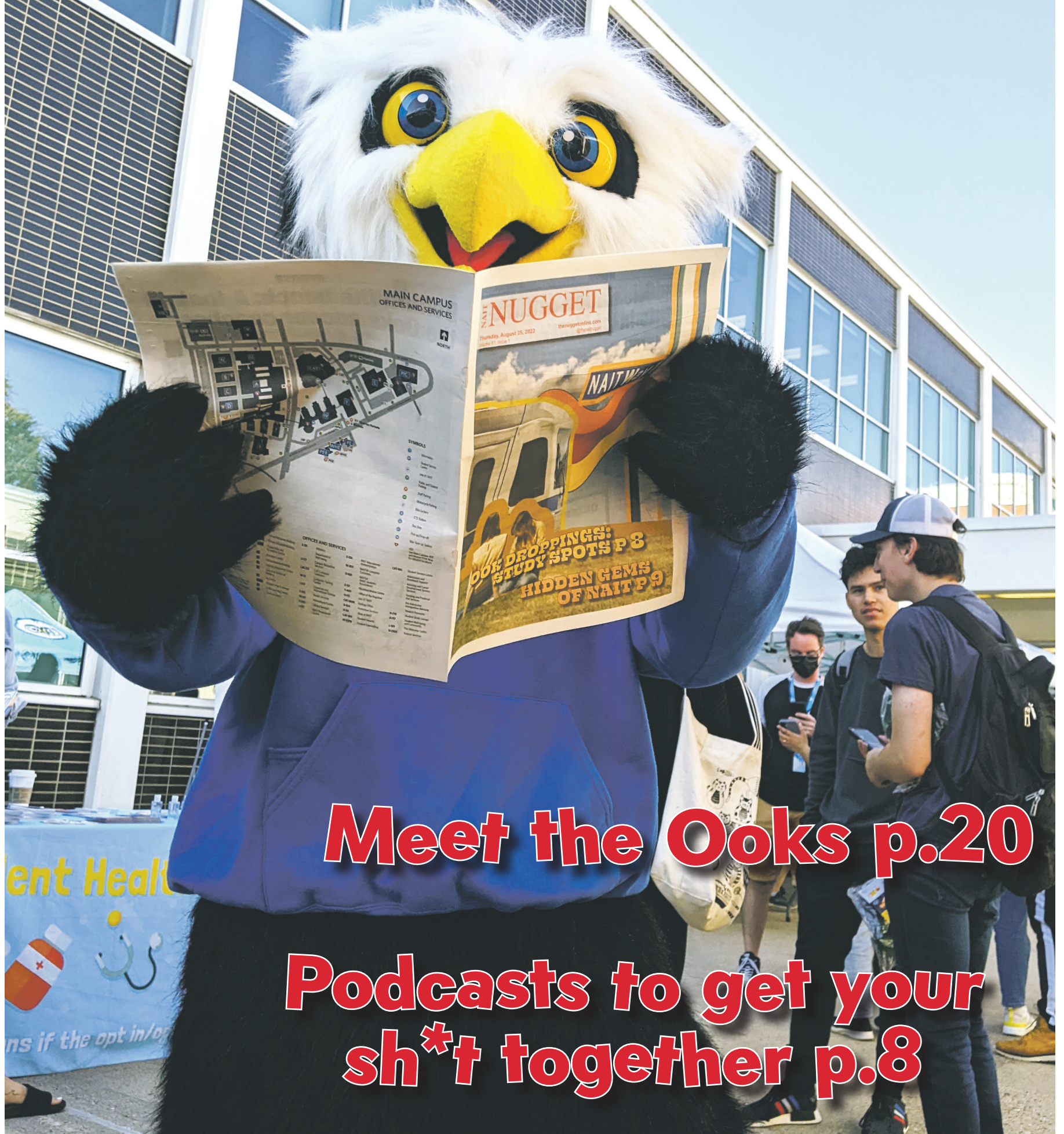


NAIT NUGGET

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sh*t together p.8**

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Mawji centre opens Blue Book program



The Mawji Centre is located in CAT309A.

Photo by Allison Creasy

OPINIONS

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

Send us your thoughts.

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

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

By Allison Creasy

In 2021, NAIT's Mawji Centre for New Venture and Entrepreneurship began a new initiative to foster entrepreneurs and help support them throughout the development process. The entrepreneurial blue book program is available to all NAIT students enrolled in at least one credit course and it can be completed at their own pace following the academic year.

NAITSA's Student Involvement Coordinator, Chris Black, began the blue book program during his final year in the bachelor of technology program.

"I originally did business analysis through DMIT (digital media and IT) and then I went straight into the bachelor of technology program right afterwards," said Black. "Even through my DMIT program I was very interactive with a lot of the [business] start-up community ... and technically in my third year [at NAIT] I was working full-time with a start-up."

Black says he learned about NAIT's new program through his connection to the start-up community: "I was able to see what I didn't know from real-world experience ... and I identified where there were some missing competencies. That's where I heard about the blue book [program], pitched an idea and it went well."

Since its inception in 2017, The Mawji Centre was created to inspire an entrepreneurial mindset throughout NAIT. Many of their initiatives give students the resources they need to start their businesses. The entrepreneurial blue book program offers a more in-depth advantage to students, giving them training and resources, along with the chance to connect with professionals to learn from.

"The ones [guest speakers] I did attend were great because ... I prioritized any of the ones were [about] my identified deficiencies. I'm not great at marketing ... and that's also okay but attending a conversation about marketing – I got a lot of value out of that

just because it allowed me to absorb some of that information, and more importantly, experience from someone who does it professionally," said Black.

"You don't know what you don't know until you start getting into things and then you start understanding 'Oh I thought I was good at this and I'm not – where can I get some more information?' So for me, it was about learning from that experience [and] from folks that I would have no other way to connect with and get that information from."

Upon completion of each task, students are rewarded cash for their project, which amounts to \$1,000 by graduation. The final step of the program involves a student showcase: "I actually quite liked it, the first couple of pitches, because you're keeping it quick – within a minute, tops 90 seconds – to get your idea across. By the end, I was just rattling it off ... and you very quickly learn the vernacular that rings true with your crowd. The crowd was a lot of tech folks and investors." Black advises that students' ideas don't always resonate with some attendees of the showcase. However, many interested investors will reach out after the showcase for further details.

Black completed the entrepreneurial blue book program in March of 2022 but has decided to hold off on his business launch for the opportunity to continue networking and learning. "It's one of those things that you still get support even when you're done it [the program] ... I keep them in touch with what I'm working on. So even though it was "over", it's not really over because I graduated from that program and there's still resources that I can utilize."

The Mawji Centre is located in CAT309A. Students interested in the program can apply via the Mawji Centre's webpage and this year's cohort will launch on September 22.



THE NUGGET

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Early tuition deadlines cause student frustration



By Amy St. Amand

There are numerous things to think about when starting school: getting the classes you want, making new friends, paying tuition or applying for loans. But for one NAIT student, things turned south when she realized the week before school started that she had been dropped from her classes for failing to pay tuition.

Terra Achtymichuk, a business administration student, didn't realize the deadline to pay was August 10th, over a month earlier than other Edmonton schools.

"I went to the U of A two years ago, and I remember the deadline was late September, and that made sense to me, because if I wanted to change my classes I wouldn't have to worry about getting a refund," explained Achtymichuk.

But during a conversation with a friend at the student leaders' summit on August 26th, Achtymichuk realized she might have made a mistake.

"I was talking to one of my friends on [Campus Activities Board] and was like, 'I still have to get my tuition paid,' and she kind of looked at me and she was like, 'You know that was due August 10th? They probably dropped you.'"

When Achtymichuk went on her student portal that evening, she saw that she had indeed been dropped from all her courses.

"I went and looked, and my schedule was empty. All my classes were gone. I was in a panic and sent three different emails to student services and booked an appointment."

In her investigation, Achtymichuk also realized the storage on her Gmail account was full, so she had never received the tuition reminder emails informing her of the deadline and consequences for non-payment.

"I went through and saw my storage was full, so I fixed that problem, and I did find [email reminders] ... I got one I believe on August 2nd and the one on the 9th."

NAIT does send numerous email reminders to students about the upcoming tuition deadline, said Jen Crothers, NAIT Associate Vice President & Registrar, Student Progression.

"Before we cancel a student, we'll always contact them multiple times," said Crothers. "And then, even though our tuition payment deadline is on the 10th, we always like to give students a grace period ... we know that people are trying to get their plans together, making last minute arrangements and so we want to try to account for that too."

The tuition deadline is based on NAIT's small class sizes, Crothers explained.

"For [NAIT], we really need to understand before term starts if students aren't able to attend, so that we have enough time to

backfill those seats."

While Achtymichuk was fortunate and got spots in four out of five of her previous classes, she was frustrated by the lack of confirmation email saying that she had been dropped.

"The part that just stuck with me was like, are you going to tell me that I got kicked out of my class? Because I was going to all those classes. If I hadn't found out, I would have gone," said Achtymichuk.

