrun are just a few of the options they have.

Currently, they are running a Pathfinder game and starting a new TTRPG Pokemon campaign. Gray mentioned that player counts vary from eight to 15 but welcomes both experienced and new players to join. The club can be found on Ooks Life, so pop in to see what fantastical world awaits.



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YEG's best winter walks

By Brian Janssens



HAWRELAK PARK & BUENA VISTA PARK

Crossing the North Saskatchewan River, this footbridge connects the trail systems of Buena Vista and Hawrelak Park. With off leash areas on both sides of the bridge, this crossing provides lots of areas for four-legged companions to explore.

Edmonton Valley Zoo

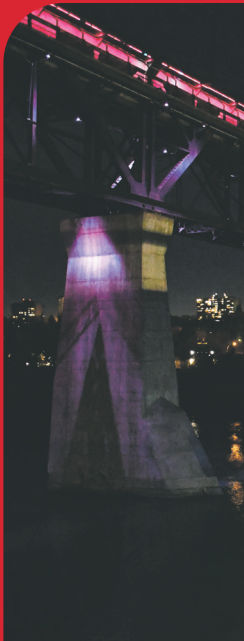
SOUTH CENTRAL EDMONTON

Fort Edmonton



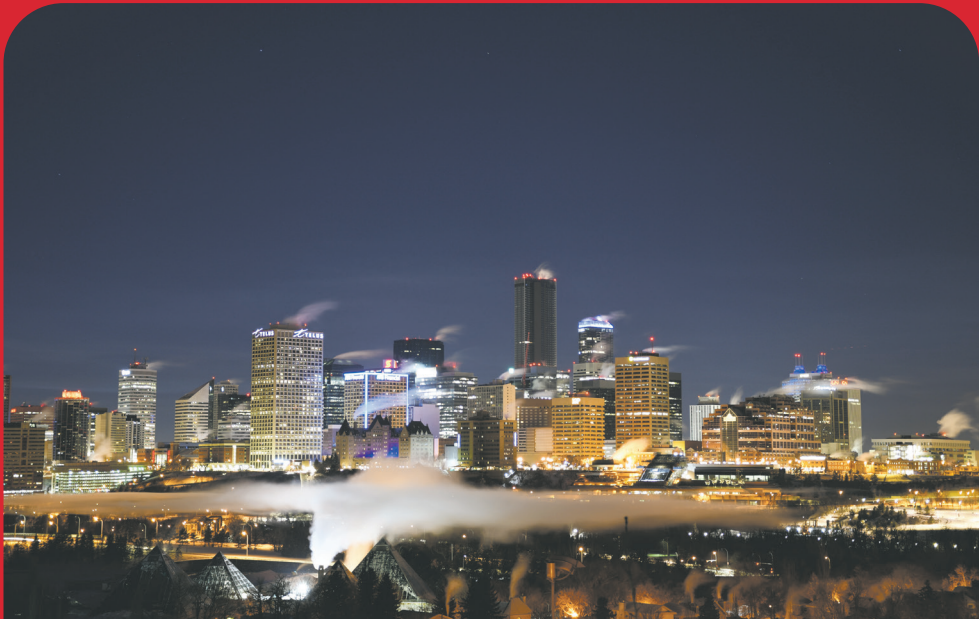
WOLF WILLOW STAIRS

Overlooking the North Saskatchewan river, these stairs offer a unique view of the River Valley. Parking by the top the stairs is limited to residents, so access the stairs by starting at the northern end of Whitemud Road North and crossing the Fort Edmonton Footbridge.



KINSMEN PARK

In the heart of the River Valley, Kinsmen Park is accessible via the Dudley B. Melnick Footbridge, a walk of over five kilometres to Ravine Park in the west.



STRATHEARN PARK

Overlooking the skyline, Strathearn Park offers unmatched views of Edmonton. With over one kilometre of paved, level pathways and parking along Strathearn Drive, these views are very accessible. Benches are spaced out along the hill-top, allowing walkers to appreciate the cityscape.



