

VOTING FOR STUDENT ELECTION OPENS OCTOBER 7TH

NAIT NUGGET

Thursday, October 6, 2022
Volume 61, Issue 3

thenuggetonline.com
[@thenaitnugget](https://twitter.com/thenaitnugget)

**SENATE CANDIDATE
PROFILES P. 6-11**

**NAIT FEEDING STUDENTS
WITH CAMPUS GARDENS P. 5**

ISSUE
CONTENTS

6 SENATE CANDIDATES

Learn about each of the students running for NAITSA Senate.

14 BLOODY WHYTE AVE

The haunting tales that surround Edmonton’s historic avenue.

16 ALBERTA SMASH

The fans of the longstanding game have found community via their shared love of all things Smash Bros.

WHAT ELSE?

Unconventional sports – pg. 18

From fantasy to reality: Quidditch in Edmonton – pg. 19

SudOOKu & creative corner– pg. 21

Non-profit volunteer fair headed to NAIT



Photo by NAIT

By Caleb Perreaux

NAITSA is hosting a volunteer fair highlighting non-profit organizations around the city on October 18th to 19th, from 11 a.m. to 1 p.m. The fair aims to put students in contact with volunteer opportunities that would shine on a resume, with 12 organizations each day. The fair will take place in CAT Crossing, and students can win prizes by attending.

“We wanted to have an event where students could be exposed to volunteering opportunities,” said NAITSA Volunteer Coordinator Clariel Chiu. “Now that we’re in person, students are more eager to participate.” Some organizations, like Capital Care Norwood, have worked with NAIT before and enjoyed the process.

According to Chiu, it’s also about awareness, “There are lots of

students who want to volunteer, but don’t know what direction to take.” NAITSA plans to host more events around once a month in the future. Ookslife has all the details.

For Chiu, a volunteer fair, as opposed to a job fair, has some key differences. “It’s one thing to get paid, but if you’re helping out and doing a good deed, it’s very fulfilling.”

Speaking from personal experiences, Chiu is passionate about non-profit organizations for youth. “That was an event I was really looking forward to and that will be at the fair.”

The Sexual Assault Centre of Edmonton, Free Play for Kids, Big Brother and Big Sisters of Edmonton and Area and Root for Trees are a few organizations that will participate this year.

Staying safe at NAIT

By Presley Cuthbertson

Crime rates are rising in the city of Edmonton according to Edmonton Police Service and Statistics Canada. A 15 per cent increase in sexually motivated crimes as well as a 71 per cent increase in hate crimes over the last three years are just a small part of a bigger picture.

NAIT students and staff may feel uneasy when walking home or to their vehicles. As a solution to this problem, NAIT offers Safe Walk—a program provided by protective services. The safe walk program is available to both NAIT students and staff members, and it can be used as an extra precaution when walking to a destination feels unsafe.

To book a safe walk, call or email protective services and a peace officer will be available as an escort. There are also some virtual options for those who are heading off campus. On the NAITAlert app, the “virtual safe walk” settings allows protective services to virtually track locations and know when participants have arrived at their destination. Clicking the emergency button will call protective services directly.

There’s also a ‘friend walk,’ which connects participant’s locations to one of their contacts and offers an emergency call if disconnected. These services can be used 24/7 for any cause, even walking to a class.



Photo by NAIT

OPINIONS

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

Send us your thoughts.

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

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

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

News Editor

Caleb Perreux
 news@thenuggetonline.com

Sports Editor

HIRING
 sports@thenuggetonline.com

Arts & Life Editor

Alleah Boisvert
 arts@thenuggetonline.com

Entertainment Editor

Angela Kazmierczak
 entertain@thenuggetonline.com

Media Operations Intern

Allie Creasy

Video Editor

Roy Raphael Navarro

Social Media Manager

Amanda Reade

Editor-in-Chief

Amy St. Amand
 astamand@nait.ca

Cover Photo

Connor Hildebrant

Issue Contributors

Fraser Sockett
 Paul Kusmire
 Emmett Moore
 G. Killian Mara
 Presley Cuthbertson
 Lorenzo Tamburrino
 Mikaela Cotia
 Yuliia Dolgireva
 Alex Galenza

The Nugget is an independent media source. The opinions of contributors do not necessarily reflect the opinion of the Nugget or NAITSA.

NAIT offers new way to say 'thanks'

By Allie Creasy

NAIT's mental health program has created a new initiative called "well-being champion" (WBC) that allows students and staff to acknowledge an instructor or peer for outstanding well-being behaviour. Mental Health Program Coordinator, Rosie Colangelo, believes this initiative will bring people together.

"This program was created for establishing that sense of community between staff and students and different stakeholders and community members at NAIT," said Colangelo.

To express gratitude, students and staff can recognize their peer's actions by immediately speaking with them which can be meaningful and have a positive impact on their day, especially if it's a stranger.

"Gratitude can happen very organically—you can just say 'thank you,'" said Colangelo.

In cases where verbal praise isn't an option, NAIT's mental health team has created a website, wellbeingchampion.nait.ca, that facilitates the process by sending the champion an email. The email contains information on the specific dimension(s) of well-being they were demonstrating, a personal note written by the sender, information on where they can pick up their token and a link to the website so they can see details about the selected dimension(s) and may nominate someone else.

"For two years of not having that opportunity to see people and make those connections, this is a platform to do that in a positive way so that students and staff are encouraged to, first of all, recognize that there's something good happening around them, and then actually say something to the person or give them that bit of gratitude."

The WBC website defines eight dimensions of well-being for students and staff to choose from when sending a personalized e-card: spiritual, occupational, physical, emotional, social & cultural, environmental, intellectual and financial.

"[These dimensions are] what we need to support ourselves to feel holistically well. One activity can provide support for a multitude of different dimensions and that's something that we really want to capture and recognize in people, especially if they're

doing that for others," said Colangelo.

The website also offers the option of anonymity which fosters more users who can speak without fear of embarrassment if confronted. Safety precautions have been taken—the website requires a NAIT Portal sign-in so the mental health team will know the sender's name in case of harmful speech within the e-card. This also allows for further development of the system.

"We want to know if maybe there's a certain dimension of well-being that people never mention ... and we need to [offer] some additional services that help students support this dimension because it's not something that's coming up very often. It's a good way to inform on what we're doing and what we may be missing."

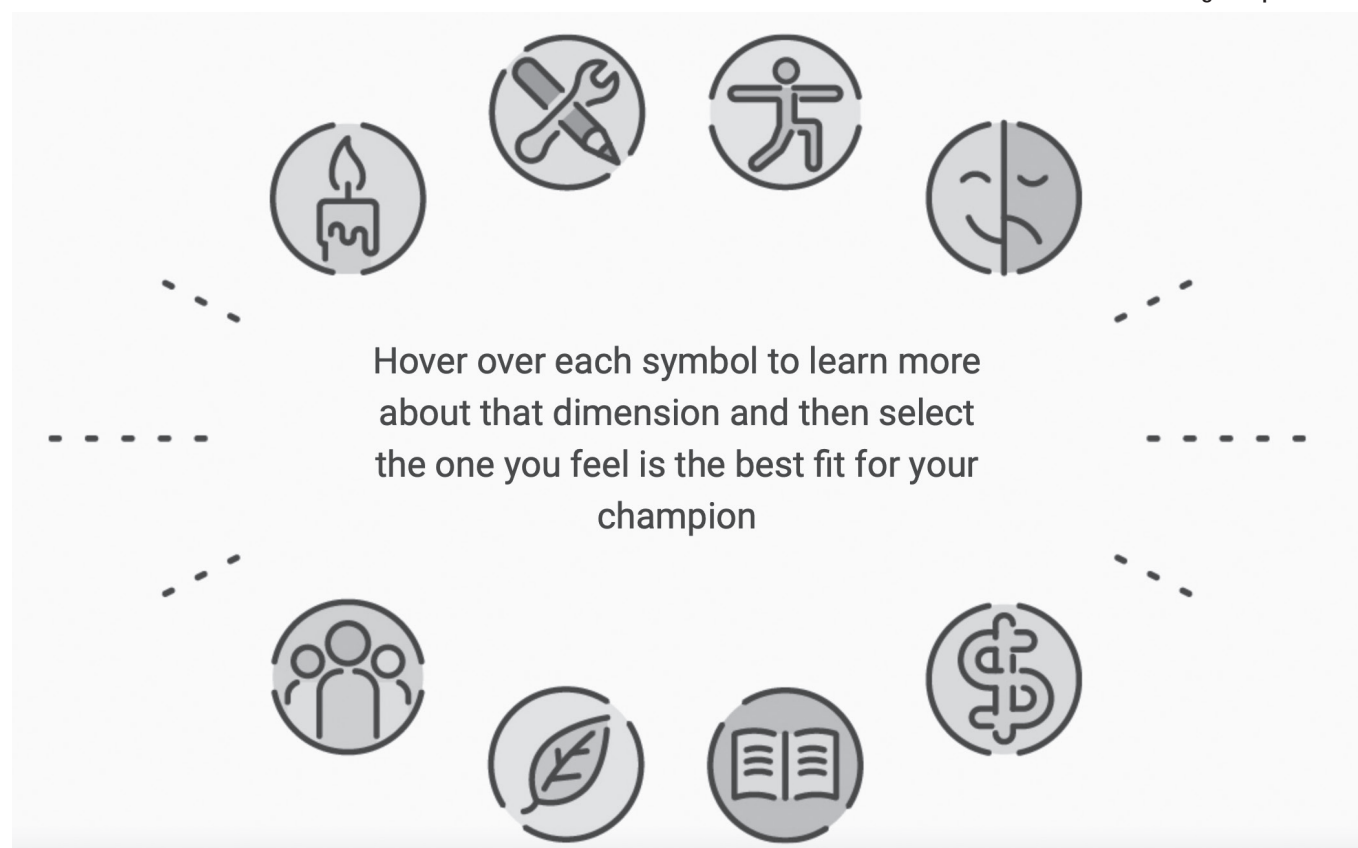
A token of well-being is rewarded to all nominated champions, whether in-person or online. Two tokens are given—one for the champion and one to encourage paying it forward. These tokens can be found in the Fitness Weight Centre (S0006) and the NAITSA Service Hub (O108). Along with the tokens, there are blank well-being champion cards for the option of an in-person recognition later.