"I couldn't find an email that was like, 'you got dropped, you missed it [the deadline].' So unless there was a notification on my portal or something? But I couldn't find anything, so I guess you'd just have to assume they dropped you."

New students are notified they've been dropped from their classes, but for returning students, they aren't officially notified they have been removed from their classes until after the add/drop deadline. Students can re-enroll in their classes and pay tuition, but if they don't, they will be withdrawn. "If they don't end up enrolled again we withdraw them for failure to enroll and they get an e-letter notification at that time that they are withdrawn from their program, this typically happens after the drop deadline for a program has passed," Crothers explained in an email.

While NAIT primarily uses email and student portal notifications to reach students currently, they are looking into alternative methods.

"We are looking at texting through PeopleSoft as one option to be able to support, just a different way to remind students," said Crothers. "We are looking at other ways to connect with students recognizing that e-mail might not necessarily be the way that makes the best sense to stay connected to them in the future."

Going forward, Achtymichuk cautions students to understand the upcoming deadlines and to check their email frequently. "I'll definitely be more careful with my emails and watch them ... they link them to our personal emails, so I'm getting stuff from like Wayfair and Poshmark and the same time, so yeah, it is easy to miss. It's a sucky thing to happen, especially so close to the start of school," said Achtymichuk. Similarly, Crothers urges students to be aware of everything that is involved in accepting their admission and starting at NAIT.

"Just before the start of every term, make sure you really understand where those deadlines are and what will happen if you don't meet those deadlines," explained Crothers.

"And if for any reason you're not able to meet those [deadlines], please connect with us ... we really want to understand this so we can work with students."

Well-being collaboration rooms open to book



Photo by Allison Creasy

By Allison Creasy

Before the pandemic, students had access to a “well-being lounge” for a quiet space and an opportunity to recharge. Now that space restrictions and staffing for the lounge is no longer feasible, NAIT aims to create these opportunities in other spaces. Rosie Colangelo, NAIT mental health program coordinator, has overseen the development of this project for a year.

The well-being spaces, found in CAT 233 and 314, can accommodate six to nine people between the two of them. The lightweight furniture, including privacy screens, allows students to easily rearrange the room to fit their needs.

“You could always cater [the room]—that’s kind of the beauty of it is you can decide for yourself what works for you,” said Colangelo.

More changes to the interior include yoga mats and blocks, couches, a bean bag chair (in CAT 314) and nature decor for additional privacy from the hallway. The spaces are conveniently located in low-traffic areas to minimize outside distractions. Numerous

resources can also be found throughout the spaces. Using QR codes, students can access guides on mental health, taking meaningful breaks, and knowing what your body needs.

Colangelo also created a “mental health first aid kit” that includes a booklet with various resources, ear plugs, a paper clip, bubbles and a smooth pebble. These kits are available to anyone that books the spaces.

“The strategy for [the bubbles] is that when you blow, you’re forced to exhale ... and that regulates the body. [They’re] very simple tools that are accessible to anyone. [The] pebble is for focus when you need that sensory grounding. And they’re all outlined within this [kit].”

Colangelo is continuing to develop the well-being spaces to better suit the users needs.

“Every student who uses the rooms will have the opportunity to provide feedback on how their experience was [and] they can provide suggestions for other resources that they might find helpful,” said Colangelo.

The well-being rooms can be booked online using the student portal. Once logged in, click on “Academic Support,” then “Collaboration Rooms.”



Accessible spacecraft to make for accessible earth

By Angela Kazmierczak

Many people fantasize about becoming the next Daniel Craig, Djimon Hounsou, or Kate Winslet. Young Sawyer Rosenstein was headed in that direction. Working as a professional child actor in New York City—the city of colossal skyscrapers, baked pretzels, and the Yankee stadium—Rosenstein performed in a series of commercials, jingles, voiceovers, and Macy's Thanksgiving parades. But, in 2006, at the age of 12, things would dramatically change for him. While at his New Jersey middle school, a bully ambushed him, striking Rosenstein in the face. Two days later, Rosenstein awoke paralyzed from the waist down, making him a T10-12 paraplegic.

But that wasn't the end of Rosenstein's dreams of becoming a real-life action star. Years later, in 2021, Mission: AstroAccess, a project devoted to disability inclusion, selected Rosenstein as an ambassador. Much to his disbelief, he'd get to take a spin at a zero-gravity flight with 11 other disabled persons in Long Beach, California. His mission narrowed in on three objectives: to show he could get from one point to another, to hold his position and to control where his legs went when floating.

Now, a year following his flight, he has gathered various sentiments from his 15 parabolas, especially in terms of design and accessibility. What's most striking is Rosenstein claims that with declining spaceflight costs and with Mission: AstroAccess' accessibility designs underway, it opens those disabled to the possibility of space exploration and to a more accessible earth.

"This is essentially dawn of the new age of commercial space, where commercial space is becoming more readily available, it's becoming cheaper."

"The hope is that the work that's being done from this [Flight One] will lead to allowing people with disabilities to fly on those flights or fly to space and that as these companies are designing spacecraft, it won't be an afterthought," he said.

Because of newly emerging private space companies like Space X, Rocket Lab and Mission: AstroAccess, costs are lowering, innovations are arising and space inclusion is inching to the forefront, according to an NBC article.

"The more we do with these flights, hopefully with these things we find out, they'll be able to be incorporated into these designs. And I can say that at least with what I had with flight one, that some of these changes that they can make are so simple," Rosenstein explained.

In the planning phase, Rosenstein vocalized concern for his legs flying apart since he lacks control over them. The group ended up using a Velcro strap to hold his legs together. Needless to say, it worked; it didn't require a major overhaul to be designed as many would assume. From this design along with others, like placing pockets and zippers on flight suits pertinent to the ambassador's needs, he hopes that people will see how simple modifications are in these circumstances and that they can be easily incorporated.

However, Rosenstein is hoping for more than space equality.

"As much as [Flight One] was about creating accessibility in space, space flight and space craft, a lot of it is honestly just to help design for accessibility here on earth because so many times people claim things are accessible and they're not, or something has to be retrofitted to be accessible."

To create a more accessible earth, he and the Astro team are preparing the Flight 2 crew for their upcoming missions and are working on evolving their initial designs.

He's optimistic that "something we design that can help keep us stationary in space is something that can be used to help us here back on earth or some of these designs or tests that we do on Zero-G can help change accessibility on earth as well."

"Knowing there are people out there working on ways to make this accessible and are actually trying to get people with disabilities at least into a Zero-Gravity environment to practice, prepare and all these companies allow for people with disabilities to fly, it changed my whole perspective," said Rosenstein.

Mission: AstroAccess' Flight 2 lifts off November 19, 2022, from Fort Lauderdale, Florida. The organization now accepts international applications, but applications for the second flight are currently closed.



Rosenstein experiencing weightlessness.

Photo by Tim Gilmer

Unfolding the history of NAIT's campus bar & restaurant, Nest Eatery

By Angela Kazmierczak

NAIT students and staff love to swing by Nest Eatery to slam a cold one, chow down on some grub or wind down with friends after a long day, but have you ever wondered about the history behind NAIT's campus bar? Since attending NAIT, I've heard numerous stories through the grapevine about the pub's former location being on the top floor of a building, complete with a breathtaking view of the city, to being across the street to the Nest's current location. Naturally, questions then arose about its name. From being called Nest Taphouse Grill, the Nest Bar to the Nest Lounge...how did our beloved campus bar evolve to its current glory, Nest Eatery?

After speaking with the Nest's General Manager, Michelle Dirksen, it appears the bar first opened its doors in 1988 after a collaboration between NAITSA, the NAIT Board of Governors and the Alberta Government.

"Students, staff and faculty wanted a place that they could mingle on campus and there really wasn't a place other than the cafeteria and what not. They wanted to be able to unwind and perhaps have a nice cold beverage and a little snack," said Dirksen.

As much as I hate to extinguish the flame of any good tale, the manager informed me that, in fact, the Nest has always been in this location. "Since 1988," she said. Sure had me fooled.

What has changed over the years, though, is that the bar has grown massively. "[It's] slowly sort of taken off from a small little hub into a full scale venue that hosts things like weddings, graduations, awards nights, speaker series, comedy shows and concerts," said Dirksen. After undergoing multiple renovations over the years (cue the name changes as well), the bar gained the capacity to host such events. No longer restricting seating to 50

to 60 persons like in its former days, the bar can hold up to 200 people. Since the bar has more than doubled in size, it now has a lot more room to party.

And party, people have. Over the years, Nest has been host to many a fiesta, including being the starting location for NAIT's classic Pirate Party on the Edmonton Queen riverboat.

One of the bar's most extensive face lifts was not too long ago either. Most overhaul generally involved the lounge and the kitchen area, but, in 2012, they did some major refreshing—from adding a fireplace, soft lounge and so forth. Prior to opening again this September, they spruced things up with new décor and a mural.