K & VICTORIA PARK

Over Valley, one can go from Kinsmen Park to Victoria Park. This crossing is connected by a bridge. On the north bank, this crossing is connected by a series of paved pathways. This pathway leads into MacKinnon Park, and to the Walterdale Bridge in the east.

EDITORIAL

The Nugget's newbie guide to a Canadian winter

By Mihiri Kamiss

Notice the chilly mornings lately? It may not be cold enough to bring your winter jacket out yet, but it certainly is time to prepare for it. Students new to Canada should expect to face a dramatic temperature change in the coming months. Adjusting to the sudden drop can be difficult. Here are some things to expect and tips for surviving the season.

The costs of upgrading your wardrobe

Winter clothing, especially high-quality boots and a winter jacket, can be expensive. While it may be more desirable to wear fashionable coats and boots, the truth is most winter wear designed to look good (without a high price label) is not going to keep you warm enough during temperatures below -10 C or even -20 C.

Before running to major branded stores, check out stores such as Marshall's or Winners for discounted brands. These stores often carry Columbia, North Face and other popular brands for warm jackets, but at a much lower cost compared to buying them at sporting goods stores like SportChek.

As for footwear, it can be difficult to find warm boots for a low price. To avoid visits to multiple stores, check out The Shoe Company. Many boots have labels rating the temperature they can withstand, -30 C being ideal. Avoid purchasing ankle-high boots, Uggs and similarly styled boots for walking in the snow. They work well for the start of winter and can look stylish, but on a budget, they are not worth the investment for your first pair of boots if you want to stay warm in late December and throughout January to February.

Layering your clothes

Underneath your winter outerwear, it's good to dress in multiple layers. Many prefer not to wear shirts underneath pullover hoodies, but wearing a long sleeve shirt or another sweater underneath can go a long way. Stockings underneath pants can add extra warmth to your legs, as well. It's easier to remove extra layers when you get too warm than face the consequences of being under dressed and far from your closet.

Winter accessories

Small winter accessories such as scarves, toques and gloves are essential. Some individuals are hesitant to wear such things, especially scarves. However, they provide a lot of protection around your chest and neck. If this area is exposed to the cold, it's extremely easy to get sick or find yourself uncomfortable. Toques, gloves and scarves are easy to find for cheap and do not require much research unless you plan on using them for outdoor sport.

Final advice:

- If you are commuting via the public busses to campus, be prepared for commute times to increase significantly.
- Don't worry about what others are wearing. If you feel cold, you might be seen wearing your winter jacket early, and that's okay! Many Canadians understand the shock and process of getting used to the cold.
- Look out for heat-warming packs at sporting stores and general stores that you can add to your pockets or gloves for extra warmth.
- Bring or purchase your favourite warm drinks to help you warm up.

Protect exposed skin with sunscreen—those UV rays still hit hard even in the winter!



Art by Mihiri Kamiss

Staying active in winter

By Fraser Sockett

Fall is leaf-ing us behind and winter is about to make its yearly grand debut in Edmonton. While staying inside is tempting and easy, staying healthy and losing weight is more challenging. Here are a few fun ways to keep fit and active in the winter.

Walking in the River Valley

Many international students are not aware of this hidden gem, but Edmonton has a beautiful River Valley any time of the year. In the winter, there is something magical about walking the morning after a white blanket of snow covers the valley. The sight of pure white snow unsullied by humans, only touched by a rabbit foraging for its breakfast. Admiring the naked trees, only wearing a thin covering of hoar frost, is a breathtaking sight that most cities will never have. Or go at night, and you might see Aurora Borealis. Edmonton.ca has a great interactive map of trails, too.

Tobogganing

You have not lived until you've sled down the massive hill at Gallagher Park on a flimsy piece of plastic you can barely control, possibly knocking over your friends like human bowling pins. The adrenaline pumping through your veins will make the hike back up the hill easier. Rundle Park, Government House Park and Emily Murphy Park are other places with great hills to sled down.

Skating

If the thought of gliding over frozen water with a pair of knives attached to shoes sounds fun, then skating is for you. Edmonton has many options, from the IceWay at Victoria Park and ice path at Rundle Park to the frozen pond at Hawrelak Park. The City of Edmonton's website has a full list of places to skate. Be safe and make sure the ice is safe to glide over. Remember the code of the ice: Thick and blue, tried and true. Thin and crispy, way too risky.

