

NAIT NUGGET

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Campus support services see increased numbers, more proactivity

By Alyssa Conti

NAITSA’s Peer Support and NAIT’s Counselling services have noticed students are seeking help earlier in the semester. While both are experiencing their annual uptick in appointments as finals season approaches for students, they’ve both seen a shift in the way students think about mental health.

“We’ve been hearing a lot of people say that they want to get ahead of the stress,” said NAIT’s Lead Psychologist Tanya Spencer. “It means that people are being more proactive and they’re more comfortable looking for formal support.”

“I believe mental health right now is not taboo anymore,” added Hazel Sanchez, NAITSA Peer Support Coordinator. “It’s more a part of your regular life.”

NAIT’s support services label visits according to whether they’re conventional or urgent. Conventional visits consist of individuals who want to vent or speak with someone about personal issues, while urgent visits consist of people in distress. Spencer said both numbers remain consistent through the years for counselling, with roughly 12 per cent of clients being urgent cases.

“There’s a lot of students that are still coming to class when they’re caring for a terminally ill parent, or they’ve been in a big car accident or they’ve had a pretty major episodic illness,” said Spencer. “Every day, we learn about the brave and dedicated things your schoolmates are doing.”

According to Spencer, the number one reason people come to counselling is anxiety and stress, followed distantly by depression and interpersonal concerns. Peer supporters hear from students about school stress but may also hear about family or relationship issues due to their younger demographic. Both services typically expect more clients around October or November, but Sanchez said Peer Support started receiving people in distress within the third or fourth week of September.

“Surprisingly, the first case we got was a suicidal case,” said Sanchez. “You don’t expect that on your first shift as a peer supporter, but you’re trained to deal with those cases as well.”

As both support services train to handle most cases, Spencer believes the differences between peer support and counselling boil down to student preference.



Photo via Freepik

“Our service is very private but it’s not anonymous,” said Spencer. “Peer support is, and I think a lot of people find that attractive.”

Peer support services don’t require students to disclose their name or ID unless the student wants to share it. Sanchez added that even if a student shares their information, peer supporters will not use it for safekeeping or follow-up.

“Once you come into the peer support room you can open yourself as much as you want,” said Sanchez. “But once you walk out, the session has ended and that’s it.”

As the sun sets faster and the semester draws to a close, students can access Peer Support in J209B and Counselling in W111PB on the Main Campus. Clients typically have to book appointments two to three weeks ahead for counselling unless they feel their need is urgent, but Peer Support is a walk-in service. Both services also offer virtual visits.

“School is inherently stressful, even for talented learners,” said Spencer. “I would encourage people to not blame themselves. It’s not that people are weak or they’re not cutting it. This is just a really busy and stressful time.”

naitsa **NAIT NUGGET**

Informing and entertaining the NAIT community since 1964.

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Global education opportunities at NAIT

By Matthew Veldkamp

NAIT students have access to many opportunities to volunteer, join a club, attend events and meet new people, but they also have an opportunity not many students know about: the opportunity to study abroad. For students interested in furthering their education they can take classes in Denmark, learn culinary arts in Portugal or help install solar panels in Peru.

Mila Sokolyanskaya, a Global Education coordinator at NAIT, described the experience as “intercultural learning happening outside of their comfort zone.” According to Sokolyanskaya, global learning helps students be more employable. “Three per cent of students in Canada in post-secondary, they have this global learning experience, so this is a pretty unique experience.”

Doug McFarlane, an Instructor at NAIT who helps run the Alternative Energy program, agreed. In this program, McFarlane takes students to places like Guatemala and Peru to install solar panels. In his experience, he’s noticed that employers are increasingly looking for people with skills working with other cultures. “Intercultural competencies are quite important, and they’re becoming increasingly more important. Employers are increasingly more interested in hiring people with those kinds of skills,” he explained.

There are studying abroad opportunities for any full-time students at NAIT, along with some that are program specific. Regardless of the students’ experience, Sokolyanskaya assured that students will be taken care of.

“At NAIT, we take safety of our students really seriously,” she said. Sokolyanskaya plans on creating a course to help students who wish to travel abroad so they are prepared for intercultural learning.

“What’s most critical is to prepare them for this cultural experience ... we give them some strategies to deal with culture shock. Because even though

some students are super excited about experiencing different culture and engaging with people from different cultural backgrounds, it can be pretty stressful,” Sokolyanskaya explained. “So we do our part in preparing them for this experience.”