"Not everyone knows about us, but once you do get to know us, you'll be back essentially."

"This is truly a place on campus where there's freedom. And I know that sounds a little strange, but the freedom to sit in the corner and hide if need be or get together and make new friends. It's one of the most social places on campus, even though we're this little hidden gem in a way," Dirksen explained.

"There's a different vibe on campus this year, a different feel in the air. We learned so much, we know how to take care of some of these hazards. And really, it's going to be a safe and enjoyable atmosphere here at The Nest."

"We are looking forward to giving all of our guests a combination of excellent and trendy beverages in an environment that appeals to all," she said.

Nest Eatery reopens to the campus community on September 6th at 10a.m., while Nest Fest, a free event, takes place on September 15th to 16th from 11a.m. to 6p.m. at the CAT QUAD. At Nest Fest, students can expect nothing less than cheap food, \$3 beer and live music.



Photo by Roy Raphael Navarro

Some of the new decor at Nest Eatery include this new mural by Calgary artist Tyler Hochhalter.

Photo by NAITSA

Need more Nest? Head to page 23 for the "Which Nest menu item are you?" quiz! —>

Nest Fest returns!

From 11 a.m. to 6 p.m. on September 15 and 16, students can head to CAT quad for \$3 beverages sponsored by Big Rock Brewery and food from eat at NAIT for under \$5! To celebrate the return of the wildest back to school bash, we're sharing photos from Nest Fests past.



BOOK DROPPINGS: Podcasts to get your sh*t together

By Alleah Boisvert



Life Kit

This podcast by NPR touches base on all those extra things in life that we aren't necessarily taught in school, whether it's giving the perfect toast, car maintenance, using less plastic or overcoming FOMO. Let's be honest—being human isn't always easy.



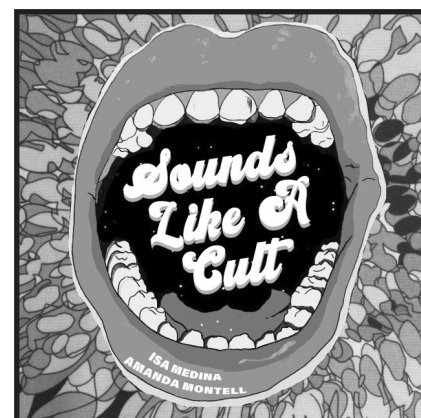
Dare to Lead

Learn about feminist issues and history through this research-based podcast of discussions between two funny, kind and intelligent women who will feel like your friends after a few episodes.



Overdue Finds

Conversations from the Edmonton Public Library about books, movies, music and pop culture through a local perspective.



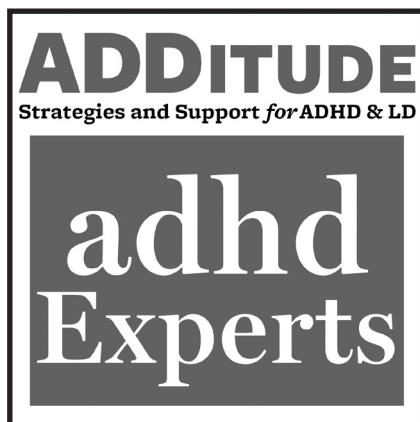
Sounds like a Cult

This fascinating series focuses on the "cults" we experience in everyday life and how serious they can be if left unchecked. Waiting patiently for a World Financial Group episode so I can block World Financial Group requests on LinkedIn completely guilt-free. Sorry, not sorry.



Keep Finance Queerd

Albertan queer finance educator Ellyce Fulmore discusses how identity and finance intersect in this new series. Support a local creator by learning about how finance extends beyond the classroom and into our personal lives.



ADHD Experts Podcast

Being a student with ADHD is a journey – a hard one. This podcast by ADDitude magazine is full of experts that can help students (or anyone) learn about strategies to get by in the classroom, at work and at home.



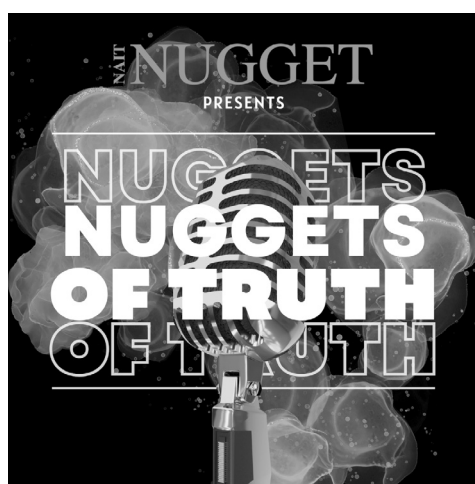
Stuff Mom Never Told You

Learn about feminist issues and history through this research-based podcast of discussions between two funny, kind and intelligent women who will feel like your friends after a few episodes.



Storytime with Seth Rogen

Need some comic relief between studying? Seth Rogen hosts documentary style interviews with anyone who has a cool story in this series that really needs more episodes. Now, please. I haven't been the same since I finished them all.



Nuggets of Truth

What's a podcast list without some shameless self-promotion? The Nugget is starting a new podcast called Nuggets of Truth, where we dig a little deeper to find out the nitty-gritty details about everyday things from our special guests. Each guest has nuggets of knowledge that aim to inform, inspire and invent new perspectives on different topics. Come for the puns, stay for the truth. Our first episode is out on September 15th, so give it a listen and let us know what you think.



Stuff you should know

This podcast discusses, well, everything. From episodes called "Kissing Cousins: The History of Marrying Family," to "How Enemas Work," this podcast has something for everyone. Plus, it was nominated for a Shorty Award so you know it's quality.

THE SHUFFLE: SUMMER'S NOT OVER

By Alleah Boisvert



1:00

19:64

The first sign of an evening chill or a yellow leaf on the ground brings an explosion of pumpkin spice lattes, Halloween, cozy sweaters, hot chocolate and even Christmas. Well, I'm here to tell you to FORGET all that. It's still summer until September 22, and personally, I'm not ready to let it go yet. Plus, with all the hot weather Edmonton's had heading into autumn, there might not be a choice. So, grab a cold beverage (iced PSL, anyone?) and rejoice in the late summer heat with this sunny playlist. Summer's NOT over, folks!

"KD And Lunch Meat" by Boy Golden

This song has been played on Edmonton's alt radio stations all summer. Canadian singer-songwriter Boy Golden sings about tossing responsibilities to the side to live life spontaneously with his lover. He wants to take a road trip to Texas, smoke a little something and live off Kraft Dinner with whatever leftovers are in the fridge. Although living off KD sounds bleak (or standard for students), the optimistic tone of this folky summer hit says otherwise.

"Texas Sun" by Khruangbin and Leon Bridges

Who needs a Texas summer road trip when we can experience plus 30 heat in our hometown? Psychedelic rock trio Khruangbin and soothing soul singer Leon Bridges collaborate on this ultra chill song about a romance under the Texas sunset. The country twang of the guitars let the imagination run wild with stretching highways, convertible cars, cactuses and orange skies.

"Freaking Out the Neighborhood" by Mac DeMarco

It's easier to freak out the neighbourhood in a winter city when the sun sets at 10 pm and there's no need for extra layers of clothing. DeMarco, who grew up in Edmonton, sings to his mother in this song, "I know it's no fun when your first son gets up to no good" but that he's "never been better, got no job on the line." Put this upbeat song on to reminisce about hitting the streets on a bike with the other neighbourhood kids to celebrate a responsibility-free summer. We dare you to try not to dance!

"Feel It Still" by Portugal. The Man

A lot of inspiration for Portugal. The Man's 2017 album 'Woodstock' came from music from vocalist John Baldwin Gourley's father's time. His father attended Woodstock in 1969, a benchmark for outdoor festival culture and a peak era in psychedelic rock. 'Feel It Still' touches on the desire to participate in activism in a challenging social climate, which is what the original Woodstock festival was about – bringing power to the people through peace and music.

"Midnight Surf" by The Velvetins

If you've experienced a winter in Alberta, you might relate to Edmonton's indie rock darlings, The Velvetins. In this dreamy surf-rock tune, The Velvetins sing about dreaming of sailing into the ocean and catching a "slow wave." Save this one for later in case an emergency beach daydream is needed.

"California - Tchad Blake Remix" by Phantom Planet

Fans of the early 2000's series 'The O.C.' will recognize this within the first few beats. This catchy theme song captures the essence of the series, where the main character Ryan Atwood navigates a new life in Orange County, California.

"Raspberry" by Grouplove

Raspberries are abundant in the backyards of many Albertans during the summer, and picking raspberries right off the bush beats picking them off the shelf in a grocery store. It's unclear if 'Raspberry' is about sunburn, sea sickness or something else entirely, but the bright harmonies in this song are as pleasing to the ear as raspberries are to the tastebuds.