Well-being at NAIT has always been a priority. Colangelo says there has always been a need for community-led initiatives: "there is so much value to be had in connecting community members in a positive way, so this is a platform that was developed over time." She hopes to continue expanding the WBC program to keep pace with individuals' and campus growth.



Photo by Amy St. Amand

Photo via wellbeingchampion.nait.ca



The 8 dimensions of well-being. TOP (left to right): spiritual, occupational, physical, emotional. BOTTOM (left to right): social and cultural, environmental, intellectual, financial. Users of the well-being champion program can select a dimension the champion demonstrates.



Become a NAITSA Insider

**Sign up for the NAITSA Insider newsletter and
you could win a \$300 gift card of your choice!**

The NAITSA Insider is THE newsletter for the latest news, updates, and promos for students and staff who want to get involved and make the most of their time at NAIT. There will be a new winner drawn once a month all semester (Fall 2022), and each one will win some amazing prizes just for signing up!

NAIT culinary set on feeding students through on-campus gardens



Some of the herbs growing in the culinary department's on-campus gardens.

Photo by Connor Hildebrand

By Angela Kazmierczak

With rising costs of living, especially tuition fees for students, some NAIT staff and instructors are determined more than ever to help. After years of mulling over ideas and going back and forth, Perry Michetti, NAIT's Culinary Department Manager, and his staff are set on growing food for students through on-campus gardens.

"I've always felt that we should be growing food. And not just because I have a culinary background, but I just feel it's the right thing to do... We explored many different options over the years and we've kind of landed on this one. It's a small start, but it's a quality start," said Michetti.

While the culinary department is in the early phases of the plan and need the backing of other campus groups first, some plants are already growing in Courtyard One of the U building, or what's formally known as the Learning Resources Centre.

From the project, Michetti envisions that slabs of concrete around campus will turn into flourishing edible gardens, where students and campus groups gather, learn about gardening and find support in their learning.

"I've been a student many times and I understand that when you're paying big tuition,

costs of living and working part-time jobs, sometimes you end up not eating well, and I would rather have students being supplemented for a food bank and eating good healthy quality products," he said.

Students familiar with the project have already donated plants or expressed interest in discovering more about gardening. NAIT's carpentry program has also contributed by making raised garden beds, built of hardy cedar, for the gardens. David Bland, a carpentry instructor, leads the project. "You know, we were asking for some really basic boxes and then they send these little blueprints and build them. They're just gorgeous and perfectly done," said Michetti.

Between now and the next boxes being assembled, staff are deciding on what to grow next. However, the chef explains that aside from navigating policies and protocols, they are still discovering what grows and what lags in the beds.

"We really want our students to leave NAIT not just with a craft or diploma or parchment. We want them to leave with the understanding of embracing community, embracing volunteering and embracing what it takes to really build a quality community," he said.

NAIT

NewsWatch

Returns this fall, Fridays on YouTube



SENATE ELECTION

2022/2023

When you vote in this election you will be voting on the candidates that represent your campus zone, where you are designated to take the majority of your classes.





ZONE 1

There are no candidates in your Zone, therefore no voting will occur.
If you have any questions you may reach out to NAITSA’s VP Academic,
Renata Medeiros at savpacademic@nait.ca.

ZONE 2

There are no candidates in your Zone, therefore no voting will occur.
If you have any questions you may reach out to NAITSA’s VP Academic,
Renata Medeiros at savpacademic@nait.ca.

**VOTE FOR YOUR
STUDENT
SENATE REPRESENTATIVE**

ONLINE VOTING OPEN
OCTOBER 7 - OCTOBER 13 AT 4PM

HOW DO STUDENTS VOTE? Cast your vote online here: naitsa.simplyvoting.com

VOTING INFORMATION BOOTHS

Main Campus NAITSA Office O108	Main Campus near Fresh Express	HP Centre 1st floor near Bytes	CAT 2nd floor near the student lounge
Main Campus at South Lobby Kiosk	Main Campus X-wing near the bookstore	CAT 1st floor near the Crossing	

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



ZONE 3
Jordan Ardeleanu
Article not received.



ZONE 3
Leo Anian Atienza
"It is never too late to be what you might have been."
- George Elliot
At heart, I am an introvert whose early academic life was marked by obscurity and mediocrity, but I wanted a life filled with purpose; this drove me to rise to a leadership position in the corporate world, where I learned to be assertive and bold. Through my journey, I came to understand what it means to be a servant-leader.

My advocacies as a leader are:

1. Work-life balance
2. People empowerment
3. Open-Door policy - I'm always available to listen and hear your concerns
4. Family-first culture

In my time at NAIT, I've taken on the responsibilities of President of the Blitz Chess Club and VP of Operations of the Communal Club of Coders. Now I'd like to dedicate myself to the service of my fellow students. I would be honored to represent you and be your voice in the Senate.



ZONE 3
Ashmeet Gill
Hello everyone! My name is Ashmeet Gill, and I am looking forward to becoming one of your student representatives for Senate 2022-23.
A little bit about myself, I am currently in my first year of the DMIT - IT Business Analyst program. Outside of school, I enjoy exploring the city of Edmonton as I moved here from Vancouver back in March (right now I'm mentally preparing myself for an Edmonton winter!). Feel free to reach out to me on Teams to let me know your favourite city spot :)

I am looking to represent NAIT students on the Senate to enhance our student experience by advocating for our rights. I would like to be one of the voices for the student body when it comes to making decisions on issues that may impact our time here as students. Your votes can be the first step in becoming engaged with the school community, so please don't forget to vote!



ZONE 4
John Michael Aniel

"My brand of leadership is all about empowerment. With our collective voices, I'm more than ready to amplify it."

I'm John Michael Aniel, a 2nd-year International BA Management student running as NAITSA Senator for Zone 4 (CAT Building).

I'm an action-oriented volunteer at the International and Intercultural Community Centre. I also serve as one of the International Peer Mentors. These commitments have allowed me to empower and support international students and newcomers as they navigate cultural adjustment and advocate for inclusive and positive spaces for learning and growth.

In addition to my extra-curricular activities and community

service, I'm a consistent Dean's lister. My academic experience has helped me become an effective communicator who functions well in a fast-paced and deadline-driven environment.

Given a chance to serve, I'll be your trusted ally in the NAITSA Senate, who wouldn't hesitate to express opinions that challenge the status quo but always keep the students' best interests.

We can improve our student experience, and with your help, we can make a difference. Are you ready to be heard?

You can read about my experiences in more depth on LinkedIn: <https://www.linkedin.com/in/johnmichaelaniel/>
I'd be honored to have your vote.



ZONE 4
Sebastian Cobos

Article not received.



ZONE 4
KC Ella Emphasis

Article not received.



ZONE 4
Philina Francia

My way of life has been all about service. For me, service is all about helping people and creating amazing memories. It is a way of life for me, and its effects inspire me to be better every day. Through leadership, responsibility, and passion, I can help the community achieve its goal of having great experiences and opportunities that will promote individual confidence. In the Philippines, I handled a professional organization, headed a committee in events, became a manager in my career, and volunteered my time for service in my church and social action ministries. I enjoy talking to people,

doing projects for improvement, and creating opportunities to build networks and relationships. Exposure to these roles inspired me to run as a senate member here at NAIT. As a senate member, expect me to be a responsible, enthusiastic, and selfless student leader. Whatever I can do for the student body, I will do it with honesty, integrity, and kindness because I know everyone deserves that kind of service. I came from the hospitality industry and am now leveling up to learn about finance, so I believe I am adaptable and ready to take on any challenge and find solutions.