NAIT

When the Celsius and Fahrenheit temperature meets at -40, that is too cold to do outside activities to stay active in the winter. NAIT offers many ways to stay active in

the winter that you have paid for already. The fitness center offers a wide variety of fitness weight equipment, a running track, an indoor arena, and a gymnasium. Or you could also use the pool at Grant MacEwan by showing your NAIT ID.

NAIT Well-Being offers many fitness classes, from Walking Club on Mondays to Kick-Boxing on Fridays. Check out the full list on Ooks Life.

Snowball Fights

Throwing balls of snow at your friends to injure them is extremely fun, and trying to dodge balls of snow thrown at you is hard work. A snowball fight is basically the winter version of dodgeball. Remember these two tips to become a snowball pro: From the classic 2004 movie "Dodgeball": "Just remember the 5D's: dodge, duck, dip, dive and dodge." And if you can dodge a wrench, you can dodge a (snow)ball.

No matter which activities you choose, follow these safety tips. Always be sure to dress warmly and in layers. Let others know where you are going and when you will be back. Bring a fully charged phone. Stay hydrated.



EDITORIAL

Becoming the monster: Canadian horror RPG “They Feed on Fear”

By G. Mara Killian

With the recent popularity of shows like “Stranger Things” and the spooky Halloween season coming to a close, some of you might be looking for something a bit darker for your tabletop events. While gathering information for this article, I stopped by Pe Metawe Games to have a chat with the owner, David Plamondon. We talked about a variety of games that fit into the horror genre and provide a spooky atmosphere. Eventually, I landed on “They Feed on Fear” due to the easy entry-level, the lack of player powerlessness and the unique concept it offers.

“They Feed on Fear” is not only Canadian but independently created. Released in 2021, the game has the players create monsters called ‘Fear-Eaters.’ As Fear-Eaters, they terrorize a town or city that’s brought to life by the ‘Provider’ (basically this game’s Dungeon Master).

Essentially, the Fear-Eaters gather essence from members of the community throughout each session. Essence can be used for anything from taking actions during encounters to leveling up your Fear-Eater and gaining new abilities. But your power isn’t infinite. If you run out of essence while out on the hunt or if community members called ‘Protectors’ find your lair and attack, it is possible for your Fear-Eater to die.

Overall, the game is astoundingly balanced. Fear-Eaters have to keep on their toes to deal with the community, although their power is never truly removed. This game provides a perfect mixture of power-fantasy and horror as the players are faced with

describing how their Fear-Eaters terrorize the prey. Due to the loose-narrative take on the game play, the Fear-Eaters and Provider are encouraged to work together to weave an engaging narrative, creating a greater feeling of accomplishment once you’ve finished the campaign. The game also includes an option for solo play that utilizes randomization as a stand-in for an all-knowing Provider.

The artwork in the rule book is absolutely beautiful and highly reminiscent of “Scary Stories to Tell in the Dark.” Most of the full-page artwork in the book is by Trevor Henderson, an artist known for his horror artwork. In total, 16 different artists contributed their art to this game. I’ll forgive those that didn’t know, but only because the game’s creator, Alexei Vella, did an outstanding job curating the manual’s visuals.

All the praise aside, there are a fair number of grammatical errors and misspellings throughout the current release of the manual. The errors don’t take away from the experience or make the players break from the game in any way, but I just expect more from an official release. This game also isn’t for the faint of heart or those who are uncomfortable roleplaying a terrifying and often sadistic monster.

“They Feed on Fear” is very affordable, costing only \$12 for a digital copy or \$30 for a physical copy (plus shipping if you order it online). You can pick up a copy near NAIT at Pe Metawe Games with a student discount or online through Itch.io and thesigilist.storenvy.com.