"Summertime" by Orville Peck

2022 Edmonton Folk Music Festival headliner and country star Orville Peck verified on genius.com that 'Summertime' is about "biding your time and staying hopeful – even if it means missing something or someone." The freezing and barren winters in Edmonton keep us in a state of nostalgia for summer, but this is what makes our summers so fun and memorable.

"Feeling Good" by The Sheepdogs

Did you know that this Juno Award-winning band played to a room of NAIT students at the Nest in 2014? This free-spirited and retro-sounding tune by Canadian blues-rock band The Sheepdogs is the ideal tune for sipping an ice-cold beer on the deck with friends.

"The Loop" by Toro y Moi

"Oh my, where did the weekend go? Oh man, Monday snuck up so fast," chillwave champion Toro y Moi starts this groovy beat with a relatable line about being out of the loop after the weekend. Like Mondays, the beginning of a school year sneaks up on us, and then it's winter in the blink of an eye. It's easy to get lost in the carefree feeling of summer, and this funky song might help preserve that feeling for a little longer.

"Loving is Easy" by Rex Orange County

Rex Orange County puts out consistent jams, but this song is high on the bop list. The slight groove from the piano makes you bob your head and wiggle your shoulders without thinking. Plus, Rex Orange County created a stop-motion music video that evokes pure whimsy and captures the feel of the song perfectly.

Persian-Canadian comedian sets out on first national tour

By Angela Kazmierczak

After eight years of refining his daddy jokes, opening shows and posting hysterical social media content, Persian-Canadian comedian Neema Naz, 27, sets out on his first tour across Canada from September 14th to October 22nd, 2022. Performing his “I’m Your Sugar Daddy” set, he’ll eventually make his way to Edmonton’s Grindstone Theatre on September 21st and 22nd.

Despite the title of his tour, Naz isn’t open to sugar daddy offers quite yet.

“I don’t have enough money to be a sugar daddy—maybe one day. One of the jokes I have in my tour set that I’m doing is about a sugar daddy, but it’s about my dad,” Naz said.

While some of his jokes are devoted to his pops, a larger portion of them hone in on his speciality—observation.

“I’m very observant in the small details in people and things in general in life, and so that’s the things I pick up on the most,” Naz said.

“When I think something’s funny, even when it’s terrible at the time, I’ll just write it down in my notes on my phone as an idea for a new joke and then I’ll go back to it later.”

“[The jokes come from] my whole career pretty much until this point, but there’s still some of the jokes, most of the jokes, that I have developed over the past year, two years or three years, for the most part. But it takes a lot, it takes a long time,” he said.

Over the years Naz has performed at comedy clubs in Toronto, and even travelled

around the world, performing in shows in Australia, the United States and even in Germany. But this marks his first ever “headline-national tour.”

“I’ve done a bunch of shows like that [opening]. And those are all great in their own way, but to do my own headline-national tour, for the first time, is very exciting for me and a big challenge because now everybody is coming to see me, not just I’m just on the show.”

“I want them to have the best experience of a night out that they can ever have at a stand up show. I want them to feel like they got their money’s worth, that they saw what they really wanted to see; especially, if they come to see me personally just because they like my content, I want them to get that fix of Neema Naz,” he said.

In a CBC news article, the comedian’s been likened to Canadian-born Russel Peters and he reportedly receives more likes on social media than comedians Amy Schumer and Trevor Noah.

Naz tours to Edmonton on September 21st at 9p.m. and on the 22nd at 7 and 9p.m. He’ll be performing at the Grindstone Theatre, which is located at 10019 81 Ave NW. Comedians Andrew Packer and Marc Anthony Sinagoga will also take the stage.

Tickets are available on his website www.neemanaz.com.



“Highway Thru Hell” editor speaks on working in the industry

By Angela Kazmierczak

An unexpected friendship that was forged during Kevin Mills’ time studying at NAIT’s Radio and Television program led him around the world, on the road, and back again to his editing suite. In an interview, Mills discusses his journey to becoming the finishing editor of the Canadian hit series show, Highway Thru Hell, and shares some insight into working in the industry.

“I was in the right place, at the right time and thus my career started,” said Mills.

After a NAIT alumni advised Mills to intern at a small station in Kamloops, he took the advice seriously and applied. Mills credits this role as a news reporter for much of his success. Since it was a small station, he gained experience in everything from reporting and live anchoring to shooting and editing.

“I think very highly of trying things out in small markets. Back when I began, you could literally try everything. Invariably, as someone new to [the] business, you do make mistakes and you get an opportunity to make your mistakes in front of less people,” Mills said.

“Back in the day when we edited tape to tape, one track of video, two tracks of audio, you had to edit in order and we were doing news. Typically when I was working in the news department, you would rush down with minutes to spare with a tape in your hand, and they would slap it into the machine and run it.”

“[While at the news station], you’d shoot for most of the day, come back and you’d have 30 minutes to edit a story,” Mills said. But, as he would soon experience, “when I started working, the days got shorter. It does get better.”

“I was fortunate enough in a small market to get to shoot and edit my own material, so in very short order, you’re not going to mess yourself up in the editing suite because

you know what you need. So, I think videographers that edit end up being better videographers.”

Mills claims working under deadlines and telling stories helped him edit the TV show Highway Thru Hell, a show that documents Jamie Davis performing heavy vehicle rescues and tows along the British Columbia Interior.

From his time as a student to his current editing role, Mills has been in the industry for over 30 years. Thus, he’s witnessed technology evolve.

“I’ve seen an incredible amount of transition in the technological end of things in the business. Even now with the first non-linear system, we were pretty happy with 9GB of storage and now that’s just chump change,” Mills said.

“They’ve done a really good job and I think the pandemic has pushed the industry in that direction a little bit, where I think people certainly on the editing end of things can be just about anywhere.”

“The day may come where we don’t even have to ship the material. The technology may exist where it resides in that central spot and we just access it real time without having to move all that media,” said Mills.

When asked what can help students find success in this career path, Mills says working hard, anticipating what’s going to happen next and trying to position yourself in places to get the best material. When it comes to editing, “you have to build your mind movie first. There’s a lot of thought process before you dig in with your tools. You are sort of thinking all the time.”

At the end of it though, Mills credits his work experience to the friendships he formed during college, as his story is very much intertwined with theirs.



Photo supplied

by Shayna MacLeod

Flash forward to entering my third year, where I realized I was coasting through school with my head down, missing out on the potential to create amazing memories and meet new people. So I came up with a NAIT bucket list—a list of things that I believe can help a student gain the most memorable experiences during their time at NAIT:

- | | |
|--|--|
| <input type="checkbox"/> Graduate with a 3.5 GPA | <input type="checkbox"/> Work out at the NAIT gym |
| <input type="checkbox"/> Buy a NAIT sweater at Shop at NAIT | <input type="checkbox"/> Meet Flynn the therapy dog |
| <input type="checkbox"/> Eat at Ernests | <input type="checkbox"/> Write an article for The Nugget |
| <input type="checkbox"/> Buy something from the Retail Meat Store | <input type="checkbox"/> Take a pic with the Ook mascot |
| <input type="checkbox"/> Take a pic in front of the Ooks Life mural in CAT | <input type="checkbox"/> Take a professional photo for LinkedIn |
| <input type="checkbox"/> Attend an Ooks game | <input type="checkbox"/> Join a club |
| <input type="checkbox"/> Eat and have drinks with friends at Nest Eatery | <input type="checkbox"/> Volunteer on campus |
| <input type="checkbox"/> Attend a Puppy Yoga Event | <input type="checkbox"/> Watch the sunrise on the fourth floor of the CAT building in the winter |
| <input type="checkbox"/> Attend Nest Fest | |

This bucket list helped pull me out of a mental health slump post-pandemic and boosted my motivation to make the most out of my NAIT experience. Whether it's checking out the Nest, or starting a new club on campus, I hope something from this list inspires you to create your own and make your experience that much more memorable.

Create your own NAIT bucket list below! Cut out the list, fill it in, share it on IG and tag @thenaitnugget for a chance to be featured and win prizes!



MY NAIT BUCKET LIST

[illegible]

Ookmeal Challenge: Form a healthy breakfast habit this school year

By Alleah Boisvert

With classes returning to campus this semester, many NAIT students are experiencing a change in pace during their morning routines. It can be difficult to fit a healthy breakfast into a busy morning, but it shouldn't be overlooked. According to research by the Toronto Foundation for Student Success, students who eat breakfast are more likely to achieve satisfactory grades and graduate.

Fortunately, there is a classic breakfast item out there that is affordable, versatile, healthy, convenient and most importantly, can be made into a breakfast pun. That's right: ~~Oatmeal~~ Ookmeal!

Oatmeal is high in fibre, so it helps to keep students feeling satisfied throughout a busy morning. It's easy to prepare, and with enough effort it can become part of an everyday morning routine. Adding different toppings to oatmeal is a low-effort way to experiment with flavours and textures to keep it exciting.