ZONE 4
Andrew Harder-Tessier

Hi there! My name is Andrew, the plaid guy, and I'm running as a representative of the CAT building.

I'm a student in the entrepreneurship and Innovation program. Along with wearing plaid all year, watching anime and playing video games, one of the things I like to do most is taking on new challenges. Over the past few years, this has meant working on a startup, running a painting business, and working on last year's Student Senate. For me, it's experiences like these, where I get to meet so many awesome people and do things I never dreamed of, that make life worth living. That is why my goals for this year are to start a general NAIT study club and increase accountability in the

student senate. To increase accountability, my pledge is that I will make sure your questions, comments, concerns, and ideas are addressed by your student government as soon as possible. To meet this promise, I will ensure that through my email: AndrewThePlaidGuy@gmail.com to respond to your messages within 3 days (72 hours) of receiving them. If you want to see commitment like this promoted in your student senate, then vote for Andrew Harder-Tessier!



ZONE 4
Paul Hingley

Hello fellow NAIT students,

My name is Paul Hingley, and I am in my second year of the Construction Engineering Technology program. Previously to coming to NAIT, I had worked for 10+ years in hospitality management. I am running for a Senate Position in the upcoming election.

Senate is the "governing body" for NAIT Student Association (NAITSA). Members of the Senate approve NAITSA bylaws, voice student concerns to the Executive Council and approve the Annual NAITSA Budget that comes from those mandatory fees you pay with tuition. I am currently the VP of Finance for the Construction Engineering Technology Student Club this year.

Throughout my time at NAIT, I have seen countless events offered to enhance your experience at NAIT. Unique and memorable opportunities to try new things or connect with people or get involved. NAITSA is a part of a lot of these experiences. I would ensure that NAITSA always puts NAIT students first and spends your money enhancing OUR NAIT Experience. I would be honoured to be your voice in the Senate this year.

Thank you.

If you see me on campus, introduce yourself; I would love to connect!

VOTE Paul Hingley for Senate! Oct 7th-Oct 13th



ZONE 4
Solomon Lacoursiere

My name is Solomon Lacoursiere and I am an enthusiastic candidate, excited for the chance to be on the NAITSA senate. I am a 19 year old business student seeking a bachelors degree with a finance concentration. My long term goal is to become a private wealth manager and achieve my

CFA designation. Serving the NAITSA senate would be an amazing opportunity for me to help keep the NAIT campus welcoming and vibrant for all students, new and returning. I love spending lots of time on the NAIT campus and will be in the CAT building all year, feel free to come say hello!



ZONE 4
Chayla Lalonde

Hi there!

My name is Chayla Lalonde and I am running for NAITSA Senate! I have been a long-time student at NAIT as part of the Architectural Technology program, to which I have been navigating by the Part Time Structured Program that runs in the evenings. I have decided to run for this election as I would like to help ensure the needs of the student body are met by overseeing and helping the organization in making

decisions that will best suite all our needs. While I cannot make promises on what changes I can help implement, I can promise you this, I will be your beacon for information, and will ensure all issues and hopes are brought to the attention of our Executive Council.



ZONE 4
Jenna Williams

My name is Jenna Williams, and I'm attending NAIT for the Business Administration program. I firmly believe in continuing education, as I've been a returning student of NAIT since graduating in 2019 from the Graphic Communications program.

I advocate for women's mental health research - focusing on ADHD, ADD, and learning disabilities. I recognize the high percentage of women diagnosed in their late teens to early twenties, and the stigma surrounding these disabilities causes women to feel ashamed. Having more casual conversations will force the stigma to shrink, and more women will feel comfortable seeking resources.

I can provide an unbiased voice on the NAITSA senate as I am the daughter of a tradesman, an appreciator of science, a supporter of the arts, and a current student in business. I work almost full-time hours while being a full-time student, so I understand those who juggle the work/school/life balance.

If you see me around campus, feel free to say hi. I love meeting new people and making new friends.



ZONE 4
Sungjoe Youn

Dear fellow students and kababayan in the CAT building at NAIT,

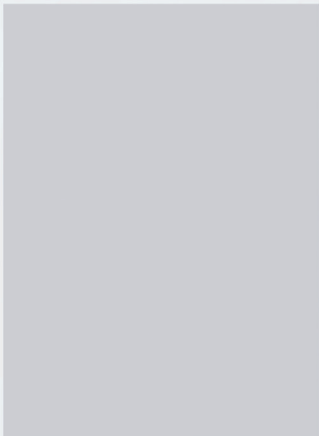
I'm Sungjoe Youn (He/Him), and I am a business student running for a seat on the NAITSA Senate to ensure that the mandatory fees we pay to NAITSA each year are spent in the best interests of all NAIT students.

As a Korean Filipino immigrant student at NAIT with experience in Canadian non-profits advocating for marginalized communities, I am an exceptional and qualified candidate for the NAITSA Senate. If elected, I will use my perspective and experience to encourage the other board

members to develop a more inclusive view and work with them to address the needs of the students.

You can count on NAITSA being held accountable and your concerns always being communicated to the executive council once I'm elected. If you have any comments or suggestions, please email me at syoun1@nait.ca. I will make sure the executive council addresses them as soon as I'm in the Senate.

Vote for me from October 7 to 13 at naitsa.simplyvoting.com before online voting closes at 4 PM on October 13!



ZONE 5

There are no candidates in your Zone, therefore no voting will occur.

If you have any questions you may reach out to NAITSA's VP Academic, Renata Medeiros at savpacademic@nait.ca.

EDITORIAL

OOK DROPPINGS: Long-distance relationships

By Kaytlyn Poberznick

Long-distance is hard. I will assume that is a statement felt by many, but there are ways to make it a little bit easier or more tolerable, at least. I will say that I'm not a pro at being in a long-distance relationship, and honestly, I never hope to be, but from the time I have spent apart from my boyfriend so far, these are some of the things we've done together while being separate.

Watching TV/Movies

Some streaming services let you watch movies and TV shows together on different devices, which is perfect for long-distance. This is an awesome tool when you're binge watching a series with your boo but can't be together. Disney+ is a great platform to share with ease.

Making Meals

Eating is important, and making a meal together makes it a bit more fun. Plan out a meal that both of you like, buy the same ingredients, and then spend the time together over Facetime or Zoom making the same food. It involves minimal effort and makes for a romantic night.

Games

Technology becomes a wonderful thing when you're in a long-distance relationship. Online games or even game sharing through a console can be a nice date. It can even be as simple as playing phone games with each other throughout the day to switch things up. Being able to do something together in real-time can make you feel more connected to your significant other.

Quizzes

Online quizzes, such as Cosmo or the love languages test, can be a way to learn new things about your partner. Love language tests give the opportunity to not only tell your significant other new things, but it's a nice way to learn stuff about yourself.



OOK DROPPINGS IS A RECURRING COLUMN WHERE THE NUGGET EDITORS SHARE TIPS, THROW SHADE AND SPREAD KNOWLEDGE.

GOT AN IDEA FOR A COLUMN?
EMAIL US!

INFO@THENUGGETONLINE.COM



Falling Asleep Together

It's hard falling asleep without them by your side, so why not leave that Facetime call on overnight? Even if it's just hearing the little snoring noises coming through the phone at 1:00 a.m., it can still be comforting. Plus, being able to start the next day saying "good morning" right away sets up the rest of the day well.

Make a List

It's hard to remember everything that happens throughout the day and this activity can make it a bit easier. This can keep you two up to date on each other's lives. Make little lists of all the things you want to tell them at the end of the day. It can be as simple as what you had for lunch or what someone said to you. But being able to debrief at the end of the day with jot points of little things that happened is a way to stay connected.

There's no denying that being in a long-distance relationship takes a toll on the brain and the body, but hopefully some of these activities can lighten the mood and make you feel more connected with your partner in a relationship where you can't physically be together.



EDITORIAL

Autumn recipes to spice up the season

Compiled by Mikaela Cotia

As a student living alone, I spend a lot of money on take-out, and most of my expenses are from dining out. I was probably spending about \$100 dollars and not even eating homemade food. I decided to check out some easy and cheap recipes and found that these fall recipes are worth a try, especially if you want to get a feel for the cold and cozy season while saving some money. If you can't cook delicious food or are too busy, here are three easy recipes that cost less than \$16 to make.