Earning course credits while gaining world experience is exciting, but for those students that need a bit more of a push, NAIT students who previously studied abroad spoke highly of their experience. Avery Kraus went to Denmark to study and said it was an amazing experience. Kraus encouraged students to consider this opportunity: “You wanna go out and experience different cultures and different ... experiences out of your comfort zone and potentially out, away from what you’re used to.”

Rosalba Colangelo, a Culinary Arts student who went to Portugal, expressed how beneficial the experience was. She advised students to “leverage the opportunity and seek opportunities to see more and to do more and to talk to more people.”

When looking into the opportunities that NAIT has, all students should consider studying abroad. Whether it’s a trip to Peru after a winter course, culinary arts in Portugal or business courses in Denmark, the opportunities are available to NAIT students. For those thinking they might like to go abroad next summer, find more information by emailing educationabroad@nait.ca. Students can also visit NAIT’s International and Intercultural Community Centre in W101 to chat with a Global Education Coordinator about how to further your education and experience by flying away in the summer on a global learning journey.

Nest wins “Best Campus Bar” 8 years in a row

By Amy St. Amand

The Nest has secured yet another win of “Best Campus Bar” in the Best Bar None (BBN) awards, making this their eighth consecutive victory. The team found out at the 14th annual awards ceremony, where 75 local bars and restaurants gained accreditation in the program.

“The accolade is such a great achievement, but really it’s a testament to the hard work of the Nest employees,” said Michelle Dirksen, General Manager of the Nest. “We have really powerful visions and this Best Bar None accolade is definitely part of it.”

Best Bar None is an accreditation program that promotes “the responsible management and operation of liquor-licensed premises,” the website says. To gain accreditation, establishments must meet a series of criteria and pass an assesment. Some of the criteria include written zero-tolerance policies on serving alcohol to minors, having fully stocked first aid kits and having up-to-date food permits and licenses. To win a BBN award, establishments must go above and beyond the basic mandatory requirements of the accreditation process. A judging panel decides both winners and runner-ups for each category, which include distinctions like “Best Bar,” “Best Hotel Bar,” “Best Large Pub,” and “Best Campus Bar.”

Dirksen attributes the win to the hard work of the staff and their “culture of people all trying to do the same thing.”



Photo supplied

“As Nest Managers, we can’t watch every employee all the time, and we can’t make people act how we want ... so when a curveball comes, good or bad, we all know how to handle it instead of all running in different directions,” said Dirksen.

Although the awards for this year just occurred, the team is already focused on their next goal: winning 10 years in a row. “We’re already focused on 10 [years in a row] ... so let’s go forward and let’s get 10.”

Dining out and deciding futures with NAIT Culinary Arts



Photo via NAIT Content Collective

By Scarlett Hunter

As a result of inflation, restaurants in Edmonton have been struggling to meet costs for ingredients and materials. At NAIT, there are many food stations for students to buy from and dine at, such as Ernest's, Fresh Express and the new Artisanal Food Market. These options also offer NAIT students a chance to hone their skills and learn about the restaurant industry before graduation. Part of that journey includes learning about some of the industry struggles, like inflation.

"[Customers] are looking for quality food at a good price," said Paul Campbell, Chair of the Culinary Arts program at NAIT. While the program isn't immune to the rising food costs, Campbell said they have an advantage being an educational institute.

"We are not mandated to make money. We are mandated for education."

The other advantage of NAIT's food services revolve around labour costs. "We are not paying labour. So our costs are a little bit lower and that's why you see the prices are a little lower," Campbell explained.

There are still costs associated with running a restaurant, educational institute or not. "You are looking for a certain food-cost-percentage ... you always try to make a profit. So food costs, let's call it 30 per cent, labour is going to cost you 30 to 40 per cent, now you've got other overhead. In all reality you're making five per cent profit. So not very profitable."

The cost of food depends on the customer's ability and willingness to pay for a product.

"[At] a higher end restaurant, you are going to expect higher quality foods.

From a fast-food place you don't necessarily expect high quality, but you do expect consistency," Campbell stated.

Preparing for the industry

Receiving a Culinary Arts education will help young culinarians prepare for working in the restaurant or service industry. NAIT's Culinary Arts program focuses on hands-on-learning and working well as a team.