7 types of rest to avoid student burnout

By Liesl Sham

The semester has flown by, and some of us are already feeling fatigued and weary from mountains of homework and late-night study sessions. But don't panic! As proposed and researched by internal medicine physician, Dr. Saundra Dalton-Smith, there are seven types of rest students can practice to help prevent burnout. These include physical, mental, social, spiritual, sensory, emotional and creative rest. According to her TED talk, rest is the most "under used, chemical-free, safe and effective alternative therapy available to us."

Physical

Physical rest is one of the most evident types of rest needed, as our bodies naturally need time to recover from physical exertion. As busy students, it's not uncommon to feel exhausted by the end of the day. Dr. Dalton-Smith states that physical rest requires both an active and passive component. Stretching between long periods of sitting, being wary of our workstation ergonomics or perhaps joining yoga classes offered by NAIT Well-Being all focus on the active component of physical rest. Sleeping sufficient hours or taking power naps are ways people can practice the passive component of physical rest.

Mental

Mental rest allows time for the brain to wind down, and it includes activities that utilize minimal brainpower. If you find yourself struggling to recall information during exams or failing to concentrate during lectures, you may be lacking mental rest. Watching Netflix, enjoying hobbies and listening to podcasts or music are some ways to allow a busy brain to relax.

Social

Social rest is required when we overwhelm ourselves with too many social interactions or feel drained after spending time with others. This doesn't necessarily mean the people we spend time with are toxic, but that they're using up much of our social energy. To practice social rest, have meaningful quality time around people you can be your authentic self with, and occasionally say no to optional social events.

Spiritual

Spiritual rest, as described by Dr. Dalton-Smith, is "based on [our] own belief system[s]" and the need to feel like we're "pouring ourselves back into humanity." Burnout can happen when we fail to find meaning in our work, or a sense of belonging within groups. Prayer or Bible study groups are faith-based ways to practice spiritual

rest, but activities such as community involvement, meditating or perhaps visiting NAIT's reflection rooms for personal reflection can help refocus the mind.

Sensory

Sensory rest is important when things like bright lights, computer screens, phone notifications or background noises start causing sensory overload. Practice this type of rest by closing or resting the eyes for a few minutes throughout the day, turning off the radio during the drive home from school or intentionally unplugging from electronics before bed. Being easily irritated or angered can be a sign that you are in need of sensory rest.

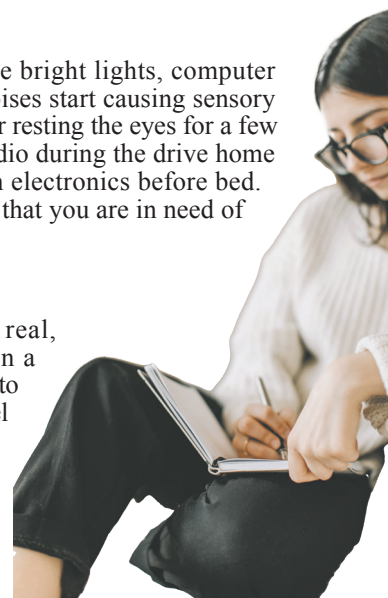
Emotional

Emotional rest involves expressing the real, authentic self and honoring emotions. When a person hides their feelings or privately holds onto burdens, it doesn't give opportunity to heal, feel heard or experience vulnerability. Expressing feelings to a trusted friend, seeking therapy or journaling are examples of emotional rest. NAIT also offers counseling sessions for students seeking support.

Creative

Lastly, creative rest can be practiced by appreciating beauty, either natural or man-made. Examples include watching a sunrise or sunset, taking walks in nature, visiting the art gallery or engaging in music or dance. When brainstorming or being innovative becomes challenging, it is likely that we have used up our creative energy without any replenishment.

As the school year continues to progress, pausing occasionally to remind ourselves of the multiplicity of rest and how we can maximize the benefits of each category can be a great way to prevent chronic tiredness. Tackling all seven types at once can overwhelm people, so Dr. Dalton-Smith suggests examining which area of rest is most lacking and starting there. Applying some of this knowledge and making small changes in our resting habits could be a step in the right direction to change the unhealthy culture of academic burnout.