Pumpkin Pieinspired by allrecipes.com

1 (15 ounce) can pumpkin puree

2 large eggs

1 (14 ounce) can sweetened condensed milk

½ teaspoon ground nutmeg

1 (9-inch or 22 cm) unbaked pie crust

½ teaspoon salt

1 teaspoon ground cinnamon

½ teaspoon ground ginger

Preheat the oven to 425 degrees F (220 degrees C). Whisk pumpkin puree, condensed milk, eggs, cinnamon, ginger, nutmeg and salt together in a medium bowl until smooth. Pour into crust. Bake in the preheated oven for 15 minutes. Reduce oven temperature to 350 degrees F (175 degrees C) and continue baking until a knife inserted one inch from the crust comes out clean, 35 to 40 minutes.

Let cool before serving.



Photo from littlespoonfarm.com

Perfect Fall Cheeseballinspired by tastesbetterfromscratch.com

8 ounce block cream cheese

8 ounce tub vegetable cream cheese

2 tbsp Hidden Valley spicy ranch mix (or regular ranch)

1 red pepper, finely diced (save stem!)

3 green onions, sliced

Combine both types of cream cheese with a mixer. Stir in two tablespoons of the ranch mix, the green onion, red pepper and one cup of shredded cheddar cheese.

Spread a large sheet of plastic wrap and sprinkle about one-fourth cup of the shredded cheese onto the plastic wrap. Top with the blended cream cheese mixture. Take the rest of the shredded cheddar cheese and sprinkle it on the top and side of the cheese ball.

Wrap tightly with cling wrap, then wrap the ball with four large and wide rubber bands.

Place the ball into the fridge for at least two hours (overnight is best).

As the mixture cools, the rubber bands will help form a pumpkin shape. When ready, but off the rubber bands and carefully remove the cling wrap. Gently push the red pepper stem into the top to form a cute pumpkin.



Photo from craving4more.com

Pumpkin French Toastinspired by julieseatsandtreats.com

2 eggs

¼ cup of milk

¼ cup of pumpkin

1 tsp of pumpkin pie spice

½ tsp of cinnamon

2 tbsp of brown sugar

8 slices of bread

In a shallow bowl, beat eggs and milk and until well combined. Add in pumpkin, pumpkin pie spice, cinnamon and brown sugar. Mix until combined. Dip bread into egg mixture. Place bread on a preheated griddle sprayed with non-stick spray. Cook on each side for about two minutes. Serve with syrup or any other fun fall toppings of your choice!



Photo from delish.com

Bloody Whyte Ave: The tales that haunt Edmonton's legendary street

By Fraser Sockett

WARNING: Some of these stories contain details of violence. Please read with caution. Whyte Ave is a place where many NAIT students create their stories of drunken debauchery. But many don't know that the avenue brings about stories of murder and untimely deaths too. Nadine Bailey, a ghost tour guide in the Edmonton area, gives a glimpse into the spirits that haunt Edmonton's most historic avenue.

Walter, the fallen firefighter

Walterdale Theatre, now prided for its community theatre, was built in 1910 as a brick firehouse, replacing the old wooden firehouse a decade prior. Bailey claims one of the occupants who remains there died in 1909 on the second floor. Walter, the volunteer firefighter who passed away in the bunk room, lives in the actors' makeup room. Large makeup cases will slide across the room by themselves, and people who work or act at the theatre will see an older man in a black suit walk by them, without acknowledging them. But, the story gets more unusual—before firefighters had modern fire fighting trucks, they had to rely on horses to pull fire carts. These horses were well-trained; when they heard the fire bell ding, the equine would leave the stalls and head towards the fire carts. Bailey claims the Walterdale Theatre staff still hear the bell ringing, followed by neighs and clip-clops on the cement floor. She says some days, you will even smell horses, hay, and manure if you walk by.

The woman of the night

The Strathcona Hotel, built in 1891, is the oldest wood-frame building on the south side and the host to many murders. According to Bailey, one of the men staying in room 16 decided to get a sex worker to keep him company. An argument occurred, and he paid her with strangulation instead of money. Three days passed while he stayed in the room with the woman's decomposing body in the bathtub. He chopped up the poor woman's body with an axe, placing her parts in suitcases to toss in the North Saskatchewan river. All the bags were recovered except for the one containing her head.

The woman now roams the halls, appearing as a lady with long dark hair, her image dripping in blood, asking in a ghostly voice, "Where is my head?"

Bailey claims that eventually the lady was buried in the Mount Pleasant cemetery, except for her head. The hotel is currently under renovations, so if you stay there one day, you might bathe in the room where her body spent three days decomposing.

Humphrey, the unlucky vagrant

In 1905, a homeless man trying to make it north for the gold rush got a temporary job building the old Strathcona High School. This man's name was Humphrey, and he had a supervisor who was not a good man. His supervisor was in love with whiskey—he would send his crew home early so he could drink and would often show up to the work site drunk. Bailey explained that one day, the supervisor came to the worksite and found Humphrey face down in the foundation; instead of alerting authorities, he poured cement on Humphrey, encasing him in a tomb.

For decades this was an urban legend. But in 1891, cracks appeared in the spot where Humphrey supposedly rested, and upon attempted repair of the cracks, human remains were discovered.

Ghost Humphrey is a bit mischievous; he will open doors, flip desks in rooms and turn lights on and off. If you are a man and walk down the main staircase, you will sometimes feel as if you are being pushed from behind. When turning around to see who did it, you will see a man dressed in early 1900's attire staring down at you. The school opens to visitors during Historic Week in August, so stop by and say hello to Humphrey.

Old Hub Cigar Shop (10345-82 ave)

One of the first cigar shops in Edmonton was built in 1896. The shop was at the front of the building, and in the back was a billiard room, where gambling and drinking took place. The bartenders would get water via a well. One day in 1899, the customers started complaining about the smell and taste of the well water. To investigate the complaints, the owner tied his 11-year-old nephew onto a rope with a single lit candle, lowering him into the well. The poor lad discovered a dead body with a single bullet shot in its head.

According to Bailey, this is the oldest unsolved murder in Old Strathcona.

These are just a tiny sample of the tales that haunt Edmonton's historic area of Strathcona. If you want to learn more about Edmonton's dark past, Bailey offers ghost tours through edmontonghosttours.com.

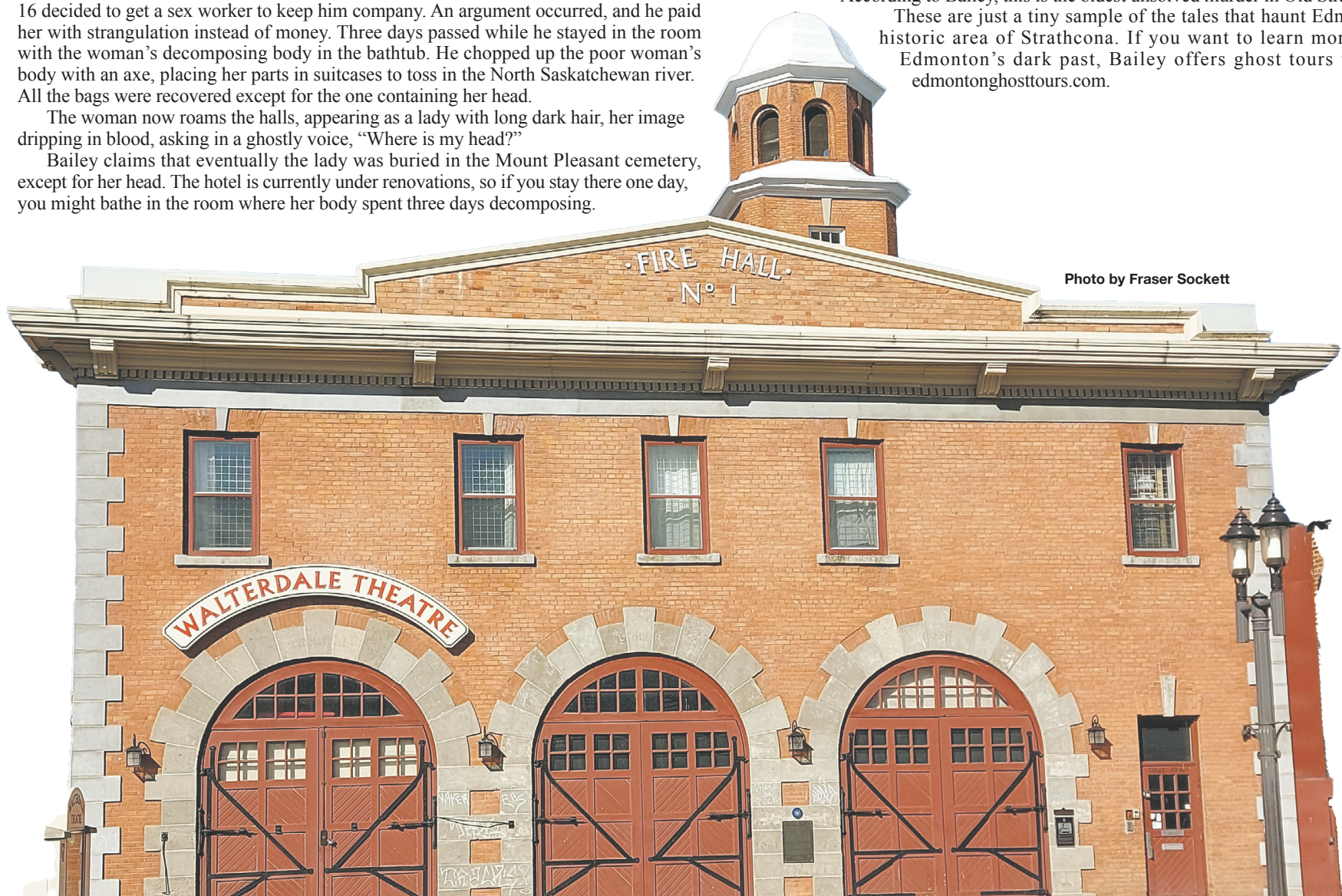


Photo by Fraser Sockett

Haunted Canada: Weyburn psychiatric hospital



Weyburn, Saskatchewan was home to one of the oldest psychiatric hospitals in Canada.

