

NAIT NUGGET

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New flag plaza “important step” for NAIT



Digital rendering of the new flag plaza.

Photo supplied

By Amy St. Amand

NAIT has begun construction on a new flag plaza that will display seven flags important to the institution’s vision and commitments. The new plaza will now display the Treaty 6 and Métis flag, in addition to two NAIT flags, a Canadian flag, a province of Alberta flag and a city of Edmonton flag. The plaza, which will replace the current flags outside of South Lobby, will be located on the corner of 106 street and Princess Elizabeth Avenue.

The conversation to create a new flagpole came after concerns were raised during Pride Week of 2022 about why NAIT wasn’t displaying a pride flag. “That led to a whole conversation with executives about our flag poles and the flags that we want to display as an institution,” said Madlen Christianson, Manager of NAIT’s Office of Diversity and Inclusion. The project was funded through NAIT’s Strategic Initiatives Fund, which funds initiatives the executives believe are important to the strategic future and direction of the institution.

Christianson explained that the current flagpole setup was limiting; there were only three flagpoles, so it didn’t allow NAIT to display the flags they felt important based on the institution’s strategic commitment. Christianson and Derek Thunder, manager of the Nîsôhkamâtôtân Centre, then began discussing how they could change the flag plaza to better represent NAIT.

“Initially we proposed five, because we wanted to be able to display the Treaty 6 and Métis flag, and then we landed on seven because of the significance of seven in terms of indigenous culture,” said Christianson.

The flags represent a public declaration of NAIT’s commitment to Truth and Reconciliation and NAIT’s Aboriginal strategy, Connecting the Four Directions. Thunder called the flag plaza an “important step for NAIT.”

“Alongside land acknowledgements, it’s an opportunity for NAIT to recognize our location on Treaty 6 territory and honour the First Nations and Métis people who have called this land their home for time immemorial,” he said in a staff announcement post.

Having seven poles also allows NAIT to more easily raise flags that might be important to the community, which Christianson said they’re looking into. NAIT raised the Progressive Pride flag during this year’s Pride Week, and Christianson said although the ceremony was small, it had an impact.

“The feedback and input that we received from the queer community about having that flag raised was really impactful and meaningful for them,” she explained. “Although flags seem like small symbols, I mean it’s a piece of fabric ultimately, but it is a recognized symbol of NAIT’s commitment to these communities.”

Construction is ongoing, but NAIT is tentatively planning for a flag raising ceremony on September 21 to coincide with Aboriginal Culture Day. The initial hope had been for the flag raising to happen in June, which is both Pride month and National Indigenous History month. When project timelines didn’t allow for that, they pivoted.

“Because really the purpose of building a new flag plaza was to allow us to raise the Treaty 6 and Métis flag, then it would make sense to do the raising as part of the main celebration of Aboriginal Culture Day,” said Christianson.

Students and staff will be invited to the flag raising ceremony as the date approached.