NAIT student creates brand 'to be remembered'

By Allie Creasy

After a previous stint in the fashion industry, Graphic Design student Mathieu Swaby cultivated a designer brand that better fit his goals and called it Rebirth. The clothing line currently features a "classic collection" that has combed ring-spun cotton t-shirts and hats, with hoodies coming in the following weeks and a sneak peek into shoes in the near future.

According to Swaby, Rebirth is more than just a clothing brand. "I created a unique look with my brand that I feel is fresh for the scene. It's focused on interesting design that doesn't follow trends but I'm also bringing in self-improvement so I'm trying to combine two communities ... Self-improvement is really important to me ... so I thought, how about I create a brand around [that] so I can create a platform and share [what I've learned]."

When asked to describe his brand in two words Swaby said, "aesthetic ambition." He aims to "[bring] people together that have a shared appreciation for aesthetic, but also using that community that I built to share a message of self-improvement."

Swaby credits his success to his mentors, NAIT's Mawji Centre and past experiences. "I'm in the Blue Book program right now, [it's] huge with connections ... but also resources. I learned a lot just listening to the webinars they have- the CEOs were sharing gems of what they've learned. The networking and connections you can get from them is crazy, especially for entrepreneurs."

To stand out from the crowd and further network, Swaby introduces himself to speakers and discusses certain aspects of their presentations that stood out to him to break the ice. He says this opens the door to more connections, "now they know my name [and] they know my face ... I made an impression. So, in the future if I need to talk to them, I have [that connection]."

Swaby says he's "not in it for the money ... I have a lot of unique experiences in my life, and I want to use my platform to share them. Right now, I'm sharing my experiences with my classmates and teaching them, but I want to be able to do that through my brand."

Swaby's inspiration for getting involved in the fashion industry comes from Virgil Abloh, an American fashion designer and previous artistic director of Louis Vuitton. "He was able to influence and change so many people's lives and really change the way the fashion industry [worked]. Before, [the industry] was secretive and [Abloh] was really open with his process and how he got there. He put a lot of emphasis on teaching, and I want to continue on his legacy," said Swaby.

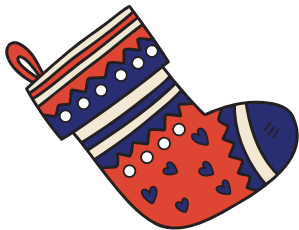
Like his inspiration, Swaby wants to educate his peers through his brand. "I have a lot of unique experiences in my life, and I want to use my platform to share them," he explained. He's "not in it for the money ... right now, I'm sharing my experiences with my classmates and teaching them, but I want to be able to do that through my brand."

Creative Corner

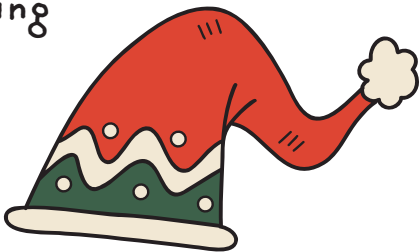
this or that



snowboarding
mittens
hot cocoa
gingerbread cookies
slippers
christmas music
stocking
sledding
christmas caroling



skiing
gloves
eggnog
candy canes
socks
christmas movies
christmas hat
skating
tree decorating