Photo by BriYYZ via Wikipedia

By Paul Kusmire

October is upon us and Halloween is creeping its way in. For those looking to be scared, there are haunted houses that are created by set designers and actors. But, did you know Canada has something a bit less staged in every province? Alberta already has so many places of note, including the local legend of Goatman Road. For this peek at a real haunted house we are travelling to the province of Saskatchewan.

Weyburn community, located in south-eastern Saskatchewan, was host to a psychiatric hospital named Souris Valley. Built in 1920, it was one of the largest buildings in the area. During its time, it was highly utilized. At its peak, over two thousand people were being held in its walls. Experiments done here varied from light treatments to highly controversial therapies, like electrotherapy and LSD usage. Souris Valley was the stuff of true nightmares, ones that horror stories are inspired by. The building was closed to the public years later in 1971. It remained standing with an air of unease to those who looked

after it.

Stories from former workers always include the feelings of unease and immense sadness they had while in the building. And when the workers went home after the building's closing, Souris Valley still had uninvited guests. Common stories talk about a lady walking around the fourth floor. Strange noises are even heard in its unattended halls. Perhaps the patients' spirits are still there, suffering.

The building was demolished in 2009, but Souris Valley still places at the top every year for the most cursed and haunted buildings in Canada. While the hospital no longer stands, the tales of horrible treatments and ghostly screams from the unwell remain.

If you find yourself wanting to explore these lands this Halloween, you might find something more than a person in a costume jumping at you, like a chill, uneasy feeling of a tainted past seeping into your soul. That, or the wind is extra breezy. That's for you to decide.

SCARE US AND WIN!

THE NUGGET IS HOSTING A SCARY SHORT STORY CONTEST. SUBMIT YOUR NAIT-THEMED SHORT FICTION ENTRIES BY OCTOBER 19TH AND YOU COULD WIN OILERS TICKETS, SWAG, AND MORE!

EMAIL info@thenuggetonline.com FOR RULES & ENTRY

Competition breeds community in Alberta's Super Smash Bros. scene

By Paul Kusmire

Esports is a mainstay in the modern competitive entertainment landscape and has spawned some strong communities around particular esports games. Super Smash Brothers has seen a large pool of casual and competitive players from different regions, including Alberta. Alberta's legacy with Smash Bros. goes back to the release of Melee in 2001. It started small, with a modest number of players, compared to the current day of Smash Bros. Ultimate pushing record competitors at local tournaments since its release in 2018.

It wasn't easy for Alberta to gain this deep-rooted sense of community. According to Alberta-based competitive Smash players Kursed and Alphicans, there is more to the story. Kursed is a tournament organizer with seven years of competitive experience in Smash, starting in the basement and travelling coast to coast. Alphicans has been playing Melee since 2007 and has continued to be a top player in all Smash games. Kursed and Alphicans praised how communal the Smash scene has been in Alberta. Kursed remarked, "We have had players documented back to 2005 making [tournaments]." Not only did Alberta have an early legacy in the Smash scene, but players from all over the province showed up to tournaments throughout Alberta to better themselves and push the community further. Alberta has even produced some recognized names beyond Kursed and Alphicans. RM8 and Exodia have both gained widespread recognition due to their abilities.

Alphicans mentioned how hard the pandemic has been for competitive Smash tournaments in Alberta. He noted, "We were not that active during the Covid years." Kursed backed up this claim by saying that "everyone had to turn to Wi-Fi" since no one could make contact with each other for a locally dominated game in competitive play. Both players remarked how bad the online networking was, forcing players to retire in what Kursed called the 'Wi-Fi Era.' Alphicans added, "Alberta is not known to have great internet compared to other places like the states. Entering online tournaments is always full of lag, even with a good connection." Two years passed with only online play, brutalizing the game's local and competitive community. "It took a toll on the community," said Kursed.

Things are only now coming back to local play with old and new players returning.

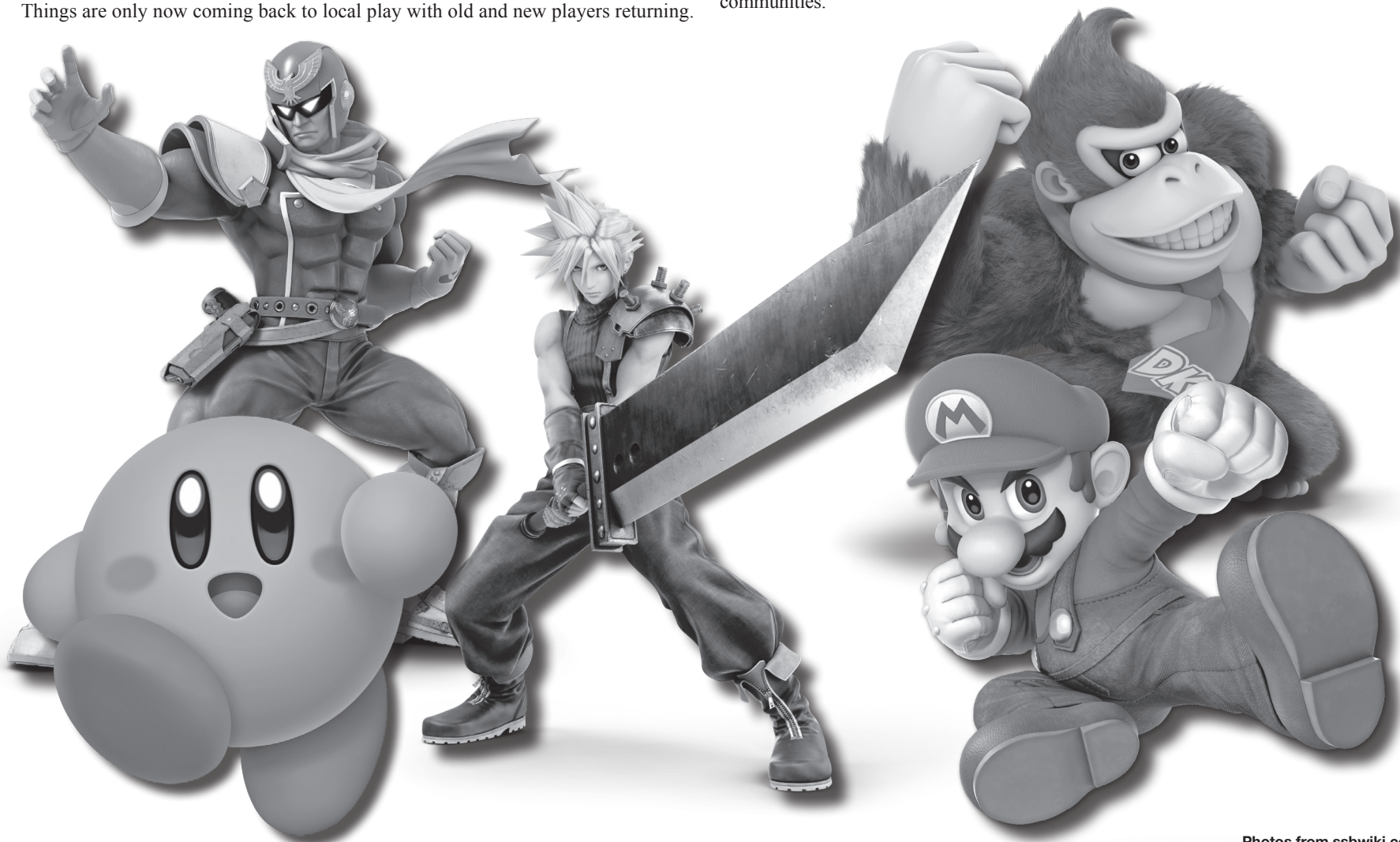
Though Alphicans says we are "slow to start back up," players have shown there is still a love for this game. The Alberta Arcadian 2022, a local tournament held at the University of Alberta, has seen record entrants after such a long break. Kursed, who organized the Arcadian, is happy with the new skill. Because an Arcadian is an event where the top-ranked players in the region are banned, players who haven't had a chance to show their talent yet can shine.