naitsa NAIT NUGGET

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

NAITSA introduces new advisor position for academic support

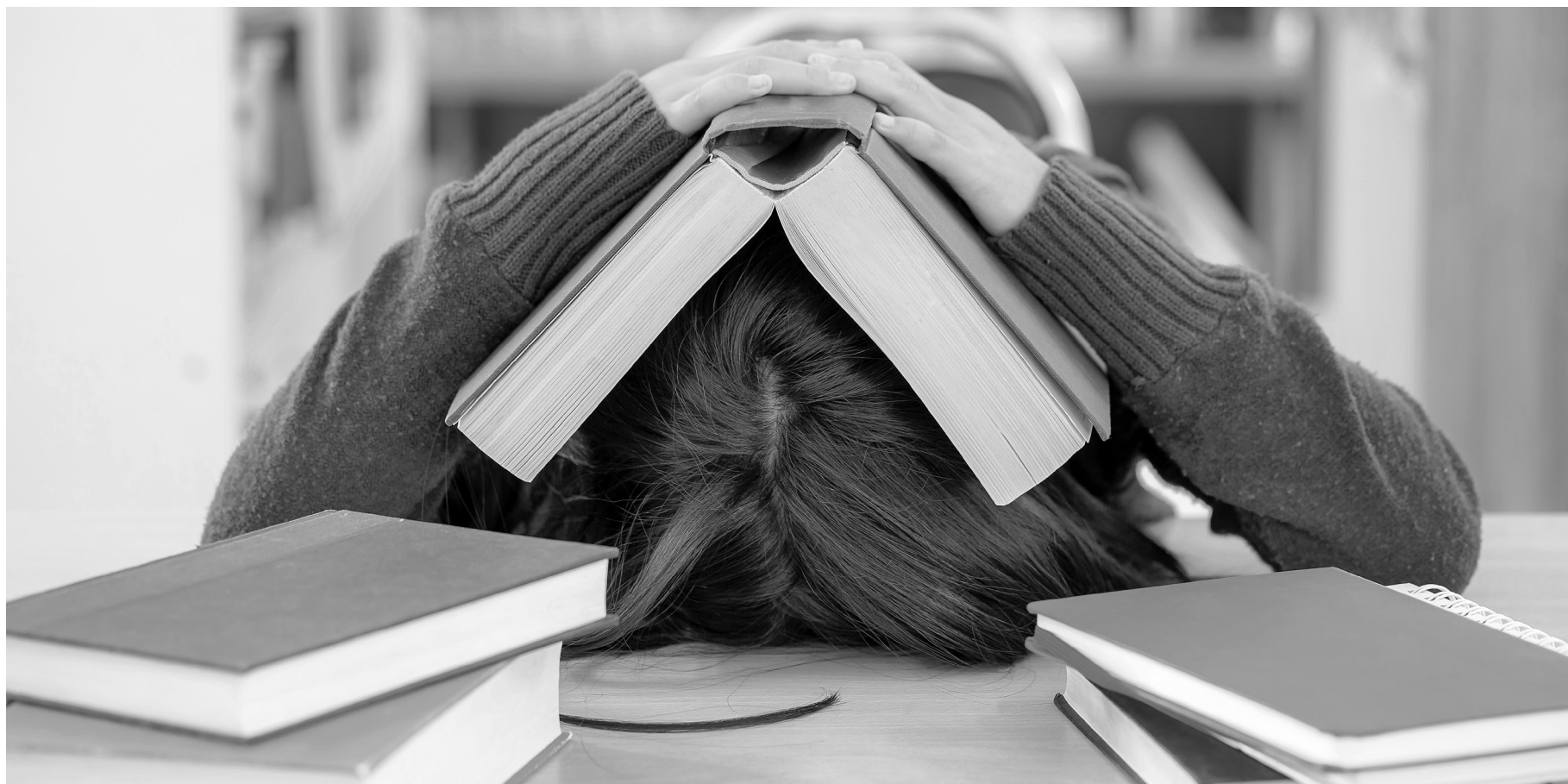


Photo via Freepik

By Amy St. Amand

Students have a new support system for dealing with academic challenges: NAITSA's Student Academic Rights Advisor. Renata Medeiros, former NAITSA VP Academic and new Student Academic Rights Advisor, can help students with "basically anything they are struggling with."

Medeiros can advise students on a number of concerns, including accusations of cheating, plagiarism or disagreements with instructors. She can also act as an advocate in meetings with program chairs or other NAIT officials. "I can go to a meeting with the Student Resolution Office with [students], as a support person. I am not there to talk for them. I will be a silent note taker," Medeiros explained. "Sometimes the student [doesn't] feel comfortable talking to someone from NAIT, the student and I can have a conversation prior, they can tell me everything that they've been going through, everything that they want to express to the NAIT staff, and I can talk on behalf of the student."

NAITSA has been imagining this position for "a few years now," Medeiros explained, but the timeline to hire and create the position was sped up after NAIT found the ombuds role redundant at the beginning of this fiscal year. "From experience and working with the Resolution Office, I know that they would try their best to be as fair as possible, and to really look at the student side. But it's good that the students also have an additional resource to go to."

Although an ombuds-type role "is not commonly found in Canadian post-secondary institutions" according to Gerard Hayes, NAIT VP Students and Campus Life, he assured the Nugget in an email that NAIT's priority is to "ensure that students feel supported and heard throughout their journey with at [SIC] NAIT."

NAIT also has a Student Resolution Office, though Medeiros explained they focus more on academic integrity violations. "If the student has been feeling like they were a target of bullying or that instructor has been saying some very inappropriate things, then that's where they would go to, to the Student Resolution Office to file that complaint against the instructor, or even against some other NAIT staff or also a student."

But approaching the Student Resolution Office can be awkward for some students, especially when their complaint revolves around NAIT. "Even though the staff is very approachable, very friendly, and they're there to help students, the students still have that concern on the back of their mind," Medeiros explained. If students do face challenges or feel issues are not being addressed, Hayes urged students to contact him. "Our priority is to ensure that students feel supported and heard throughout their journey at NAIT," he said.

Ultimately, Medeiros believes that the various resources for conflict resolution are a necessity in any post-secondary institution. "Especially with NAIT being such a multicultural school, there will always be disagreements. And even if it's not disagreements, just misunderstandings," said Medeiros. "That's also why this position was created, to support those students, to understand how the education here at NAIT works, how the process here at NAIT works."

"I think that [students] know they have rights. They absolutely know that. But they are not 100 per cent sure what those rights are, and how to act on them."

Students can book an appointment with the Student Academic Rights Advisor online, by phone, or by visiting the NAITSA Office (O108).