"We do a Thanksgiving dinner for Boyle Street. If a student happens to volunteer for that, absolutely put that in your resume or portfolio. We just did a dinner for the government of Alberta. It's called the [Alberta] Order of Excellence, which is the highest award you can get as a citizen in Alberta," Campbell shared.

Despite the uncertainty of prices, Campbell is pleased with the level of support from NAIT students and staff.

"We are grateful for their support. Like I said, you see the line-up at Fresh Express every day, and it's out the door and down the hallway. Which is fantastic, it is a good problem to have."

Some advice he had for new chefs is to follow your interests and to pursue career opportunities as they present themselves.

"Learn as much as you can. Have some patience as well, you are not always going to come out of culinary school and land that dream job," Campbell expressed. "You can always learn, not only in cooking and culinary, but even in life."

‘Pitch it to me’: Student businesses shine at annual Mawji Centre competition

By Amy St. Amand

The Mawji Centre hosted their annual pitch competition on November 29 and the pockets of three more student businesses are feeling heavy. The competition was hosted in the Productivity and Innovation Centre at NAIT, and a panel of internal and external judges narrowed down 40 applications to the top 10, who attended the event. The top five applicants competed for their share of \$8,000 of prize money.

Dale Schaub, Event Co-Organizer and Mawji Centre Entrepreneurship Coach, said it was the best group the competition has seen. “The quality of businesses that students are building keeps getting better and better.”

In the top spot this year was Chris Small, an Applied Information Systems student. He’s one of the founders of Faculty of Skin, a company “disrupting the traditional cosmetic marketplace.” To date, the company has over \$150,000 in sales-to end users and is currently conducting three pilot programs. Small and Faculty of Skin walked away with \$4,000.

Second place and \$2,500 went to Wire Financial. This money transfer app

was founded by Mehrab Shikder, a Business Entrepreneurship student. His company focuses on helping people send money from Canada to his native country of Bangladesh. Shikder has received a money transfer business license, which Schaub called “an impressive feat.”

EZNOIZE, an app that makes booking shows “faster, easier and cheaper for both independent artists and small-medium venues,” was awarded third place and \$1,500. Tora Matys is the brains behind EZNOIZE, and she’s no stranger to the music industry. Matys was previously the Entertainment Editor at the Nugget, worked in commercial radio and has a podcast where she interviews Canadian musicians.

The pitch competition is just one of the things the Mawji Centre offers to student entrepreneurs. Since its inception in 2017, their students have raised over three million dollars from investors. The Centre is also on track to give away over \$100,000 in grants this year. For students looking to start their own business or connect with an advisor, visit CAT309A or email mawji@nait.ca.



Winner of the competition, Chris Small, poses with his first-place certificate.

Photo supplied

NAIT’s top hits of today: Behind NR92’s music

By Fraser Sockett

Before Apple re-invented the music industry with the creation of the iPod and iTunes, there were two primary ways of listening to recorded music: head to the local HMV in your favourite mall to pick up the latest HorrorPops CD, or tune the radio to your favourite station. It may appear radio is going the way of the vinyl record with the on-demand luxuries of Spotify and Apple Music, but for NAIT Radio students, broadcasting tunes is a part of daily life. In fact, in 2021, nearly 87 per cent of Canadians said they listened to radio in the past month, according to a study published on Statista.

NAIT’s student-run radio station, NR92, sits in the lonely “V” building on the northern part of the main campus and is broadcasted throughout the main building’s hallways. Although the station is secluded, hearing these students and the songs they choose makes NAIT’s empty halls feel a little less lonely. You may be wondering how NR92 makes song selections in the first place—check out the tracklist in our mixtape below to find out.

Afternoon Delight (Starland Vocal Band)

Lamya Asiff, a Radio and Television instructor at NAIT, explains how the music is chosen. “We’re unique in the sense we don’t play one genre of music, which most stations do.” NR92 covers pop, rock, country, alternative and easy-listening genres. But every day at 12:20, there is a “New Music Nooner.” This nooner is a feature showcasing new music from local NAIT students or artists around Edmonton. A new artist is featured every week.

If I Had \$1,000,000 (Barenaked Ladies)

If you are wondering why NR92 is not playing all of today’s top hits, there’s a financial reason behind it. The radio station gets all its music from Yangooroo, a cloud-based digital media distribution system service. Most radio stations will pay for music from that site, but Asiff explains the difficulties of being an

educational institution: “We get the free version, but the free version means not every song.”