"Before Covid, [younger players] were coming [to tournaments] with their parents. Now they are older and top level of Alberta after the pandemic," said Kursed. There's been a boost in morale for players who struggled in the "Wi-Fi Era" during Covid. Even with this new rush of players, Alphicans thinks the Smash community can push things further and get past the grassroots title Alberta Smash is known for best.

"We need to work on engaging the people who gain the value. It's hard with no big production values," Alphicans said. "We haven't kept up to the Vancouver scenes. We don't have the sponsorships yet."

A lack of sponsorships doesn't mean it's over for Smash in Alberta. Kursed and Alphicans are incredibly passionate about the community of Smash. Both players remembered how it felt to be around the friends they met in the game's lifespan. "It was about seeing your friends every Friday," said Kursed. That has been the wonderful pull of Smash. The game has been holding out through tough times only to create a stronger sense of community. Swinging swords, flinging bombs or firing lasers while having a laugh on the couch is the true beauty of Smash. Feeling "at home" is a strong sentiment shared by players to sway those still unsure of going out and just sinking into the infectious enthusiasm for this beloved game.

NAIT and the University of Alberta both have strong ties with Smash Bros. Weekly tournaments are run at the U of A, with NAIT students getting an open invitation to join. The eSports club at NAIT will also be organizing Smash events for NAIT students and their friends. It's never been a better time for students interested in competitive gaming to start fresh or jump back into one of Alberta's most long-lasting and whole-hearted Esports communities.



eSports at NAIT: Rebuilding an interconnected community for student gamers



by Alleah Boisvert

Gamers can look forward to a rapidly evolving community with the reopening of the eSports Club at NAIT (ESAN). With games like League of Legends, Valorant, Super Smash Brothers and Apex Legends, there's a space for all types of gamers. Pierce England, the new president of ESAN, has been preparing for a fun semester of casual and competitive gaming.

England, who is in the DMIT program, was excited to take on a leadership role and help his peers connect in person and online through their shared passion.

"I've always wanted to take on management roles whether it be at work or something I'm involved with at school, I just feel like I haven't been given the opportunity much," said England.

In the short time he's been president, England has organized a user-friendly Discord server with over 100 active users. The server holds online events such as meme competitions and Among Us nights to help members of the club break the ice.

"We have a Minecraft server that we launched as well. That was really successful...it's been great. There's been well over 30 people who have wanted to be whitelisted and have played on the server," said England.

ESAN is also working on registering members in the College League of Legends (CLoL) Fall Warmup. England says he'd like to have ESAN represented in more tournaments in the future.

"I would have to scout what the talent is for the games that we want to compete with...I would love to be able to represent NAIT at the CLoL tournament. There's a lot of Valorant tournaments that are coming up too...I'd love to go to the Smash weeklies and have a few players represent NAIT there as well," said England.

After reading NAITSA's Campus Clubs Handbook, England reached out to the University of British Columbia Esports Association's co-president, Kaden MacKay, for inspiration. With over 4000 users on Discord and partners like Telus and Lenovo, UBC's student-run eSports Association is a benchmark for non-profit student clubs.

"They have an enormous eSports org there...It's really cool. I talked to [one of] the presidents of that eSports org [and] he suggested that we should do [multi-game

tournaments], so that's something I'd also like to do," said England.

MacKay recommended that ESAN merge with similar NAIT student clubs, so ESAN is combining forces with other multiplayer gaming clubs at NAIT to nurture an interconnected eSports community for students.

"...I think I can provide a lot of input and ideas and they can also tell me what has happened in the past and what works and what doesn't work," said England.

The ESAN Discord server will have different "wings" for each game so that members can participate in their game of choice. This also helps casual players ease into the community without being overwhelmed.

"People will have a lot of fun and I think it's really important that they make connections in the eSports club, especially post-COVID," said England.

Currently, ESAN is on the lookout for students who may be able to help the club amp up their social media presence, another suggestion England received from MacKay. There's potential for ESAN to gain traction through fundraisers and community events and students are encouraged to get involved.

"If you're interested [in gaming], even if it's not just in eSports, join the Discord. Just by being in the general chat there's so many people who are looking to play games pretty much every night," said England.

Students interested in joining ESAN can check them out on the Ooks Life website. They can also stop by the NAITSA Clubs Showcase on October 13 and 14 to check out ESAN and other clubs NAIT has to offer.



Use this QR code to join the ESAN discord

3 mind-blowing unconventional sports

By Emmett Moore

Everyone has their own ways of relaxing in this difficult world, and lots of people turn to sports. But what about the sports that aren't given as much attention? How weird and strange can they get? From brawling in the streets in the name of sport to chasing cheese wheels, here are three sports around the world that will blow your mind.

Calcio Storico



Photo by Lorenzo Nocioli

Calcio Storico is an aggressive mix of soccer and professional wrestling. This Renaissance Era game played exclusively in Florence has teams fighting to get a ball to the opposite end of the pitch and throw it in the opposing team's net. They look to score by any means necessary and regularly get bloody and filled with injuries. Calcio Storico was so violent that it fell out of tradition in the 1600s, and was brought back centuries later in 1930 by Benito Mussolini. They have taken measures to make the game safer, updating the Renaissance era rulebook to include no head clashes, only fighting one person at a time, and no convicted criminals in 2007 after a massive 50 person brawl started. This game is the most aggressive on the list, but the strange games do not end here.

Bo Taoshi



Photo by DozoDomo via Flickr

Bo Taoshi is a game in Japan best described as pole toppling. Started by Japanese military cadets in the 1940s, two teams are split into attack and defense and each try to knock the enemy pole over or protect their own. However, teams are made of 140 people total, and the poles are ten feet tall. Attackers push and shove and oftentimes jump off other attackers as they try to push the enemy pole down. The only thing in their way? The

ninja perched on top of the pole. The ninja is tasked with kicking players from getting higher on the pole, as the rest of the defenders form a massive human wall around the pole. This game can get intense and is always fast paced, as teams race to knock over the enemy pole before their pole is toppled. This Japanese classic is known as one of the most technical yet wacky sports in the world, with high-flying action and energetic team work. But it's not even the weirdest in the list.

Cheese Rolling

The king of all wacky sports comes in the form of chasing a cheese wheel down a hill in England. Held near Brockworth, England, the Cooper's Hill Cheese-Rolling and Wake is one of the most dangerous sports known to man. Despite its lighthearted



Photo by Brockworth from Coopers Hill Cheese Roll Facebook

appearance, competitors tumble uncontrollably down the hill, chasing the seven pound wheel. 23-time winner Chris Anderson said in a CBC article that "it's not really realistically possible to catch the cheese," as the wheel can reach speeds of 130 kilometres an hour. The cheese wheel waits at the bottom of the hill, and the first person down the hill is crowned winner. Anderson's wildest win comes after knocking his head and blacking out. "I still won, I literally came across the line unconscious," he recalled in the same article.

The tradition started in 1826 and got officially cancelled in 2008, however, locals have kept the race going ever since. "It's one of those crazy British traditions," Anderson explained. There will never be another sport like the cheese wheel chase. It's weird yet intense chase is fast paced and interesting, yet keeping the simplicity of the sport untarnished for 200 years.

Despite their hazardous nature and threatening to be cancelled constantly due to injury concerns, these sports will forever be known as some of the weirdest games ever played. As dangerous as they are, their wild rulesets mixed with passion and love for the sports let these sports live on in the minds of their nations.



Anderson poses with his children. Photo by Brockworth from Coopers Hill Cheese Roll Facebook

EDITORIAL

From fantasy to reality: How to play Quidditch



Photo via edmontonquidditch.com

By G. Mara Killian

If you are anything like me, you knew about Quidditch long before you knew about most regular sports. Watching Harry and Malfoy speed after the golden snitch in the first movie had me fantasizing about having the same experience, something the video games could never truly accomplish. But, Quidditch has evolved from purely fictional to a fully functional sport with 22 teams in Canada and leagues at national and international levels.

In recent years, the International Quidditch Association (IQA) changed the name from Quidditch to Quadball. They don't own the trademark for Quidditch--the inventor of the game, J.K. Rowling does. The organization, now called Major League Quadball (MLQ) also wanted to distance themselves from Rowling after her series of controversial tweets and blog posts.