Common marketplace scams to avoid when shopping online

By Nora Mohamad

As August quickly comes to an end, students are preparing for the return of class with back-to-school shopping. Post-secondary students may be seeking notebooks, textbooks, electronics, housing and used cars. Some students may need to turn to websites like Facebook Marketplace, eBay, Kijiji or Craigslist to find whatever they need for a lower price. Even though all of these websites mention that they are safe for users to buy and sell from, they also mention they're targets for scamming. Here is a compilation of information to prevent scamming, some tips to look for when you are searching for a used car and a few tips from selling sites to avoid scamming on their platforms.

If it sounds too good to be true, it probably is

Many websites share the phrase "too good to be true." These websites are referring to high-priced items like laptops going for prices so low it creates suspicion over the item's condition. Facebook Marketplace advises buyers to compare the seller's asking price on other sites, especially the price asked by the original manufacturer.

Many websites also encourage buyers to use cash to avoid sharing information with strangers online. Reddit user Remarkable_Animal_18 said in the NAIT subreddit to "never give information away, [scammers] do not need to know your online banking password. They also do not need your driver's license number or SIN number."

Facebook Marketplace's Help Centre also explained that if the seller's asking price is too low then it is most likely too good to be true or the product is broken. "People have to realize, a stranger on the internet is not some super charitable Romeo who will go through a whole bunch of work to make a trade that benefits you more than them," said Reddit user Remarkable_Animal_18.

In the market for a used car

Many websites with tips to avoid getting scammed alert everyone to always meet in person before a sale and to always take someone with you. The Experian, a consumer credit reporting site, states some people may use a scam tactic called "curbstoning" to sell defective cars by pretending to be a private seller. Dealers "typically meet you at the curb in front of a private residence or an empty parking lot, giving the scam its name." To avoid this tactic, the Experian advises you "verify the title to make sure that it's in the seller's name. If it's not, it may be because they're trying to avoid a paper trail that leads back to them." Be wary of multiple listings from one seller; the Alberta Motor Vehicle Industry Council says it's often a red flag for unsavory sellers.

They also have a checklist with things to watch out for, including previous damage to the car from flood or fire, major repairs or if the car was declared unsafe to drive in Alberta.

Buying from marketplace sites

When using sites like Facebook Marketplace or Kijiji, look for ways to verify a seller's reputation. On Facebook, sellers can be rated positively (4-5 stars) or negatively (1-3 stars). They're also given seller badges that indicate things like quick responses to messages or if at least four other people have rated the seller positively in the past 30 days.

Craigslist advises that the number one rule to avoid scams is to deal locally, "face-to-face." Avoid using alternate payment websites or escrow sites; meet someone in person in a public location and accept verified methods of payment

like cash or e-transfer. Shady buyers might suggest using a payment site, which Craigslist cautions against: "the fact that the seller seems to be concerned for the protection of the buyer will often catch the buyer off guard and make them feel more confident about the seller." Most times the suggested payment sites are fake, and the buyer will lose their money and never receive any items.

Watch out for phishing attempts

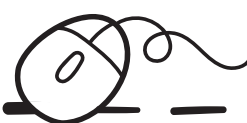
When shopping online, stay alert for attempts to steal your information with fake emails or fake web pages. Most companies will not request personal or confidential information through email, even if it seems urgent or convincing. If a website is asking for personal information, double check the address to make sure it's not a fake or a copy.

Scammers will often convince people to move to other platforms, like email, to get around the website's security systems. On the Kijiji website, it says that "sometimes these requests can be legitimate, but if they refuse to speak anywhere other than through private email, it might be best to move on."

Reddit user Remarkable_Animal_18 advised that "scammers like to sell you dreams and convince you that life can be rainbows. Snap out of it and remember life is tough, nothing is free ... don't let some random person's promises of grandeur let you forget that."

Quick tips for staying safe when selling online

- ✓ Meet in public spaces, like a mall or coffee shop. Don't meet alone or somewhere isolated, especially for high value items like electronics.
- ✓ Check seller ratings, reviews or other safety measures.
- ✓ Take cash or use other verified platforms, like e-transfer. Some banks offer an autodeposit service so the e-transfer cannot be cancelled.
- ✓ Trust your intuition. If the price seems too good to be true, it likely is.
- ✗ Don't accept cheques, use unknown payment sites or escrow sites or agree to send more money than needed. These are all aspects of common scams.
- ✗ Don't disclose personal information, like your banking password or social insurance number.



Learn to adult 101: Tips for moving out for the first time



Photo via Freepik

Editorial by Fraser Sockett

For a lot of students, going to college means new freedom. No more school bells or strict class schedules. But college also means new responsibility, like living away from your parents for the first time. While this has many benefits, like walking around your place in only underpants, there is a lot of life learning to do when you are used to living at home.

Must-have supplies

The first bit of advice I have is the most important: buy a plunger! It is better to have one and not need one than not have one when you need it. You don't need to make a trip to Home Depot to buy one; most grocery stores have a plunger in their cleaning supplies aisle, or if money is tight, go to a dollar store.