Don’t Download This Song (“Weird Al” Yankovic)

As for music prohibited from being played, the clean version of songs will be played instead of their dirty versions, also known as radio edits. For example, the radio edit version of CeeLo Green’s F*** You is called Forget You.

Another type of music prohibited from being played is by artists in the middle of a big controversy. “Usually related to criminal charges or something like that,” Asiff added. It can be a show of support to a political statement, and the campus radio station would not like to take any sides on certain issues.

Play That Funky Music (Wild Cherry)

NAIT students are welcome to take sides on musical issues, though, in the form of song requests. Perhaps you take issue with the radio station not playing enough covers of *The Devil Went Down to Georgia*, or you’d like to hear Christopher Lee sing more Christmas songs like *The Little Drummer Boy*. You can send an email song request to NR92radio@gmail.com. They would love to hear your suggestions, even if it is just a suggestion about a new local or NAIT artist.

Spice Up Your Life (Spice Girls)

The radio station offers a diverse selection of different music. If Dethklok is the only metal music you enjoy, the Metal Injection hour might be a bit too heavy for you. Instead, you might enjoy Pixel Radio, a video-game themed music program. Or, if you are a sports fan, NR92 offers a wide variety of sports-themed talk shows. Go to NR92.com to find the schedule, or tune in anytime to listen to the student DJs. If this mixtape didn’t do the trick, search NR92 on Spotify and check out the station’s playlists.

NR92 NAIT Radio - MusicMaster Professional 8.0.4

Search the Library

File Edit View Dataset Library Tools Window Help

History

Song: VAMPIRE / OLIVIA RODRIGO

Daily Spins

	12	1A	2A	3A	4A	5A	6A	7A	8A	9A	10	11	12	1P	2P	3P	4P	5P	6P	7P	8P	9P	10	11
1/16/2023 Thu	3																							
1/15/2023 Wed	3																							
1/14/2023 Tue	3																							
1/13/2023 Mon	3																							
1/12/2023 Sun	4																							
1/11/2023 Sat	3																							
1/10/2023 Fri	3																							
1/09/2023 Thu	3																							

InfoBar

Categories

A1 - Power (15)

B1 - Medium (20)

C1 - New Music (20)

D1 - Recurrent (20)

E1 - A.C. Gold (200)

F1 - Rock Gold (344)

G1 - Country Gold (254)

H1 - Pop Gold (424)

I1 - Classics (40)

J1 - 50's music from 50's Day (15)

K1 - Christmas (135)

L1 - Hold (1048)

M1 - Mixed Gold (3438)

N1 - News, Sports and Weather (5)

O1 - Commercial and Sponsors (10)

P1 - Features and Programming (42)

Q1 - Splitters (6)

R1 - Announcer Notes (8)

S1 - Programming Promos (4)

T1 - Kick Off (1683)

U1 - Voice Tracks (9)

V1 - WideOrbit Notes (1)

W1 - DUPLICATES (0)

X1 - Queries

Y1 - Song Lists

Library Maintenance

	Cat	MM ID #	FLDR	WO Num	Artist	Title	Intro	Run Time	Type	Energy	Tempo	Mood	Gender	Ending	Artist Keywords	Content	Notes
>	A1	15298	116	6772	OLIVIA RODRIGO	VAMPIRE	14	03:38	4	4	34	2	F	C	RODRIGO, OLIVIA		
	A1	15305	116	6779	FEFE DOBSON pron. fee-fee	HUNGOVER	3	02:11	4	5	55	5	F	C	DOBSON, FEFE	C	
	A1	15306	116	6780	LUKE COMBS	FAST CAR	10	04:16	3	3	33	3	M	F	COMBS, LUKE		
	A1	15307	116	6781	ROYAL WOOD	JUST ANOTHER DAY	9	02:53	5	2	33	3	M	F	WOOD, ROYAL	C	
	A1	15312	116	6786	POST MALONE	CHEMICAL	14	02:56	4	4	44	3	M	F	MALONE, POST		
	A1	15313	116	6787	SELENA GOMEZ	SINGLE SOON	4	02:50	4	4	44	4	M	C	GOMEZ, SELENA		
	A1	15317	116	6792	ROYAL BLOOD	PULL ME THROUGH	7	03:01	2	2	22	2	M	F	BLOOD, ROYAL	C	
	A1	15322	116	6799	THE ROLLING STONES	ANGRY	10	03:43	2	4	44	4	GM	C	STONES, THE ROLL		
	A1	15323	116	6803	DOJA CAT	PAINT THE TOWN RED	17	03:50	6	3	33	4	F	C	CAT, DOJA		
	A1	15327	116	6805	GORILLAZ FEAT. THUNDERCAT	CRACKER ISLAND	2	03:28	5	4	44	4	GM	C	GORILLAZ		
	A1	15328	116	6806	JOSH ROSS	AIN'T THE ONE	9	02:57	3	3	33	3	M	F	ROSS, JOSH	C	
	A1	15343	116	6813	TRAVIS SCOTT	I KNOW	18	03:31	6	2	22	3	M	C	SCOTT, TRAVIS		
	A1	15344	116	6814	THE PRAIRIE STATES	TROUBLE IS	10	02:30	3	3	33	3	M	F	PRAIRIE STATES, TH	C	
	A1	15357	116	6820	MIKE SHINODA	ALREADY OVER	8	02:38	2	5	55	3	M	C	SHINODA, MIKE		
	A1	15358	116	6821	MANESKIN (pron, mawn-uh-skin	HONEY (ARE U COMING)	0	02:44	5	5	55	4	GM	C	MANESKIN		