questions and trivia by Michayla Kirsch

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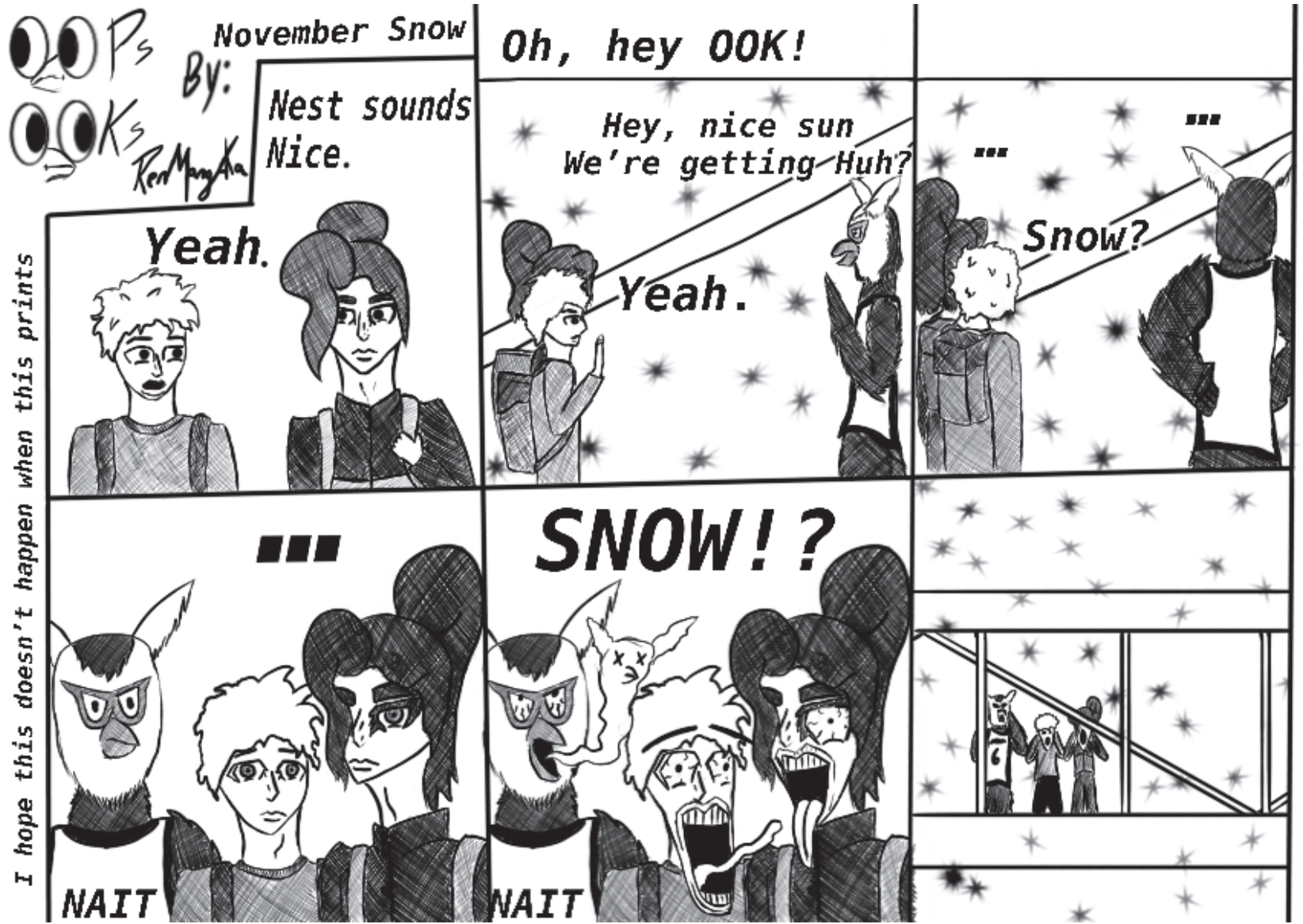
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MEDIUM



Art by Mihiri Kamiss

Creative Corner



Comic by RenMangaka

Winter Trivia

by Michayla Kirsch

- 1) When is the Winter solstice?
- 2) The word winter comes from an old Germanic word meaning what?
- 3) Which type of tree is a Christmas tree?
- 4) Which country has hosted the Winter Olympics the most?
- 5) Which country has won the most medals at the Winter Olympics since they began?
- 6) What animal is Sid in "Ice Age"?
- 7) In the 90's movie "Cool Runnings," which winter sport is the Jamaican team playing?
- 8) TRUE OR FALSE: St. Patrick's Day is in winter.
- 9) TRUE OR FALSE: Chinese New Year is always on the first of February.
- 10) TRUE OR FALSE: Winter in Australia is in July and August.
- 11) TRUE OR FALSE: Mardi Gras is celebrated in winter.



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

EASY SOLUTION

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

MEDIUM SOLUTION

Creative Corner

HOROSCOPE: What Netflix shows should the signs be watching?

By Mikaela Cotia

Libra (September 23–October 22)



"My Love: Six Stories of True Love"

You thought I was going to joke about how indecisive you are, didn't you? Not today! You're a hopeless romantic, and Libras, well, they love...love. So, this docuseries about older couples sticking together through it all is right up Libra alley.