There is no shame in not knowing basic life skills yet. The internet is not just for *Garfield* lore. Sites such as YouTube or WikiHow are great for discovering the skills your parents didn't teach you. I suggest you look up how to cook, prepare a budget, clean, load a dishwasher, do laundry and where the toilet water shut-off valve is.

Know your rights

I hope you have a great landlord, but there is a reason why no superheroes are landlords. Some are good, but from my experience, for every excellent landlord, there's two or more bad ones. Students lack life experience in their rights as tenants, and some landlords may try to take advantage of that. The Government of Alberta or Tenant Rights are great resources to learn about the Residential Tenancy Act and your rights as a renter. One piece of advice is to be respectful

and polite to your landlord. Those who own the land are still people and may get offended if you are rude to them. Manners cost you nothing in life and are worth gold.

Roommate hacks

Most students will not be living alone and have a roommate or two. Everyone has a horror story about a roommate. But here's a few tips on how to survive. Don't move in with your best friend. You do not know your best friend as well as think you do. People reveal their most profound and grossest selves when they live with someone. But it's not as bad as it sounds; people will always do things that annoy others. It's a way of life.

If you move in with someone you already know, move in with someone whose relationship you would be okay with not having in a year or two. Roommates are like cream; they can turn sour or be turned into whipped cream.

You might not have a choice of who you move in with. In your first few days, communicate with your roommate to set boundaries and rules. There are countless topics to cover, but some examples are: cleaning, alarm clocks, schedules, splitting the cost of groceries, smoking or non-smoking, common areas and guests. Communication is the key to not murdering your roommate.

One last piece of advice to make your life easier away from your parents. Call your mom. She misses you. If you call her regularly, you feel less guilty when you ask her for more money from spending too much time at the Nest.

4 study spots you may not know exist at NAIT

By Nora Mohamad

NAITrium (Main Building, J104)



Photo via CDI Spaces

The NAITrium is the place to go if you want lots of sunshine and a vibrant environment while staying indoors. The space features huge windows letting in sunlight with real trees inside. The place is colourful with circular orange couches around tables, orange and green chairs around a high white table and more. Follow the stairs to the second floor for the perfect group meeting spaces where you'll find whiteboards and plenty of couches. Plus, the furniture can be moved around to suit your needs!

Studying in the sun



Photo via techlifetoday

NAIT has a few courtyards on Main Campus with gazebos to keep you safe from the extreme heat in summer and rainy days in fall or spring. One gazebo in particular was designed to be an inclusive space and respect the spirit of reconciliation. This gazebo has an octagonal shape and along the inside are the Seven Grandfather teachings which are Respect, Wisdom, Bravery, Love, Truth, Humility and Honesty. The Nîsôhkamâtôtân centre consulted on the design, and staff from the carpenter program made the signs inside. If you're seeking a peaceful outdoor environment for yourself or a good place to study with friends, this would be it.

Ride in style

Low-intensity exercise and studying combine in this category. Active study spaces in the Feltham Centre and various other locations across campus create a unique experience for students. The setup in the Feltham Centre has two exercise bikes, or under-desk bikes connected together with a high circular table for you and a friend. If you prefer to study while walking, the McNally Library has a treadmill with a desk located on a wall near the Makerspace.



Photo by Nora Mohamad

Studying with a view



Photo via NAIT

Take in the spectacular Edmonton city skyline and beautiful NAIT campus from the 3rd-floor patio at the Productivity and Innovation Centre as you study. This balcony is so big it can fit 180 people for all kinds of events like receptions and banquets. The blue and silver ball patio chairs make for fun group meetings in the sunshine too. To get here, you pass through an inside foyer which also offers a nice lineup of seating for studying.

CAN'T GET ENOUGH?