A screenshot of the software NR92 uses to manage the radio station, which includes characteristics like tempo, run time and energy.

Photo by Fraser Sockett

GROW YOUR CAREER. JOIN STUDENT GOVERNMENT.



NAITSA EXECUTIVE COUNCIL ELECTION 2024/2025

NOMINATIONS OPEN JANUARY 3 - 29, 2024

**THE NAITSA EXECUTIVE COUNCIL IS COMPRISED
OF 4 STUDENT REPRESENTATIVES AT NAIT:**

- President
- Vice President Academic
- Vice President External
- Vice President Internal

Interested in becoming a candidate?

Nominations close January 29 at 4pm.

Email Leeanne Mills at leeanne@nait.ca

For more information, visit
nait.ca/elections

naitsa

Snowboarding solved

NAIT student entrepreneur fills gap in women's winter wear market

Words by Scarlett Hunter

Photos supplied

For many women, finding winter apparel that fits properly is a struggle. Mikayla Balfour, a NAIT student entrepreneur, is determined to solve this issue with her outerwear and apparel company, Nexarina. Her goal is to empower women by creating products that allow them to experience the thrills of winter sports without being inconvenienced by clothing that doesn't fit.

"[Women] can do whatever they want to do, and they're not going to be limited by their clothing," said Balfour.

Despite Nexarina's official launch on November 25, Balfour didn't realize she would be launching her own business when she started at NAIT. Still, she said she's always had entrepreneurial qualities. "Even when I was younger out at my lake, I would bring out my pedicure stuff and give everyone pedicures and manicures, like even before I could work I was working," she explained. But while looking through marketing co-op positions in her third year of her Bachelor of Business Administration, nothing caught her interest. "That's what really pushed me. Like, no, I want to start my own thing."

Her inspiration for Nexarina started by identifying a gap in the women's clothing market. Balfour thought of activities she was passionate about and how the clothing designs currently available don't measure up. What came to mind?

"Immediately, that was snowboarding," she explained. "I'm five feet tall, so everything is way too short for me. And it was very frustrating having to constantly stop snowboarding to tuck my pants [in]. It was so difficult to find stuff. So yeah, the idea kind of just came right to me. And from there it just continued."

She spent months researching, going to different conferences, figuring out what was in the market and determining what the future of winter clothing looked to become. Balfour explained that she knew nothing about designing clothing, "especially outdoor."

"They're very technical items. There's so much about zippers, insulation, lining, different breathability," Balfour said. "So it definitely took a lot of time to understand how to design it and all the components it would require."

Through her business courses, Balfour created opportunities and made connections to build a strong foundation for her company.

"I want [Nexarina] to be an all female sports apparel brand," she said.

Nexarina prioritizes outstanding quality products for women with diverse shapes and sizes. Balfour said her clothes have the typical quality found in men's outerwear, but are more adjustable and available in short, regular and long lengths. Last year, Balfour started prototyping for herself, but now Nexarina is designing products for different customers.

"We're creating sizing that doesn't exist in the market," she said.

"[Women] can do whatever they want to do, and they're not going to be limited by their clothing."