Scorpio (October 23–November 22)



"Don't F*** with Cats"

It's Scorpio season, and frankly, we're all quite terrified. Many astrology fans think that Scorpions will likely end up as serial killers. Buckle up: this docuseries about an animal-abusing psychopath will have the spookiest Scorpions feeling "deeply sensual." Although the rest of the world prefers "terrified."

Sagittarius (November 23–December 21)



"Dead to Me"

This Netflix series perfectly matches the sharp Sagittarius attitude. This show is full of dark humor, and the characters are brutally straightforward. This sign is notorious for being blunt and sometimes saying the wrong thing at the wrong time, so this dark comedy should be super relatable to a sarcastic Sagittarius.

Capricorn (Dec 22–Jan 19)



"Unnatural Selection"

Despite people warning you not to try any of the methodologies seen on screen at home, you will definitely pull a Capricorn and attempt to create a perfect colony of genetically modified babies to take over the world right in your basement like in "Unnatural Selection." Knowing Capricorns and their need for control, no one would be surprised.

Aquarius (January 20–February 18)



"Stranger Things"

Many Netflix subscribers are watching "Stranger Things", but this show just screams Aquarius. Your idea of friendships might be to start a cult with your captivating leadership skills. People born with this sign have a natural ability for communication and problem-solving. If you're an aquarian, your cosmic inclination gives an instant and deep connection to this show's robust group of friends.

Pisces (February 19–March 20)



"The Witcher"

Pisces are known to be emotionally sensitive. You tend to become overly emotional and moody when you sincerely feel things. When coping with reality, you love to use your imagination to fantasize about imaginary worlds. "The Witcher," a fantasy world filled with magic, dragons and warring kingdoms is the perfect watch for a dreamy Pisces.

Aries (March 21–April 19)



"Chilling Adventures of Sabrina"

This series oozes courageous Aries vibes. You are passionate and crave weird and unexpected adventures, just like Sabrina Spellman. You love surprises and being spontaneous, so you'll love this show full of twists, turns and spooky vibes.

Taurus (April 20–May 20)



"Daredevil"

Oh, Taurus. You are practical, stubborn, and hardworking. You will definitely relate to Matt Murdock, the show's main character. He's like a walking Taurus. The series' justice and energy will surely inspire your headstrong attitude.

Gemini (May 21–June 21)



"Conversation with Friends"

You tend to fall in love fast, captivated by the glittering reflections of yourself that you see through others. You're naturally curious in a black-and-white world. You're effortlessly seduced, flighty and unpredictable. You might be a fake Gemini if you haven't watched this one. Just stating facts.

Cancer (June 22–July 22)



"Never Have I Ever"

Cancers are naturally caring and value comfort and security. Moody cancers also tend to enjoy some drama. This show will hit you in your feels, but there's no doubt you'll enjoy the humor. Cancers will enjoy the theme of family bonding and how the protagonist, Devi, copes with all the drama in her life.

Leo (July 23–August 22)



"Bridgerton"

Leos are known to be passionate, energetic and spotlight lovers. You will burn for this series set in regency era England that got the world spinning. Get your popcorn, a cozy blanket, and maybe some tissues; your theatrical Leo heart is in for a ride.

Virgo (August 23–September 22)



"The Crown"