The game has five positions: chasers, beaters, keepers, seekers and the golden snitch. Each match starts with three chasers, two beaters and a keeper on each team. Chasers attempt to get a slightly deflated volleyball called a quaffle through one of three hoops on the opposing end of the field. The two lower hoops to the left and right are worth 10 points, while the taller hoop in the middle is worth 20. Beaters will attempt to stop chasers by throwing dodgeballs (bludgers) at them.

When a player is hit with the bludger, they must stop what they're doing and return to their goal zone before getting back into the action.

In the last quarter of the game, the snitch and seekers enter the field. The snitch isn't part of either team and undergoes intense training to ensure they aren't playing favourites. Their job is to run away from each team's seeker, who must grab a small ball attached to the snitch's shorts via a sling. When a seeker captures this ball, they score 30 points for their team and the game ends. Capturing the golden snitch, while not a guaranteed win, can be the deciding factor in a close game.

To make the sport harder, and in keeping with the Harry Potter novel series, every player but the snitch must have a broomstick (this is usually a fiberglass pole in MLQ league) between their legs throughout the game. Having the broomstick between your legs signifies that you're "flying" and cannot be tackled (though bull rushing and half-tackles are still allowed while "in the air"). When "grounded", you can be tackled from any direction except behind for safety reasons.

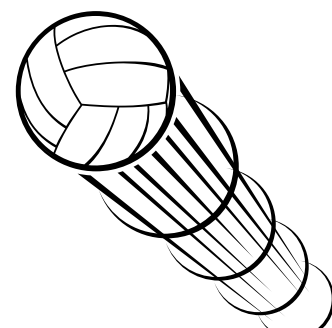
If you're interested in joining a Quadball team, the Edmonton Aurors Quidditch Club happily welcomes new players. You can contact them through email at edmontonaurors@gmail.com, at edmontonquidditch.com, or through social media.

CALLING ALL SPORTS FANS! WE NEED YOU!

The Nugget is a student paper, and that means we need students to write. If you love sports and want to see more sports content online and in our print issues, come write for us! Get paid to write about the things you love.



PITCH MEETINGS EVERY WEDNESDAY
FROM 12-1 IN E117
OR EMAIL [SPORTS@THENUGGETONLINE.COM](mailto:sports@thenuggetonline.com)



Behind the bench: A look at Jordan Baker



Photo via NAIT Athletics

By Alex Galenza, previously posted on naitooks.com

NAIT Ooks men's basketball coach, Jordan Baker, is making his name known on and off the court. He was a long-time student-athlete at the U of A before making his way to the CEBL, where he has just finished his third season on the team. Baker, the captain of the Edmonton Stingers, said his natural ability to lead helped him move from one side of the bench to the other.

"I've always gravitated towards leadership roles as an athlete. I take pride in my ability to lead by example and empower my teammates to reach their potential. As I matured, I realized that I could be an extension of the coaching staff while on the floor, so I became a more vocal presence throughout my professional career," said Baker.

Jordan Baker's professional career began right after university, where he played with the Orange Academy Ratiopharm of the German Pro B League for the 2014-2015 season. In 2015 he played with Galitos Barreiro of the Portuguese LPB League for a season. In 2018 Jordan Baker suited up for the Stinger's inaugural season. Being on both sides of the bench helps him become a better coach.

"One of my strengths as a head coach is being able to relate to the student-athletes in our program. Part of that is due to the fact that I am still playing professionally, but also that I am less than ten years removed from being a student-athlete. My decisions are always influenced by how they impact the student-athlete experience, and I know I always appreciated when my past coaches did the same," said Baker.

As a student-athlete, Jordan Baker made his presence known from the beginning and

was named to the CIS All-Rookie Team in 2010. It didn't stop there; he was named to the CIS First Team All-Canadian in 2012 and 2014, and by the time he was done with the Golden Bears, he was the all-time leader in career points, rebounds, assists, steals, and minutes played.

Ooks Guard Griffin Lorenz said that having a coach that is also a player has had a considerable impact on the program; Baker isn't a coach that sits on the sidelines in practice.

"Yes, he plays with us in scrimmages and drills, especially at the end of our season when he's preparing to play for the Stingers. I enjoy it because it allows him to lead by example and show us exactly what he wants us to do, and we can all see it first-hand. It also makes us better playing with him as he's obviously a good player, but he never stops coaching and communicating with us when we play, and we're constantly learning. He also does not go easy on us and hates losing, so it makes for some interesting practices," said Lorenz.

When asked if he had a favorite side of the bench, Baker said, "I enjoy both for different reasons. As a player, you are able to impact the game directly, and the comradery you build with your teammates is what makes the varsity experience so special. As a coach, I take great pride in seeing young student-athletes experience success on both an individual and collective level. Both roles are rewarding, but I'm excited to grow and learn more about myself as a head coach."

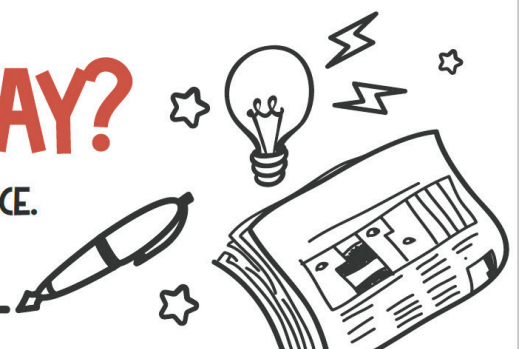
Catch the NAIT Ooks men's basketball team in action this fall. Their season opener is October 21st at 8 p.m.



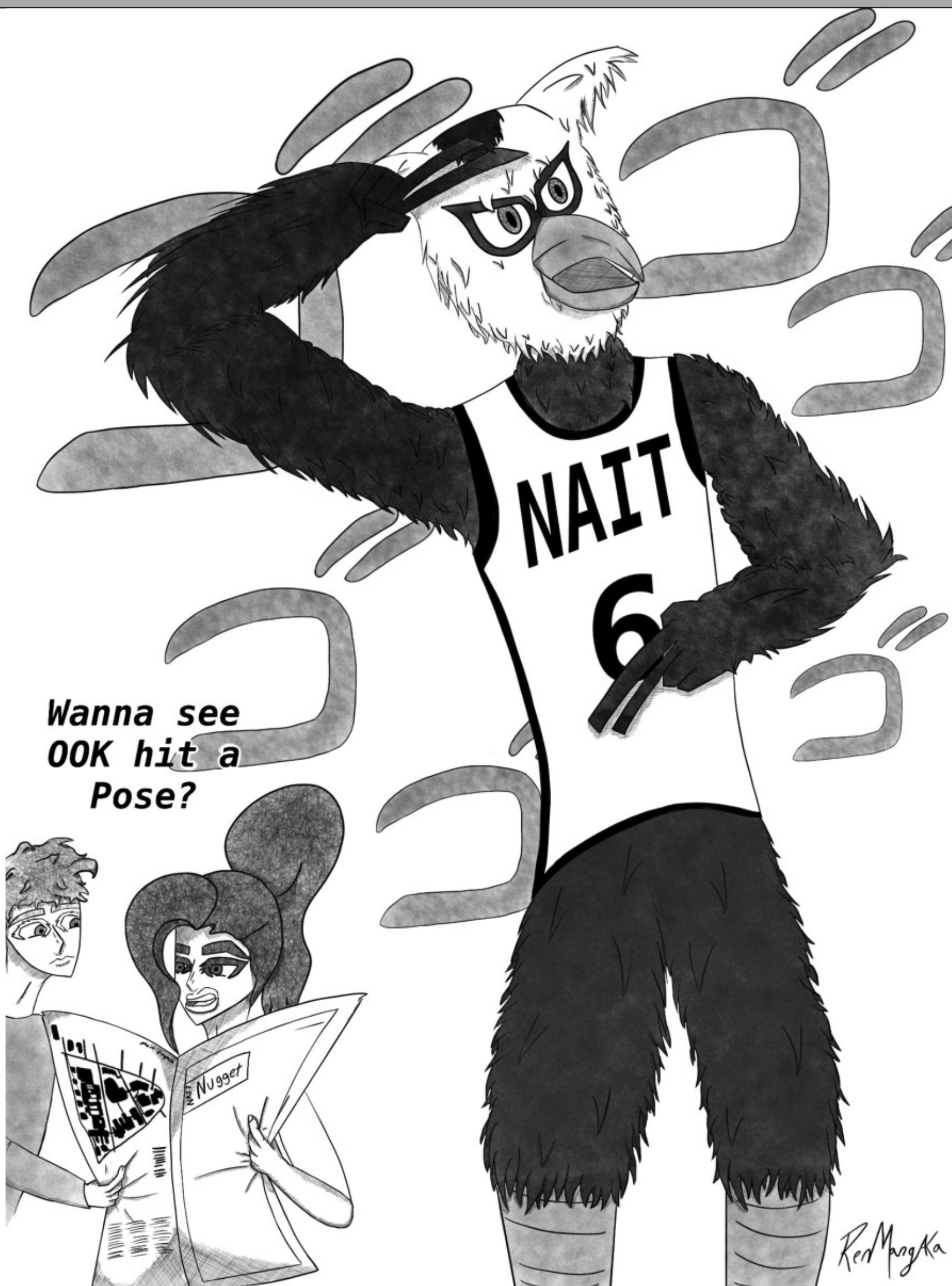
HAVE SOMETHING TO SAY?