Originally known as GRIT Snow, standing for growth, resilience, inclusion and technology, Balfour wants women to feel comfortable pursuing their love of sports. These are the fundamentals missing in the outerwear market. However, Balfour is grateful she pivoted to a new company name.

"I eventually want to go into golf and dirt biking gear, and [GRIT Snow] would just limit me," Balfour explained. "It's Nexarina, next adventure. I like the sound a bit more and I'm happy I changed it."

The care and intent behind Balfour's innovative designs help women. Each item is specially designed to move with the individual; Nexarina even carries sweatsuits to accommodate busy lifestyles away from the slopes.

"My snow pants and my snow jackets are my favourite [creations], but I do also love my sweatsuit. I'm a huge sweatsuit girlie," Balfour shared. "I love wearing them to work or school ... I've had them for a year now. I wear them honestly once a week and they still feel the same as when I got them."

Balfour lives a busy lifestyle herself. Nexarina employs two interns hired this semester and volunteers invested in helping her business succeed. While attending business school and working part-time, Balfour writes her schedule out at the beginning of every week.

"It's not always easy ... from the first thing when I wake up to the minute I go to bed, everything is time-blocked to make sure that I can manage everything and make adjustments as needed," she explained.

Nexarina encourages women to focus on developing their skills and taking on challenges.



Balfour, pictured above, poses with a Nexarina toque.

Being an entrepreneur comes with its own challenges, but Balfour appreciates the freedom of being an entrepreneur.

"I definitely would say that I would not be where I am today without NAIT, even just their co-op. That was the thing that really pushed me to figure out what it was I wanted to do. And from there, I've just had so much support with the Mawji Centre," Balfour expressed. "Almost everything that I've done to date, I've been exposed to that because of NAIT, so I'm super grateful."

Students are encouraged to check out the release of Nexarina's lifestyle line if they're interested in quality apparel that will last and compliment every appearance. NAIT students who want to know more can subscribe to Nexarina's email newsletter and follow Nexarina on social media. Balfour is happy to share her story and excited for what the future promises. After the success of her business, she offered this advice for aspiring NAIT business students:

"We really need to start with understanding the market first and build a product around that. But once you've done that and you know that it's a problem that you're solving, you know that these people are underserved. There's a gap ... don't hold back once you know that it's a problem, just go for it."



How we hold on to the past: A conversation with a treasure hunter

By Nicklaus Neitling

In my room, there is a shelf full of items from the past. It displays several Playstation 2 games that I have no way to play, but I hold on to because 15 years ago I enjoyed them. On the end, taking up the remainder of the shelf, sits a few funeral cards of the family I've lost in the past 10 years. It's my own little shrine of nostalgia. Besides sentimentality, I'm unsure of why I hold on to these items, and even more so why I choose to display them. I know I'm not alone; many people hold on to collections of different size and value, and everyone has their own idea of what makes an object a "treasure."

With this thought in my head, I walked into the West Edmonton Mall location of Beck's Antiques & Jewelry to find out more about the philosophy of keeping treasure. Beck's Antiques & Jewelry specializes in buying and selling antiques or "treasures," while also offering many other services. The company's CEO, appraiser, auctioneer and namesake, Clinton Beck, started from humble beginnings. He started treasure hunting as a young boy growing up in Surrey, BC.

Coming from a poor family, he had to find ways to make money. He would spend days digging in the garbage dump looking for bottles to fill his wagon and take to the depot for five cents each. One day, Beck was dragging his wagon past an antique shop. A man smoking outside stopped him, looked in his wagon, and offered five dollars for one of his five cent bottles.



Photo via Beck Antiques

To Beck, we don't really own these treasures; we "babysit" them. We take care of them for a short while, but it is the responsibility of the treasure holder to maintain them to pass on to the next person.

"That was like winning the lottery," Beck said of his young self. It was here Beck realized that real treasure hunting is about "finding treasures and then finding the real collector that really wants that treasure."

Beck sees being a treasure hunter as a responsibility, one he particularly enjoys. For him, it's about preservation of history. "It's important for us as proprietors of these antique stores to be able to pass them on to the right hand so that these objects will be cared for eternity," he explained. He joked that his house is like a museum—a collection of treasures he's been curating since he was 13 years old. After 43 years, the items he's collected between his two stores and his home are there for a reason. No item is out of place. "All objects in my stores are treasures," Beck said.

During this lifelong hunt for treasure, Beck has recognized a finality to his collection and journey. It's something he didn't think about in his 30s, but has started to consider now that he's reaching his 60s.