Even though oatmeal is a nutritious and easy breakfast meal, eating breakfast in the first place is still challenging for students. A study by the University of Waterloo found that 39 per cent of students from schools in Alberta and Ontario eat breakfast less than three days a week.

To encourage NAIT students to pick up a healthy habit, The Nugget is challenging students to take the "Ookmeal Challenge" by creatively exploring the health benefits of oatmeal. It's important to remember that although picking up a new habit can seem daunting, James Clear, author of the best-selling book *Atomic Habits*, says that "habits are a process, not an event." There's no pressure to be perfect—the Ookmeal Challenge is about trying something on a regular basis to see how it feels. We encourage NAIT students to share their #OokmealChallenge journey with their peers by tagging @thenuggetonline on Instagram.

Do you have a creative and tasty #Ookmeal topping combination to share with your fellow Ooks? Send entertainment@thenuggetonline.com an email—er, oatmail—with your idea for a chance to be featured in our print issue or online. Bonus challenge: check out our homemade peanut butter recipe below and try it in your morning Ookmeal!



Homemade Peanut Butter Recipe

By Angela Kazmierczak

If you love peanut butter cookies and don't mind your home smelling of freshly baked cookies, this is the recipe you've been waiting for. Be warned, as it's remarkably tastier than store-bought nut butters, your partner or family will ask you to make it again.

Homemade Peanut Butter

0.53 ml (1 ½ cups) lightly salted peanuts
30 ml (2 tbsps) honey
1 good pinch of salt
15 ml (1 tbsp) neutral oil

1. Lay salted peanuts on a baking sheet and bake on the conventional bake setting at 193 C (380 F) for 10 minutes. Rustle the baking sheet every 3 minutes or so to ensure no burning.
2. After 10 minutes, remove the nuts from the oven and let them cool. For a chunkier butter, set 30 ml (2 tbsps) of nuts aside and roughly chop them.
3. Place the cooled nuts into a food processor and pulse for 30 seconds. Scrape off the sides with a spatula and pulse again for 30 seconds.
4. Add honey, salt and oil into the mixture.
5. Begin pulsing again in 30 second intervals, with breaks in between, to scrap the sides and the bottom of the processor.
6. Blend until you've reached your desired creaminess.
7. Add chopped nuts to the mixture and store in a jar or container.

The peanut butter keeps in the fridge for two weeks. Serve on toast, eat as a snack, add in stir frys or use in protein balls. The options are endless. Enjoy!



Calgary artist connects NAIT students through community-inspired campus murals

by Alleah Boisvert

In February 2019, NAITSA unveiled the interactive Oaks Life mural within the walls of the CAT building. The welcoming wings were painted by Calgary-based artist Tyler Hochhalter, who has been painting most of his life and tattooing for eight years. His first mural installation at NAIT has since been a landmark photo op for students to share on social media with the hashtag #OoksLife.

“Every now and then, the hashtag comes up...it’s good to see people still getting something from it,” said Hochhalter.

Now, students can admire Hochhalter’s second mural on campus. Located in the Nest Eatery, the hoppy new mural was painted over four days in June 2022. It was revealed to students at the Nest’s reopening party on September 6.

“It’s nice to have two different types of work that people can interact with in [the] school,” said Hochhalter about his projects at NAIT. “I’ve always been a fan of a big old cheers, spilling and having a good time together and ingredients are honestly easy design things to pick out of. And hops are really beautiful, so [I think] this is perfect...a beer

focused community space.”

Visions for the future within NAIT’s walls

Hochhalter, who graduated from the Alberta Institute of Arts in 2011, thinks that mural projects can make students feel inspired – especially if the art is completed by a local artist from the same city or province.

“There are ways to go about it that seem pretty commercial and corporate, and I feel like [NAITSA has] a nice organic way. I feel like students can [tell when schools] care for [them] and want good stuff for [them],” said Hochhalter.

After spending eight to twelve hours a day painting on NAIT’s campus, he feels “connected to the space” and sees more mural potential for NAIT in the future.

“There’s lots of opportunity for little fragmented parts of each different section of the school that puts something together that goes with a collective whole piece, kind of like a collage...that would be a nice way to stick with the Oaks Life community setting and enable participation from each division of the school.”



Hochhalter works on the new mural at Nest Eatery.

Photo supplied

Recognizing Alberta’s artistic community

Hochhalter embodies the idea of sharing artistic culture between Edmonton and his hometown Calgary by celebrating large-scale public mural installations. His favourite mural in Edmonton is the Okuda Mural – a colourful, six-story geometric fox located on Gateway Boulevard and produced by Rust Magic International Street Festival in 2018. Like Edmonton’s Rust Magic, Calgary has their own mural initiative.

“[There’s a] program called BUMP, which is the Beltline Urban Murals Project, and they’ve been putting out [up to] three dozen murals a year for the past five years. There’s just a stream of incredible murals coming in every single year,” said Hochhalter.

One of these murals is the biggest in the entire world, standing at 310 feet tall. It was completed by German artist Mirko Reisser in July 2022. Located in Calgary at 123 10 Ave SW, Hochhalter suggested students check this mural out if they’re looking to explore Calgary’s art scene.

“It’s this big abstract design that you can see from so far away and it’s super beautiful and that kind of stuff is really, I find, impacting. Even trying to get to that part of the city, there’s murals everywhere around different corners and subtle little areas, too. They’re not all big and pronounced. [It’s a nice] aesthetic that downtown [Calgary] has now, and the walls just keep on getting better and better. [Even if NAIT students] just come down and explore downtown for half a day, they’ll see so much.”

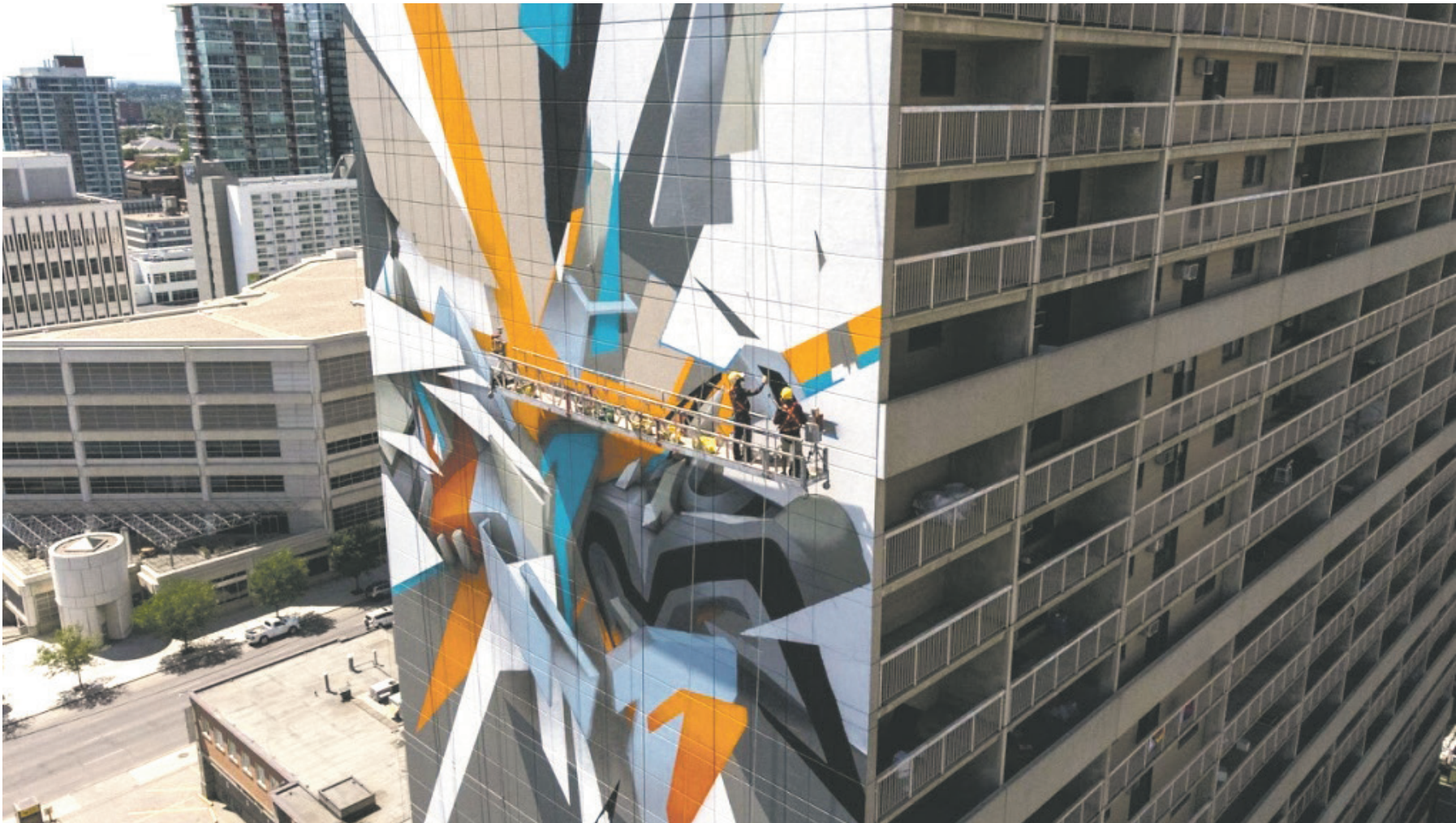
Practicing creativity as a NAIT student

Hochhalter’s hope is that his murals at NAIT provide inspiration for students to branch out and use creativity in different ways within or outside their program. While students are still studying in Edmonton, Hochhalter has some advice for practicing creativity as a student: “Don’t force it,” he said.