Read the full article on thenuggetonline.com



8 study spots you may not know exist at NAIT
By Nora Mohamad





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September

Monthly Events



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31 Assistive Technologies Drop-in 10 a.m. - 3 p.m. A133	1 Outdoor Inflatables Party 10 a.m. - 3 p.m. CAT Quad
4 International Student Welcome Info Pack Pick-up 11 a.m. - 3 p.m. W101 (IICC)	5 Pancake Breakfast 9:30 a.m. - 12 p.m. South Lobby	6 Pancake Breakfast 9:30 a.m. - 12 p.m. CAT Quad	7 Drop-in Career Advising 12 p.m. - 1 p.m. CAT 180 Dirty Bingo 4:30 p.m. - 6:30 p.m. Nest Eatery	8 International Student Semester Kick-off 4 p.m. - 6 p.m. North Lobby
11 Journalism Basics Workshop O105 12 p.m. - 1 p.m. Petting Zoo 10:30 a.m - 2 p.m. CAT Quad	12 Learning Strategies Drop-in 10 a.m - 1 p.m. A130	13 Meet the Ook 11:30 a.m - 1 p.m. CAT182 Pizza Party Pitch Meeting 12 p.m. - 1 p.m. E102	14 Nest Fest 11 a.m. - 7 p.m. CAT Quad Mawji Centre Fireside Chat with Jay Downtown 12 p.m. - 1 p.m. Online	15 Nest Fest 11 a.m. - 7 p.m. CAT Quad
18 How to: Make a Bee Hotel 12 p.m. - 1 p.m. WC214	19 Student Service Fair 10 a.m. - 1 p.m. CAT Barbell Express 12:10 p.m. - 12:50 p.m. Soo6	20 Satellite Campus Appreciation 11 a.m. - 1 p.m. Patricia Campus	21 Understanding my Health and Medical Coverage in Alberta 4:30 p.m. - 5:30 p.m. W101 (IICC)	22 Mawji Centre Keynote with Priya Winsor 12 p.m.- 1 p.m. Online
25 Mindful Movement 11:15 a.m. - 11:45 a.m. S112	26 Opinion Writing Workshop 12 p.m. - 1 p.m. Nugget Office (O105)	27 Nimbus Tutoring Info Session 4 p.m. - 5 p.m. W101	28 Oktoberfest 4:30 p.m. - 6:30 p.m. Nest Eatery	29

For more events, info and to RSVP, head to ookslife.ca

Calendar design by Dana Edjericon

Alumni advice to start your semester right

Compiled by Nora Mohamad

Colleges and universities are places where you get to explore your thought process and think out loud ... NAIT is a community, and a community that supports its members—do not be afraid to be yourself.”

Conroy Smith
Business Administration
2020



My message to the young people starting at NAIT is to work hard, stay busy and be patient. I’m living proof that the reward for living a good life is a good life. Surround yourself with winners and you will become one.

Perry Schwabenbauer
Baking and Pastry Arts
1988



Enjoy the journey of learning. Accept the fact that you may never stop learning—even after graduating from NAIT ... There is nothing quite like student life. Enjoy being a student—there are days when we might feel overwhelmed. Remember to hit the reset button, go do some physical activities and make the process of learning fun.

Cynthia Priest
Business Administration
2007



“Embrace every easy and tough aspect of your education at NAIT with a positive mindset. It may feel overwhelming in the moment, but trust me, it’s setting you up for time and stress management in the workforce. Stay present and enjoy the small things while a student; the time will go by quickly and soon enough you’ll be looking back on some of the best memories of your professional journey.”

Jesse Beyer
Radio and Television
2010



4 new recruits to watch out for in the 2023-24 season

By Geono Aloisio

Volleyball: Josh Watson

Coming from Christchurch, New Zealand, Josh Watson played his rookie year in the ACAC with Northwestern Polytechnic and will join the men's volleyball team in 2023-2024. Watson will not be the only New Zealander on the team; second-year outside hitter Jarod Roberts and rookie Finn Howard will also call NAIT home for the upcoming season.



"The fact that Jarod Roberts and incoming rookie Finn Howard who are also from New Zealand, the chemistry will be unmatched for coming years."

With a 6'3 frame, Watson is excited to get underway with a new group of guys and contend for a championship right out of the gate. "Most exciting will be playing with a new group of guys and heading towards getting that 'chip this year!'" Watson said.

Hockey: Brophy Dunne

Joining NAIT's men's hockey team after a successful career with the Spruce Grove Saints in the Alberta Junior Hockey League (AJHL), defenceman Brophy Dunne will bring plenty of experience to the Oaks blueline this season. The Prince George, British Columbia native has played with the Saints in the AJHL since 2020-2021, and served as an Assistant Captain last year. He also recorded 35 points, including 12 goals through 107 games.

"I'm a big solid defenceman who is very confident in making great breakout passes ... I have a good shot and plan on gaining my offensive game this year!" Dunne said in a message to the Nugget.

Standing in at 6'0, the left-shot D-man would have been tied for the second tallest defenceman on the roster last year and hopes he can use that to his advantage this season with the Oaks.

"I'm honoured to be an Ook and I really hope I am able to make a big impact for the logo and my teammates."

Basketball: Laila Wright

This second-year center is set to join the Oaks women's basketball team

this year after playing with Wilfred Laurier University in 2022-2023. Listed at 6'0 and hailing from Scarborough, Ontario, Wright suited up for 23 games during her time in Waterloo with the Golden Hawks. She averaged 11 minutes and showcased her ability to be a weapon on the offensive glass, grabbing 65 rebounds, 36 of which were on the offensive end.



Wright hopes she can bring some physicality on both sides of the court and is excited to work with her new teammates. "I also bring physicality on defence on the perimeter and in the paint as well as my strong rebounding skills...I am excited for us to grow together on and off the court and to build a team culture that will set us up for the seasons to come."

Soccer: Terra Achtymichuk

From Sherwood Park, Alberta, Terra Achtymichuk joins the Oaks women's soccer team after the club lost to the Lethbridge Kodiaks in the bronze medal game last season. "Terra embodies the qualities of a total footballer, and her versatility will give us the ability to be tactically flexible," Coach Dhee said in the team's announcement post on Instagram.