WRITE FOR THE NUGGET AND GET PAID TO SHARE YOUR VOICE.

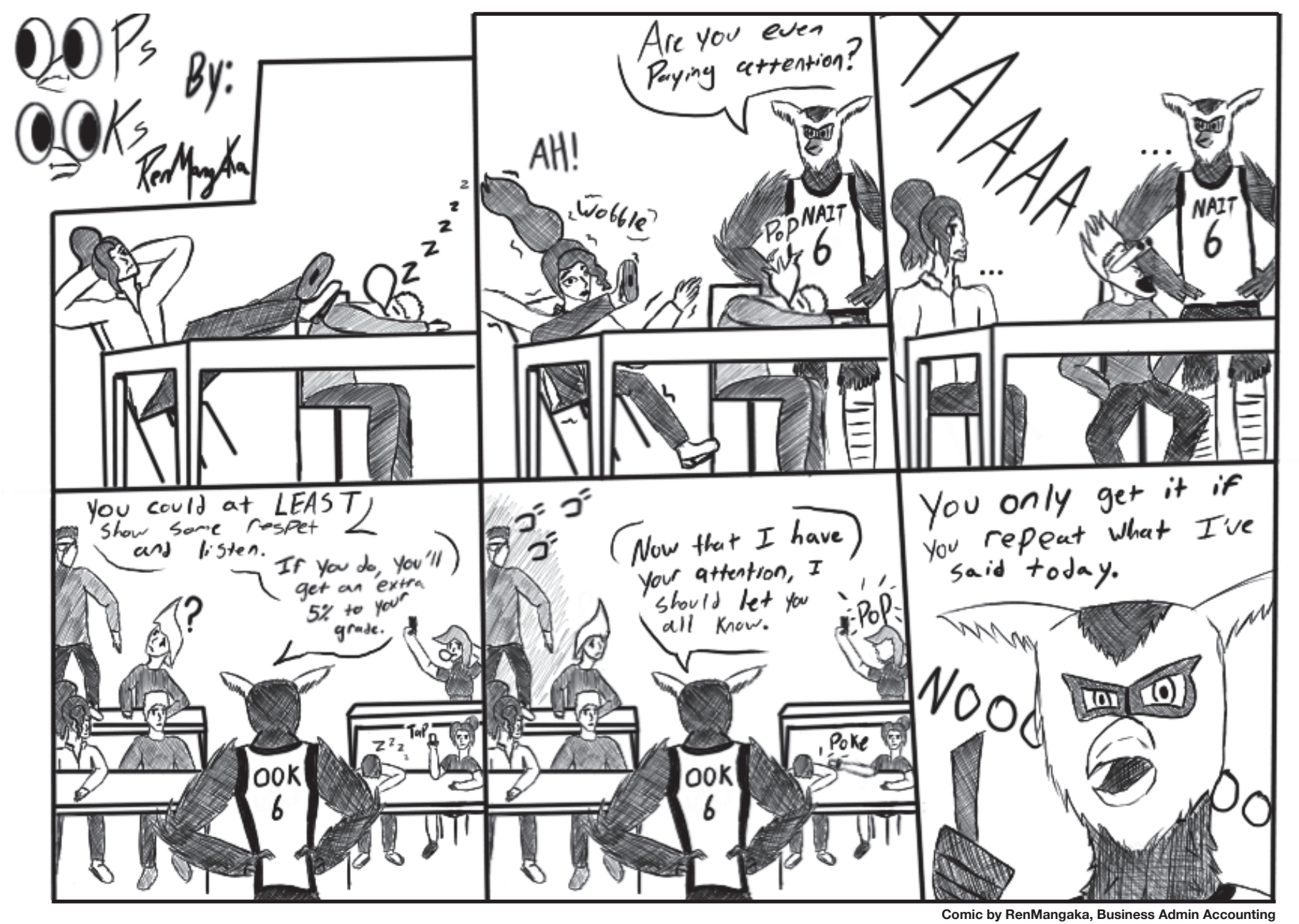
EMAIL [INFO@THENUGGETONLINE.COM](mailto:info@thenuggetonline.com) FOR MORE.



Creative Corner



Creative Corner



Comic by RenMangaka, Business Admin Accounting

SUD-OOK-U

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

EASY



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

MEDIUM

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



HARD

Creative Corner





EASY SOLUTION

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



MEDIUM SOLUTION

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

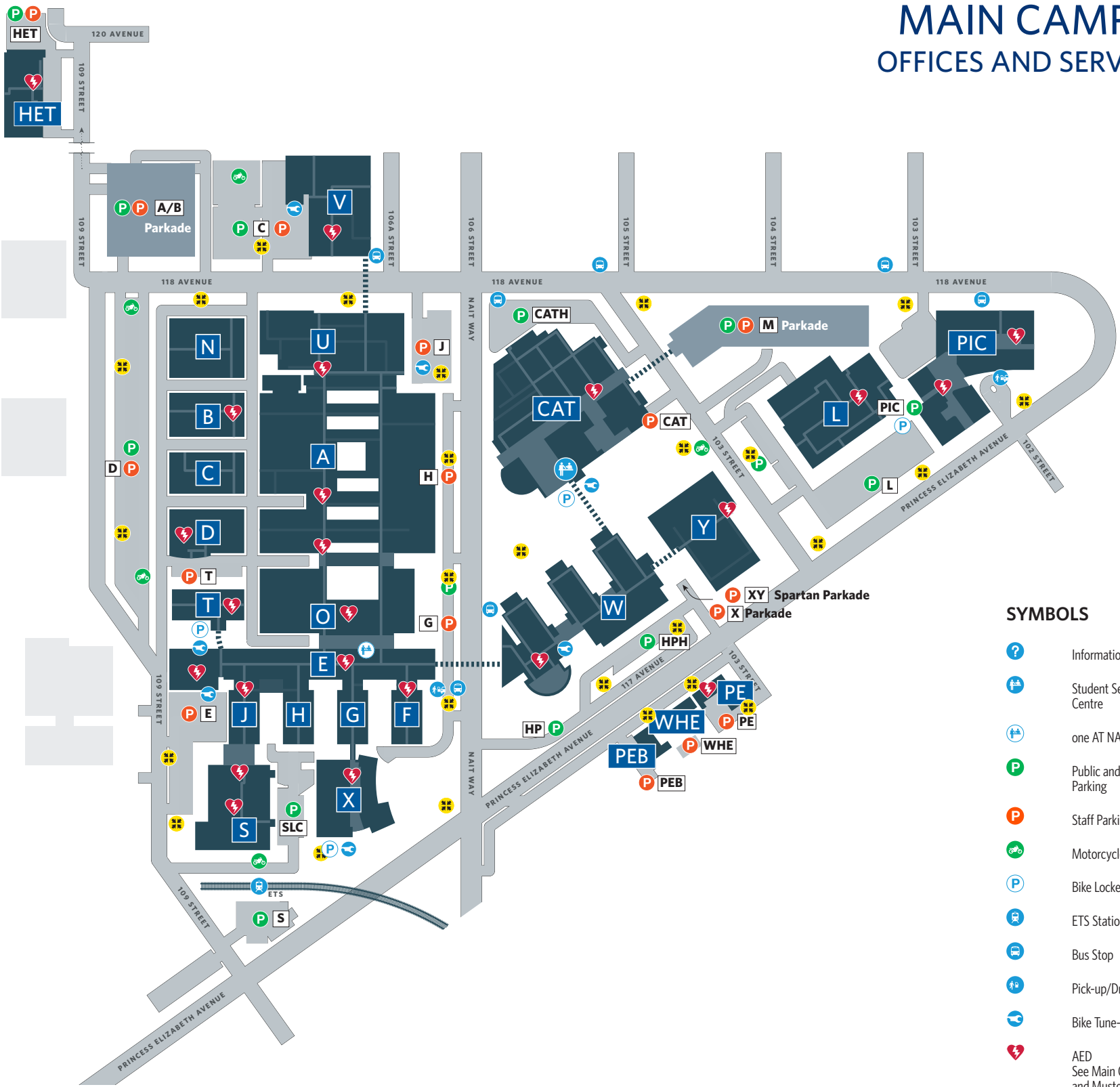


HARD SOLUTION

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

Comic by Yuliia Dolgireva, Graphic Communications

MAIN CAMPUS OFFICES AND SERVICES



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

LOCATIONS

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

BUILDINGS

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

OFFICES AND SERVICES

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