“If you have an opportunity to be creative and you’re not feeling it, just don’t do anything. That’s fine! But then when you are feeling it and you don’t have time, I find writing stuff down really helps. Little notes and ideas here and there, but [you should also] put context and detail alongside those notes,” said Hochhalter. “If you’re on your wave, just ride the wave. Don’t stop...stay up as late as you want, just keep going.”

NAIT students can keep up with Hochhalter by following his Instagram @thoch and tagging him in any mural photos that happen to be on your NAIT Student Bucket List.

“Hopefully there’s more opportunities on the rise to come visit Edmonton, since I love your city a lot...It feels like home.”



The tallest mural in the world, painted in Calgary by German artist DAIM.

Photo via Facebook/@yycbump



A mural by artist Jordoh painted during the 2018 Rust Magic Festival.

Photo via Rust Magic



The Okuda mural covers six stories in Old Strathcona.

Photo by David Bloom

From the Nugget archives...

A few Nuggets of wisdom



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

Welcome to NAIT, and welcome back for returning NAIT students. It is finally time to once again hit the books, cram for exams and successfully complete another school year.

To those of you who are new to NAIT, please allow me to introduce myself. My name is Christopher and I am the Editor-in-Chief of the NAIT Nugget. Every Thursday you will have the chance to read through a brand new edition of the Nugget, which means every week you will have the chance to read this fabulous editorial, covering everything from my opinion on issues that affect students to my opinion on current events. Believe me, they are both equally exciting!

Parking a pain

Now let me be the first to warn you in advance of the parking at this school. It is awful! There is a large number of students and only a handful of spots. My advice – get here really early! I know it may be tempting to park at Kingsway, but please be aware they do have security there in the morning, and they're just waiting for starving students to get out of their cars so they can plant a \$50 ticket on your windshield. Trust me, between NAIT and Kingsway I managed to exceed \$600 in parking tickets last year. Registering my car in May was a sad, sad day.

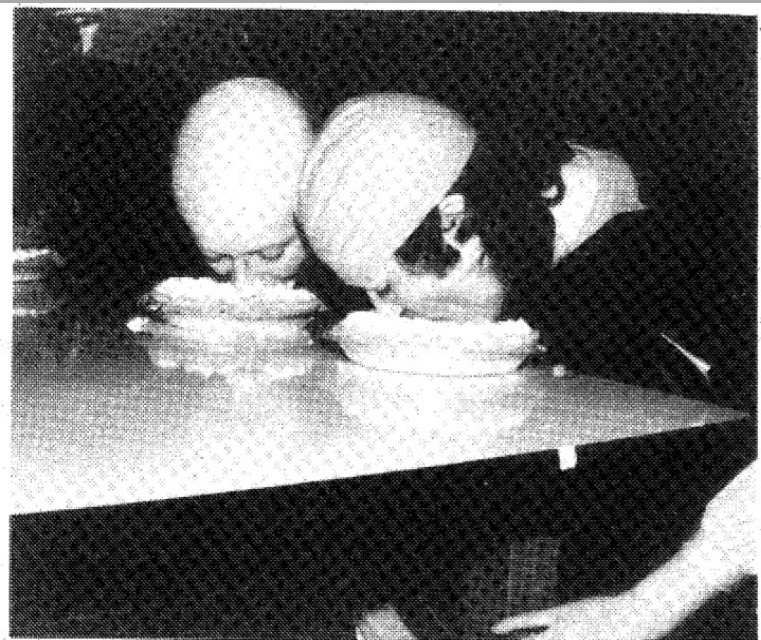
Now for the returning students, I figured I would take this opportunity to inform you of some changes that have taken place on campus since you wrote your last exam, or completed your last class assignment. First and foremost, do not forget NAIT is now officially a no smoking zone. This means no more smoking between classes on any NAIT property. Beware of any temptation you may have to be a rebel as NAIT also has a way of enforcing this new regulation – campus peace officers. I'm sure the first time you get caught it will be a warning, but after that fines will be happily distributed.

The Nugget is yours

Now let me take this time to talk about the Nugget. We are a students' paper, here to not only inform students of what is happening in their school, but we are also here to act as the students' voice. There are many ways students can get involved; let me name a few. In every edition of the Nugget we have a 'Letters to the Editor' section. If you have a problem you would like to make public or just want to get something off your chest, write me (studenteditor@nait.ca). If you would like to send an anonymous message to somebody, or writing your graffiti on the bathroom wall is just not cutting it anymore, take the time to write us a Grapevine. Submissions are easily made online at our website (thenuggetonline.com). The more submissions the better! And last but not least, if you are wanting to write for the Nugget, or simply give us a story idea, feel more than free to join us during our weekly contributors' meetings (which take place on Tuesdays at 12:30 p.m. in the Nugget office, Room E-128) otherwise e-mail me or the appropriate section editor. I hope you are all excited for the new school term and the Nugget wishes you the best of luck.

Cheers,
Christopher Carmichael-Powell

August 27, 2009 ^



Pie Eating CONTEST

The tremendous turnout at the pie eating contest last Tuesday helped to turn the contestants' stomachs to the point of nausea, and that was before the pie eating contest began.

Our famous NAITSA President, MC'ed the event as though it were a horse race with intermission, staring himself "Rick Stewart" and his interpretation of the pie eaters gut feeling. This really added atmosphere to the whole event.

Now let's get back on track. The great participation resulted in 2 heats and consequently 2 first prize winners. The pie eating experts are the following:

- 1) Bio Science who used their biological and physical attributes

(their beards) for assistance.

- 2) Finance who used good old, old fashion jaw action and strong stomachs to achieve their winnings.

I guess now we all know who the big mouths on campus are. I would like to wish those women who catch those fine gentlemen "Good Luck" in feeding them. They're gonna need it.

A small special attraction was added to this event which included an attempted pie in Rick Stewart's face (apologies to the girl off stage who did receive it) and a successful pie in Perry Hendriks' face. Thanks Radar.

I guess we could say that it was a "Face filling" event for all involved.

pal

February 15, 1979 ^

April 2, 1980 v

ANOTHER POSSESSION EXCHANGE

If you happened to walk by the Committee room last Friday you may have noticed that a fridge was sitting on dry. It read "NAIT" in bright blue and gold. This fridge, as you have heard, belongs to SAIT, though one would never guess by first impression. It was picked up as a souvenir last week when NAIT visited SAIT, around one o'clock in the morning. On Wednesday last week a group of SAIT "Big Guys" came here to pick up their possession. Pushing their way into the executive offices, they managed to hold Brett Smith in captivity. Through the window one could see Brett being roughed up a bit, though he survived the trauma with

only a smashed office window to show for it. These fellows seemed to come from the woodwork as they jumped into Richard Pittet's office, permanently defacing his briefcase. Like they said they were "Big Guys".

SAIT recovered their fridge and as a friendly gesture, offered NAIT a few cool ones at Kingsway bar. While SAIT was unsuspectingly enjoying their glory of victory, a few NAIT Building Construction Students decided it was not yet time to return the fridge, which certain NAIT representatives had worked so hard for. The fridge was again taken from SAIT possession and hid in Plaza II. Though at first SAIT refused to leave until

they found their fridge, they agreed to go home, and trusted us to send it back. As honourable students, who live by their word, the fridge was returned, though the frontal design of large gold letters saying "NAIT", I'm sure was unexpected.

According to SAIT's college paper, the "Emery Wheel", NAIT's visit left their security coordinator Brian Varty out of commission. Varty claimed he was tied up "by six assailants after a half hour struggle in my office." As well, NAIT practised a bit of graffiti on Varty's office. Though the paint was only water color, it took the security coordinator a few hours of scrubbing to

get our institute initials off. Later that Saturday evening, SAIT ventured over here, and finding only commissionaires, were able to steal a few of our trophies and ookpiks. According to the Emery Wheel, this was a great accomplishment, sneaking around the commissionaires to hit the trophy case.

A slightly different story was brought back with NAIT students, when they stole the fridge from Calgary. They found security at SAIT more lenient as they were able to carry their new obtained 5' X 4', 400 lb, possession down the corridors, meeting students along the way. The students were at SAIT for some athletic event.