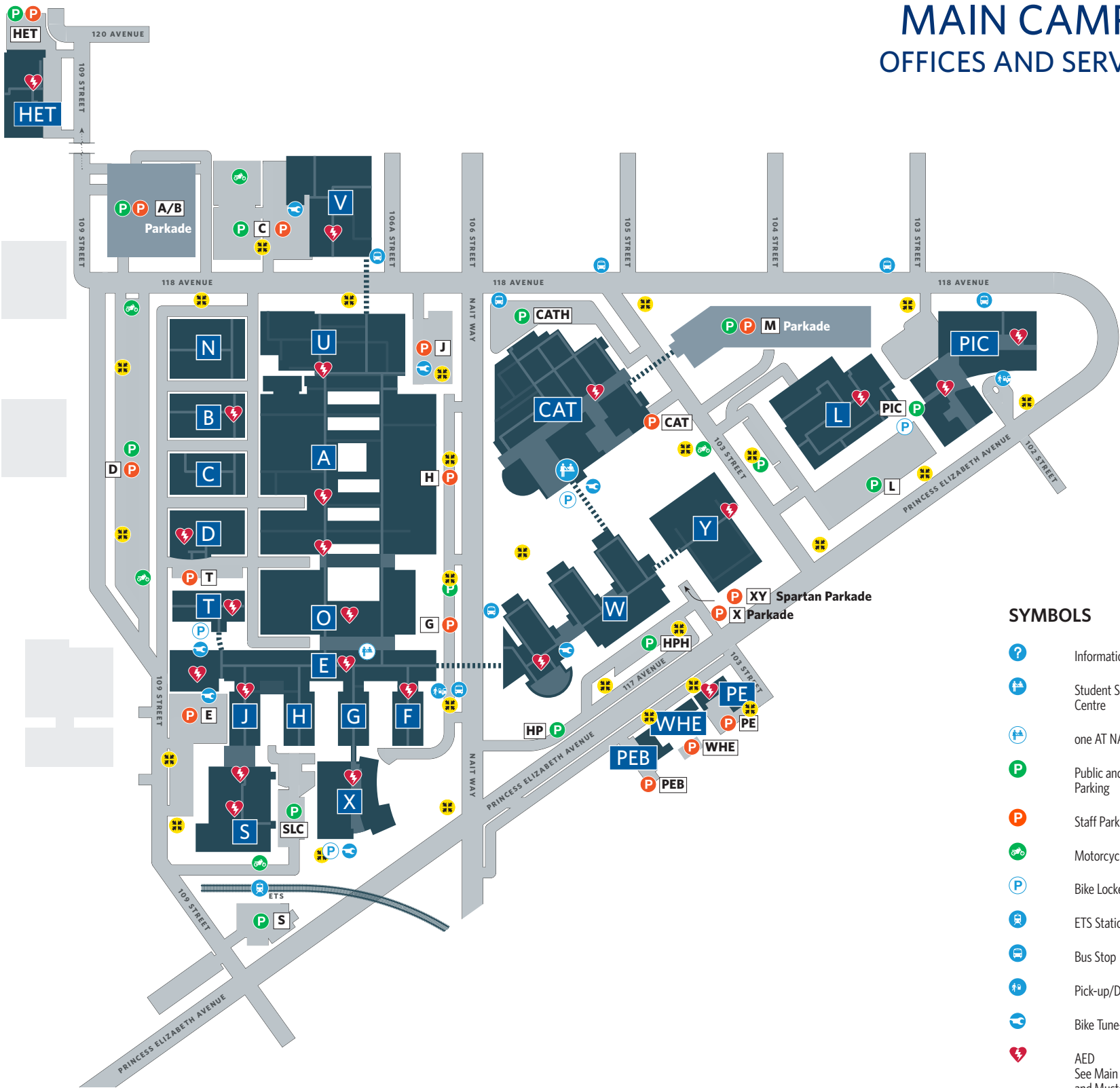
Virgos appreciate authority, politics and perfection, so this Netflix show filled with drama and history will fit the bill. It is about the royal family and Queen Elizabeth II's rise to power. I mean, the Queen was a Virgo. "The Crown" will fulfill your needs for structure, passion, and duty. Virgos are bound to fall in love with this show.

ANSWERS: 1) 21/22 of December 2) time of water 3) evergreen 4) the USA 5) norway 6) sloth 7) bobsled 8) T 9) F 10) T 11) T

MAIN CAMPUS OFFICES AND SERVICES



NORTH



SYMBOLS

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

LOCATIONS

EDMONTON
Main Campus
11762 - 106 Street nw
Patricia Campus
12204 - 149 Street nw
South Campus
7110 Gateway Boulevard nw
NAIT Distribution Centre
11311 - 120 Street nw

BUILDINGS

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

OFFICES AND SERVICES

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