Achtymichuk is entering her third year at NAIT and stated it was initially Dhee who reached out to her about returning to soccer and joining the team. "This will actually be my third year here at NAIT," Achtymichuk said in a message to the Nugget. "I had taken a break from soccer but when Dhee came on board as Head Coach and reached out to me, I couldn't say no to the opportunity."

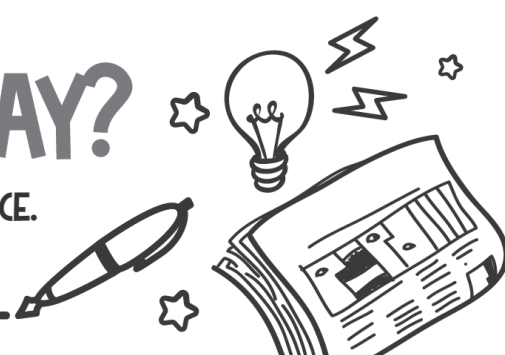
"My time at NAIT has been amazing, and attending this school was one of the best decisions I've ever made ... with two years left of my degree, I'm so excited to see what's in store!"

With those remaining years, Achtymichuk hopes to support her teammates and bring a strong work ethic to the women's soccer team. "I will be able to bring a hard work ethic ... I love being part of a team and always look out for and support my teammates as best I can."



HAVE SOMETHING TO SAY?

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Two new sports teams to join the Oaks this fall



Photo via Freepik

By Geono Aloisio

After a nine-year absence, NAIT's golf and cross country teams will be returning for the 2023-24 season. The two teams have a long history at NAIT spanning back to the 1967-68 season. The Oaks won their first golf ACAC Championship just four years into the school's existence, and the teams won a combined 37 ACAC titles before being cut in 2014 due to financial reasons.

The teams' departure was a mystery to many on campus, including current NAIT Athletics Director, Jordan Richey. "I always thought at that time, those aren't very expensive sports, why are we cutting those two?" Richey said. "It didn't make sense to me."

When Richey assumed the position of Director in 2019, he was intrigued at the opportunity to revive the programs.

"It was a no-brainer to bring them in," he explained. "For the number of student athlete opportunities that were available, with those two sports and for the cost, we're really excited."

Initially the department had plans to restart the two sports when Richey became director, but the COVID-19 pandemic delayed the possibility of the programs returning for the time being. "When did I start thinking about it? Probably as soon as I became director of athletics ... that was right before a pandemic, so that wasn't the right time to do it."

After a three year wait and passing the ACAC entrance requirements, it was official: NAIT would add golf and cross country back into its athletics portfolio. "They're [the ACAC] very excited," said Richey. "It was a unanimous decision for us to be back in the league."

Building from the ground up

While the teams dominated the conference in previous years, Richey understands they have their work cut out for them.

"The league's landscape has changed a lot," he said. "Basically, we're creating

a program from scratch," Richey said.

To head up the new programs the Oaks hired the assistant coach from the women's hockey team, Tyler Leicht, to serve as head coach of the golf team and newcomer Ron Barnhart as the cross-country head coach.

Both coaches hold extensive resumes in their respective sports. Leicht is entering his third year as a PGA of Canada Professional, and Barnhart notably served as the technical manager for Canada's National Cross-Country team in the 1999 Pan Am Games.

Leicht plans to use previous coaching experience to help guide him through his first season as head coach, and growth of the athlete will be his first priority.

"It's always nice to see ... athletes progress not only athletically, but also academically," Leicht explained. "Because the biggest thing is, you can teach golf all you want, but it's the life lessons ... that you're able to walk away with [things] to help you in life is really what's going to matter."

Like Leicht, Barnhart carries a similar philosophy: "I look at the whole person, not just the individual who's running as a competitor." With four decades of experience in cross country, he hopes his knowledge of the sport will transform the program into one of the best in the conference.

"I want us to be the program, I want us to be the team [that] everybody says, 'Oh my gosh, NAIT's coming.' We're running for second place ... we're not running for first."

It will be a significant challenge for both programs to restart after their prolonged absence, but Richey says he hopes to see the Oaks once again contending for wins and championships in golf and cross country in the near future.

"We're going to be instantly competitive ... I would say within three to five [years], we'd be competing for National Championships."