FAST FINGER SUZY

As we wind up the first quarter we find ourselves with a mega amount of reports to be done. All of which have to be typed. But don't despair if you type at a rate of 10 words per minute with an average of 11 errors you can learn to improve your typing skills with a little practice. Westwood campus is very proud of one of their typists who has done extremely well. On Friday, October 18, Sue Martin typed at a rate of 107 gross words per minute (now that's burning up the keyboard) with 5 errors, leaving her with a net speed of 102 words per minute.

This is the highest rate ever known to be achieved at NAIT.

Sue is a second-year Administrative Secretarial Arts Student who says the key tips to fast, accurate typing are:

1) concentration is a very important aspect of quality typing. If you concentrate on what you are doing your accuracy will improve 50 percent.

2) Patience--if at first you don't succeed, try again. don't give up or get frustrated. You command the

machine and you are in control.

3) Apply the proper techniques, use proper posture and correct hand positions.

4) Relax and keep your wrists steady and low.

5) Self-confidence--you must realize that in order to succeed you must assume that you are going to succeed.

Being sure of yourself is very important. Sue's typing instructor, Mrs. Holm, played a very important role in this process. She told Sue that she really could achieve that goal if she wanted to, and of course Sue did. So remember these tips when you sit down at your typewriter armed with your bottle of liquid paper and remember you can do it!

Maureen Krauskopf
Social Chairman
Secretarial Society



November 7, 1985

Dear Dr. Stu,

I just broke up with my stupid boyfriend. We were good friends for years, and just broke it off after 4 months. It just seemed like he was taking advantage of the friendship and relationship. How do I get over it? -- *Impending Doom Upon Me.*

Dear IDUM,

Well, dating friends can go two ways, there's no more "grey area" afterwards. Either you stay together forever, or break-up and dissolve the friendship altogether. It's kind of an "all or nothing" gamble. Those are the risks associated with becoming "more than friends". The arrangement is usually unsuccessful and thus opted out between two parties.

After time, however, hard feelings tend to subside, and depending on the strength of your friendship before you united, there's a chance ya'll can be friends again. This could take years in some cases, so move on and play the field for a while. If you feel hurt by the whole thing, just take him out of your plans so you can let the wounds heal.

There will be a time in the future that you'll meet someone perfect for you and think back and say to yourself, "whew, it's a good thing that didn't work out!" Hang in there, everything happens for a reason.

March 25, 2004

OPINIONS

Your MOM Does NOT Work Here!

by Redneck

This is out to everybody who uses the tower: you people are a bunch of immature disrespectful pigs. I am referring to the condition of the tower. I graduated from Finance two years ago, and I am back to get an accounting designation. When I left, the tower was in really good shape and students were proud of the college they attended. On my first day back, I see that some little mama's boy brat took it upon himself or herself to decorate all the stainless steel in the elevators with graffiti. (Lord knows some of you could afford to use the stairs anyway.) What would possess somebody to do this? Are you mad that your mom took your crayons away and sent your little snot nose to NAIT to maybe make something of your lives? I am sure our elevators made a really good impression on NAIT's ALUMNAIT who held their annual meeting there this past weekend.

Another thing I do not understand is this: are you guys really stupid or do you just not under-

stand how to use microwaves and clean up after yourselves? I will give you a quick summary, seeing your moms and dads still cook for most of you.

1. Put your food in the microwave. Cover the top if it is something that will splatter.
2. Select how long you want it to cook.
3. Keep an eye on it, watch for spills (By the time you reach NAIT you should know how long to cook your food in a microwave.)
4. If you do make a mess in the microwave, clean it up. I know your moms do it for you at home but they do not work here at NAIT.
5. Instead of being lazy slobs, when you are done eating at a table, throw your own garbage away. It's really not that difficult even for you business students.

One last note is for you smokers. As if your smoking habit isn't disgusting enough, you losers (not all of you) could at least learn to

use the ashtrays provided for you outside of the tower instead of butting out on the ground.

I am serious about this. We are all business students (including myself), and we are the ones who are supposed to be the professionals. Some of you have a hell of a lot of growing up to do if you are going to make it in professional organizations. (I do hope some of you have higher hopes than working at McDonald's the rest of your lives. I know your mothers will be delighted if you move away from home some day.)

I apologize if I have offended any students who actually want to make it in business. These are the people who are not here just because your mom and dad sent you away and bought you a new car to get you out of their hair.

People, people, people!

First of all, nobody likes a litterbug. Try and think of everybody here at NAIT as all of your roommates. Clean up after yourselves, for crying out loud!

Secondly, I absolutely despise printing these articles. I'm printing this one because the guy has a good point, but, and I'll emphasize this as much as I can, if you have a beef with somebody, try and settle it outside of the public press. This is not a gripe rag. Can't we all just get along?



October 3, 1996

Get fit with NAIT: recreation facility access for students and staff

By Kaytlyn Poberznick

Classes are back in session and one of the key ways to be productive throughout the school year is a little bit of exercise. NAIT has many options to stay active for free, so here are some facilities that can come in handy throughout the year.



Fitness Centre, S016

All that's needed to get into the Fitness Centre is your NAIT ID or student ID number. It has everything you'll need to get a quick exercise in between classes. From treadmills to dumbbells, it has a good selection for every workout level.

Times

Monday - Thursday: 6:45 a.m. – 8:45 p.m.
Friday: 6:45 a.m. – 7 p.m.
Saturday & Sunday: 10 a.m. – 4 p.m.

Open Gym, E140

If you like badminton, basketball, ping pong and more, then open gym is for you. The NAIT Gymnasium is open to all students to go and shoot some hoops weekly. Equipment is available on site, and make sure to wear non-marking shoes and appropriate attire. The gym is also open to rent by the hour.



Times

Monday: 10 a.m. – 2 p.m.
Tuesday: 10 a.m. – 2 p.m.
Wednesday: 10 a.m. – 2 p.m.
Thursday: 10 a.m. – 2 p.m.

Drop-in skating and hockey, S221

NAIT's NHL-sized ice rink is open to skate around for a few hours throughout the week. Skate and helmet rentals are currently by request only, so be sure to pack your skates and head over to the home of the NAIT Ooks hockey teams. The arena is also home to a walking track, open Monday to Friday, 7 a.m. – 7 p.m.



Times (skating)

Monday: 11:30 a.m. – 1:30 p.m.
Tuesday: 1:30 p.m. – 3:30 p.m.
Wednesday: 11:30 a.m. – 1:30 p.m.
Thursday: 1:30 p.m. – 3:30 p.m.

Times (hockey)

Mondays: 1:30pm – 3:30pm
Tuesdays: 11:30am – 1:30pm
Wednesdays: 1:30pm – 3:30pm
Thursdays: 11:30 – 1:30pm

Pool



Although NAIT closed their pool, students still have access to the pool at MacEwan. Bring your student ID and head to the Christensen Family Centre for Sport and Wellness and dive in! You can access the pool during lane swim, public swim or fitness class hours of operation, and you'll even get discounts on aquatic programs. Check out the schedule at macewan.ca.

How to get your game on with NAIT Ooks passes

By Kaytlyn Poberznick

Sports are back! This means live sporting events, and what better way to watch than in-person?

NAIT offers both game day passes at the concession and season tickets. Although each university has different ticket prices for each game, NAIT has a consistent fee to ease the game day stress.

All sporting events are free for NAIT students, as long as you have your student ID. Students from outside NAIT get a student rate of five dollars, and adults pay 10 dollars to get a seat in the stands. Children under 12 can save some money and get into the gym or arena for free. And all sporting events are free for NAIT students as long as you have your student ID available.

Since most regular seasons for the Ooks teams are more than one or two home games, season passes are available for purchase. They are 50 dollars a piece and are sold at the concession. They will be sold for the first three weeks of play in case a fan needs to purchase one later.

All tickets purchased to watch NAIT games cannot be used at other institutions. For more information visit the NAIT Ooks website.



Photo via NAIT

CLUBS SHOW CASE

BROUGHT TO YOU BY



Check out a selection of NAITSA clubs on
October 13 – 14, 2022

11:00 AM – 1:00PM

CAT Crossing & Main Street

A full list of clubs can be found on the
Ooks Life website



Getting to know the Ooks

By Kaytlyn Poberznick

The NAIT Ooks consist of six sports that get played throughout the fall and winter semesters. Some seasons are shorter than others. Nonetheless, they're all entertaining. Every sport competes in the Alberta Colleges Athletics Conference (ACAC), but when competing at the National level it's through the Canadian Collegiate Athletics Conference (CCAA).

Hockey

Similar to soccer, hockey has both a women's and men's team. These teams don't play back-to-back and they also have different teams in both of their conferences. All home games are played in NAIT's arena. Another thing that differentiates hockey from the other sports is that there are no Nationals; the competition ends with Provincials. The men's team reigned victorious last year winning the ACAC Championship. The women finished with a total of 11 wins and four losses proving how big of a contender they are in this league.