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NAITSA SENATE ELECTION 2023/2024

NOMINATIONS OPEN AUGUST 28 - SEPTEMBER 25
DISCUSS AND MAKE DECISIONS ON BIG PICTURE ISSUES
THAT CONCERN NAIT STUDENTS

- 12 student representatives
- 10 meetings throughout the school year
- Honorarium up to \$700
- Leadership experience
- Your position will be recognized on your co-curricular transcripts

**Interested in becoming
a senate member?**
Nominations close at 4pm,
September 25.

VOTING INFORMATION BOOTHS

Main Campus
NAITSA Office O108

HP Centre 1st floor
near Bytes

Main Campus
near Fresh Express

CAT 1st floor
near the Crossing

Main Campus X-wing
near the bookstore

CAT 2nd floor
near the student lounge

Patricia Campus

Souch Campus

**Online voting using your
NAIT student portal**
October 13-19 at 4pm

For more information, visit
naitsa.ca/elections

naitsa

2023-24 season preview

By Geono Aloisio

Basketball

Following a promising 13-7 regular season, the men's basketball team finished sixth in the ACAC after losing 83 to 81 in the fifth-place game against the Lakeland Rustlers. With the additions of guards Canadian Junior Basketball League (CJBL) Second Team All-Star Tayshon Potoma, and MVP of the YEG showcase tournament Austin Walter, the men's team will receive some reinforcements for the upcoming season.

It was a tough year for the 2022 CCAA Women's basketball champions. They came into the year as the youngest team in the conference. The roster was composed of first and second-year players, which may have been their downfall—the team finished 5-15. With another season under their belt, expect this team to take a step forward.

Soccer

The Oaks men's soccer team came close to winning their 12th ACAC title, but despite their remarkable 11-0-1 season, they took home silver after losing the gold medal game to the SAIT Trojans in double overtime. With reigning ACAC Player of the Year Rodane Cato and ACAC Coach of the Year Jeff Paulus returning for another season, the men's team should be a contender to finish first in the North Division for the fifth consecutive time.

Although the women's team has won seven of the last 11 ACAC Championships, 2022-2023 ended with a loss to the Lethbridge Kodiaks in the bronze medal game. With seven rookies on the roster last year, this women's team gained some much-needed experience after last season's playoff run. The new head coach, Dhee Ghovender, may look to shake things up.

Volleyball

The Oaks volleyball teams have lots of momentum to build off from last year. After the women's team doubled their win total from the year prior, the men's team reached the semi-finals before being knocked out by the eventual ACAC Champions, Briercrest Clippers. Going into this season, the men's team will be without head coach Jordan Taylor as he leaves the Oaks after serving as head coach for the past two seasons.

Before Taylor's departure, the Oaks recruited what has been called a "historic recruiting class" by the Oaks athletics page, with members of the New Zealand National Team Josh Watson and Finn Howard headlining the new players set to join the program this fall.

Hockey

After both the men and women's teams lost in the ACAC Championship to Red Deer Polytechnic, both teams took home silver to finish off an incredible season.

Coming off their 17th ACAC title, the men's team came up just short of repeating as champions, with their loss to Red Deer in three games. This year the Oaks will be without First Team All-Conference forward Dylan Stewart after he graduated last spring. Stewart led the team in points with 29 in 2022-2023.

The women's team also impressed last season, finishing at the top of the league for the first time since 2018. The team's success did not go unnoticed; coach Brendan Jensen was named ACAC Women's Hockey Coach of the Year. With forward Cass Lyttle being the only player lost to graduation, the Oaks will have plenty of experienced players on their roster to make a run for their fourth ACAC title.



Photo via NAIT Oaks

Badminton

Last year, five Oaks made the trip to the CCAA National Championship. Sylvie Bibeau and Noel Do secured the bronze medal in Nova Scotia. With three returning ACAC All-Conference players, they are hoping for another high-level performance year.

Curling

The women's team struggled with a 3-7 record between the fall and winter regionals, ultimately missing the playoffs. However, the mixed and men's curling team captured silver and bronze in the ACAC Championship. With 14 of the 16 curlers from last year's roster in their third year or earlier, the experience they gained last season should help them in 2023-2024.


Golf & cross country

NAIT is welcoming the return of golf and cross country for the 2023-2024 ACAC season after a lengthy absence. The golf and cross country teams will make their return to the sport schedule this fall. Both teams bring an abundance of past success—they won 36 combined ACAC titles before folding in 2014.

With teams new and old ready to start the year, it is shaping up to be a thrilling ride from start to finish.


MEET THE NAITSA PAWSS DOGS

If the anxiety of a new semester is getting to you, head over the NAITSA office for some relaxing puppy cuddles. The PAWSS program was created by MacEwan University and offers unstructured animal therapy. Students can visit NAITSA’s PAWSS dogs during scheduled drop in hours.




+

MOMO



competes in agility competitions!


BRISTOL




+

CHESTER

loves eating socks!




RUBY




SUNNY

loves to nap in her princess bed!




LOLA

only speaks Pontquese!

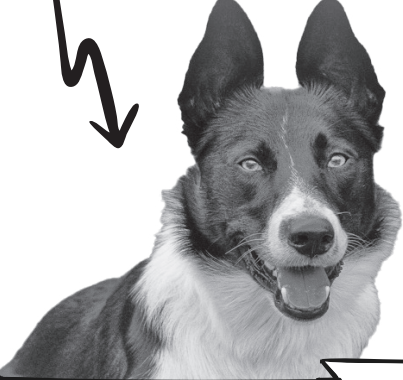


KOHDA



LYLA

gives great hugs!



MAZZIE



Quiz Quarter

What soup are you?



1. What’s your favourite season?

- a. Fall. I love the beautiful colours.
- b. Winter. There’s no bugs.
- c. Summer. I live at the beach.
- d. Spring. I love watching things grow back!

2. What’s your favourite self care activity?

- a. Face masks.
- b. Taking a bath.
- c. Exercising.
- d. Hanging out with friends.

3. What’s your favourite thing to do on your days off?

- a. Explore new local businesses.
- b. Sit at home and read. I need some alone time.
- c. Go out for drinks. Time to party!
- d. Days off? What are those?

4. What’s your favourite comfort food?

- a. Pasta. Give me those carbs!
- b. Pizza. Mmm, greasy cheese.
- c. Burgers. A classic.
- d. Soup. Why do you think I’m taking this quiz?

5. What is your dream vacation spot?

- a. Thailand
- b. Australia
- c. Italy
- d. Disney World

6. What is your guilty pleasure?

- a. Shopping. I love retail therapy!
- b. Scrolling endlessly through social media.
- c. Sleeping in until noon.

d. Watching reality television.

7. What is your favourite chore?

- a. Vacuuming. The sound helps me concentrate.
- b. Laundry. Nothing beats that smell.
- c. Dusting. It’s so satisfying.
- d. Dishes. I love the look of a clean kitchen.

8. What is your favourite colour?

- a. Red
- b. Blue
- c. Yellow
- d. Purple

Mostly A’s: Thai chicken and wild rice

You appreciate adventure, and you don’t mind a bit of spice. You’re a blend of vibrant and exotic with a comforting, hearty foundation.

Traits: adventurous, balanced, sophisticated, nurturing

Mostly B’s: Baked potato

You embody the warmth, comfort and simplicity of this well-loved dish. Your personality reflects the wholesome and satisfying nature of this classic soup.

Traits: down-to-earth, reliable, versatile, comforting

Mostly C’s: Minestrone

You are as varied and colourful as the ingredients in this beloved Italian soup. You love to explore different cultures, but find the most comfort in home.

Traits: eclectic, community-oriented, nourishing

Mostly D’s: Curry lentil

Just as the spices in this soup create a warm and inviting aroma, you have a welcoming and approachable nature that draws people to you. Your wisdom and insight provide sustenance for the soul.

Traits: complex, resourceful, open-minded, appreciative



SUD-00K-U



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

Puzzle 1: easy

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

Puzzle 2: hard

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

easy solution

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

hard solution

CAN'T GET ENOUGH?

Find more articles at thenuggetonline.com

thenuggetonline.com is updated every Friday with extra content, quizzes and news you care about.

Get information about what's happening in the NAIT community, read movie and game reviews or find playlists to make your next study session better. It's the best place to stay connected. Want to write for the Nugget? Come to a pitch meeting every Wednesday from 12-1 in E102. Get paid to share your voice.



NAIT'S FADED AND FORGOTTEN WALL OF FAME

By Caleb Perreaux

NAIT has an athletics hall of fame near the entrance to the gymnasium featuring alumni who left an impression during their time at NAIT. Despite the impressive accomplishments of those featured, the plaques on the wall are faded and old. And for Brian Stein, the most recent induction, there are far fewer of them than there should be.

QUEEN'S PLATINUM JUBILEE MEDAL AWARDED TO NAIT GRAD

By Liesl Sham

From NAIT alumnus and company founder to recipient of the Queen's Platinum Jubilee medal, Brad Bartko has made it his mission to create more accessible and barrier-free spaces within Edmonton and surrounding areas. As an individual living with cerebral palsy and navigating life in a wheelchair, Bartko has experienced many instances in and around establishments where accessibility was either limited or non-inclusive.



MEET THE EXPERTS BEHIND NAIT'S MOTION CAPTURE LAB

By Roy Navarro

Tucked away in NAIT's Productivity and Innovation Centre (PIC) is a 2,000 sq. ft. motion capture studio. Skylar Zerr, Studio Technologist and Animator, came from Vancouver with roughly a decade's worth of experience in the art of motion capture before packing his bags for Alberta's capital.

THE MARGINALIZING NATURE OF "MAKING THE FIRST MOVE"

Editorial by G. Mara Killian

Many cultures expect the man to take the first step in a relationship. This is based on traditions that have existed since ancient times. But these ideologies have grown harmful in the modern era. I'm seeking to create a discussion about how gender roles and heteronormativity affect dating and romance.



'IT'S A HUGE ISSUE': MLMS TARGET STUDENTS ON PROFESSIONAL NETWORKING SITE

By Alleah Boisvert

Multi-level marketing (MLM) companies have existed for decades. But one professional platform is the perfect breeding ground for recruiters offering something different to their targets—employment.