Basketball

Last year's season was big for both of the basketball teams. The women brought home their first National Championship, beating Vancouver Island University in overtime 76 to 71. For this upcoming season, the women's team acquired a new head coach, Keira Lyons, after former coach Todd Warnick stepped down from the position. The men brought in new staff last year and are continuing to build their team. Both teams start regular season games at the end of October.

Volleyball

The men's and women's volleyball teams start playing regular season games in October. The teams play home games in the NAIT Gymnasium. All regular season games are played on Fridays and Saturdays with the women playing first and the men playing right after. The men's team lost in the Provincial Finals last season taking away their opportunity to go to Nationals, but with their returning squad this year, the goal is to make it all the way this year. The women's team added a familiar face to the coaching staff last year, Erminia Russo Thorpe, who was previously coach from 2010 to 2012.

Soccer

NAIT has both a women's and a men's outdoor soccer program that play early on in the school year due to the weather. Usually, the teams start preseason games in August and regular season games at the beginning of September. The men's team took home the bronze at Nationals last year and are hoping to take the competition by storm again this year. The women's team finished with four wins, one tie, and one loss last season. The teams play back-to-back from each other every game day with the women's team playing prior to the men's.

Badminton:

Badminton consists of many different groups including singles, doubles, and mixed doubles. They host tryouts for spots on the team, but the requirement is to be a full-time student at NAIT. Smit Patel took home the men's gold in the men's single round at Nationals last year.

Curling

Curling brings men's, women's and mixed teams to the ice. The teams are coached by former NAIT curler, Karynn Flory. They start off a little later in the school year, and it is a shorter season than many of NAIT's other sports, running from January to March.





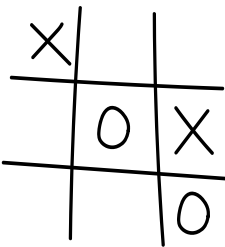
YOUR FAVOURITES, BACK ON CAMPUS.

Join us this fall for in-person dining, or order online for pickup!

Creative Corner

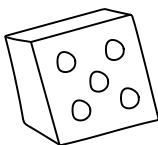


JOIN THE CLUB



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

alumni
anime
athletics
clubs
program
dungeons
dragons
e-sports
k-pop
NAITSA
news
Nisôhkamâtotân
Ooks
Nugget
pride



SUD-OOK-O

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

EASY

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

MEDIUM

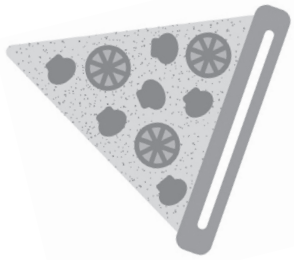
9					8			
			9				2	
		8					7	
7	5			9			4	
8				5		9		
			7			2	5	
	7	3		1				
		4						7
5							3	

HARD

What Nest menu item are you?

1. How far do your pants reach?

- A. Ankles (rolled up)
- B. Calves
- C. Thighs
- D. Toes



2. Would you rather go camping...

- A. In your living room
- B. In a tent
- C. Under the stars
- D. In a camper

3. What's your preferred heat?

- A. Barely there
- B. Medium
- C. Hot
- D. Mild



4. What's your favourite method of travel?

- A. Train
- B. Boat`
- C. Car
- D. Plane

5. How often do you do your laundry?

- A. Weekly
- B. Monthly
- C. My mom does it for me
- D. Daily



6. A friend comes to you for advice. What do you do?

- A. Share a story about a similar experience
- B. Listen to them intently
- C. Tell them to google it
- D. Set your boundaries

7. What kind of gift do you buy for your friend's bday?

- A. Something big and grandiose
- B. Something sentimental and small
- C. Alcohol
- D. A gift card



8. What time of day are your classes?

- A. Mid-morning
- B. Afternoon, so you can sleep in
- C. They're all online
- D. Bright and early

Mostly A's: Chipotle Lime Chicken Tacos

Chipotle spiced chicken breast, Canadian cheddar & mozzarella, green leaf lettuce and fresh salsa in two grilled flour tortillas. You're friends think you're boujee and you would rather a fancy night out than a road trip with the crew. You love big gestures of appreciation and giving those around you advice on new things.

Mostly B's: Perogy Poutine

Crispy fried potato & cheddar perogies topped with Canadian curds and savory gravy. You are open to trying new things but know what you like and typically stick with it. The outdoors doesn't scare you, but you know your limits. You can be kind of lazy about things that don't interest you. You're the friend everyone looks to for advice.



Mostly C's: Nest of wings

Smoky BBQ, sweet garlic sesame, spicy buffalo, salt & pepper or cajun. You're free spirited and love being yourself, despite what others may think. Your fast-paced life doesn't leave much time for daily nuances like laundry, but you just can't tear away from the adventures your lifestyle brings. Your friends consider you the one "without a filter".

Mostly D's: Signature Naan-zas

Campus quad, oh Canada, zesty veggie, Polynesian, BBQ chicken, three little pigs, delux or Mexi. You have trouble leaving your comfort zone, but your lists keep you sane and your friends look to you for the plan making. You keep things in order and might become shaken if your routine is disturbed.

EASY SOLUTION

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

MEDIUM SOLUTION

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

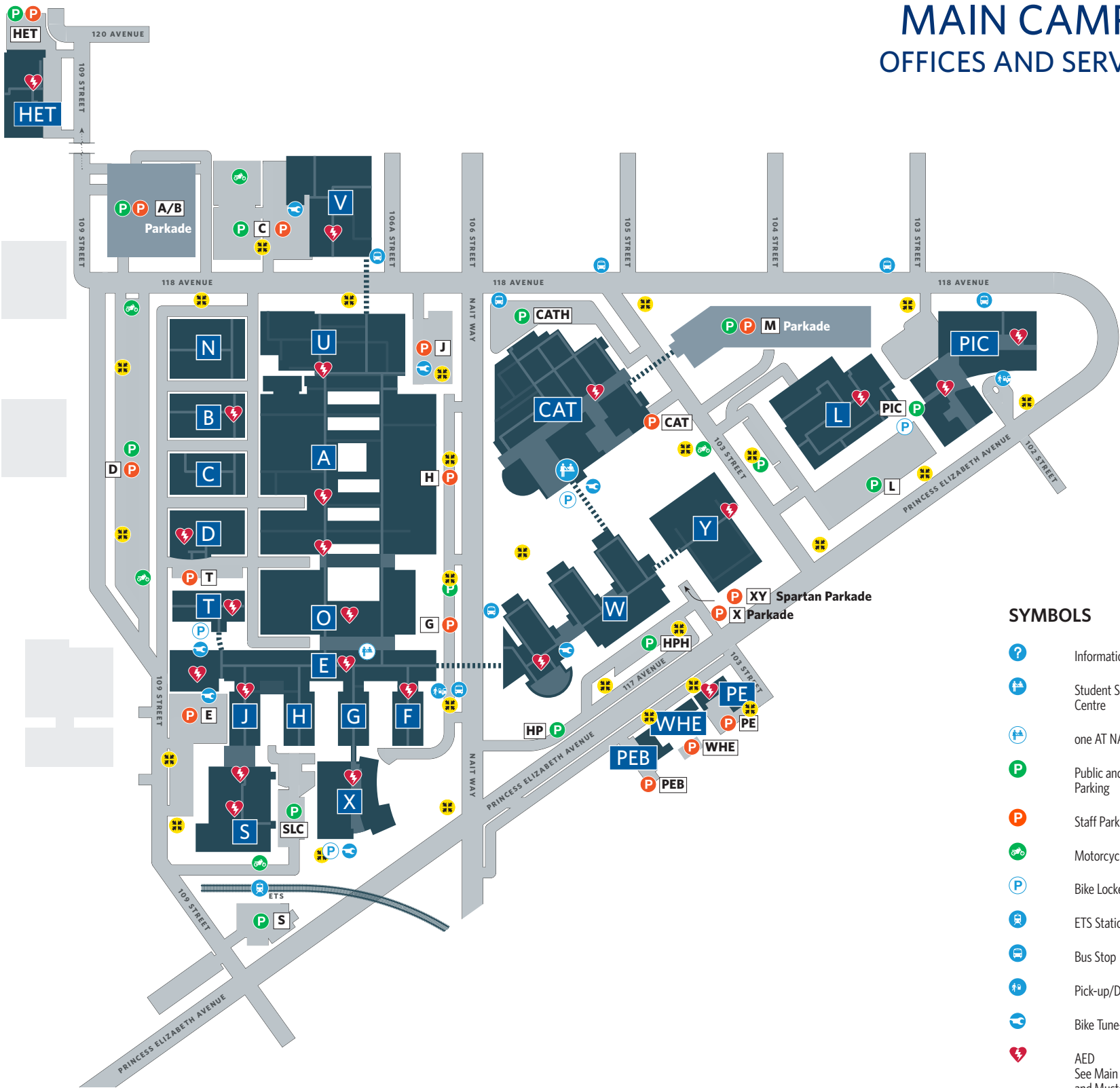
HARD SOLUTION

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

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

Souch 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 | | |