"You realize your time is running out and you have to deal with these objects to get them onto the next treasured home," he said. To Beck, we don't really own these treasures; we "babysit" them. We take care of them for a short while, but it is the responsibility of the treasure holder to maintain them to pass on to

the next person. "When I can no longer take care of the treasure anymore, the right thing for me to do is to find someone who can take care of the treasure and value it and babysit it and take care of it," Beck mused. Ultimately, as Beck has come to realize after his lifelong journey, while our time on this earth is finite, "good treasure will last forever."

Beck sees more than financial value in these objects; for him, having a collection of treasures can do wonders for your own well-being. He's not a fan of minimalism as he feels sitting in an empty room devoid of "beautiful things" will cause your mental health to slip away.

To Beck, the COVID-19 pandemic enforced this. He believes the people who were surrounded by "that type of beauty and things that will elevate [them]" during their time in isolation were better off. "Collect what your passion is," he urged. Collecting shouldn't be about attaching a dollar sign to everything we have. Objects that bring us passion and joy, take us to moments in our lives, take our minds on a journey, or expand our minds should always be collected, according to Beck.

After my conversation, I thought back to that shelf in my room. I thought about each individual item there. I will never be that 12-year-old boy playing Resident Evil 4 again, trying to process all the changes in my life, but it's still on my shelf. I'll never be able to play Ludo marbles with my Gido again, but his funeral card sits on that shelf.

Instead, I look at these items for a moment and take my mind on a journey. I'm that 12-year-old boy again, experiencing the horrors of Resident Evil for the first time, or I'm sitting at a table locked in an intense match of marbles with my Gido. Clinton Beck helped me realize these are my own personal treasures. As he said, "If they talk to you and if they bring you to a space and time, then you should collect those items always. Because if it brings you joy, then that's what life is about."

NAIT grad and disability consultant to give away power wheelchair for Christmas

By Alleah Boisvert

A disability consultancy firm founded by a NAIT grad is helping someone in the community this winter by giving away a power wheelchair. The initiative is part of Disability: Accessible by Design's (ABD) HOPE Campaign. Brad Bartko, ABD's founder and a NAIT Radio grad, aims to continue the giveaway every year. As ABD approaches its two-year anniversary, Bartko said he wants to make someone's Christmas season better with "a whole new meaning of independence."

Bartko has teamed up with Edmonton-based wheelchair retailer Travel Buggy to give away a power wheelchair called the City 2 Plus. Since the model is lightweight and foldable, it creates easier travel for those using it. With this campaign, Bartko hopes to give someone the same experience he had.

"I had a power chair for 18 years, it broke down. It just got old, and the government said, 'Hey, you're only allowed one in your lifetime, so you're done,'" he said. He started using a push wheelchair, which negatively affected his back, shoulders and quality of life until 2019, when someone fundraised for him to get a new power chair.

"I look at what [the chair's] been able to do for my life and the freedoms and the flexibility and not having to rely on someone to push me ... all that stuff I can do independent. And that goes that way for a lot of people. They just want to feel human and be able to do it themselves, and they have to rely on somebody all the time," he said. "Just to be able to give that back and see the relief on someone's face ... the ability that it gave me, I want to be able to give that back, and if the government's not going to do it, well, I might as well do it," said Bartko.

The average cost of a power wheelchair can cost thousands of dollars—the same price as a car or down payment on a house for some, Bartko pointed out. "The power wheelchair, wheelchair in general or [any] mobility aid for that matter, is someone's legs, right? And you take that away and all of a sudden they're stuck at home or they feel trapped ... it just gives the ability to unlock those burdens or those barriers," said Bartko. Lots of people with disabilities live on limited income or below the poverty line, and many must choose between medication or other living requirements. "I don't believe that needs to be the case, hence why I started a business to bring hope and motivate and inspire people to go out and be a bigger voice and make a bigger impact if they can," he said.

"People with disabilities are the largest minority on the planet. That's invisible, physical, mental. Everybody's going to become disabled in some way, shape or form eventually," said Bartko. "And it's crazy to me the government doesn't ... understand the value of being inclusive and helping this community."

Unfortunately, the disabled community isn't always considered in community initiatives. A few days after the Nugget's interview with Bartko, Edmonton city counsellor Michael Janz hosted "ED TALK," a speaker series meant to bring Edmontonians together to discuss how to improve communities. But the event was held at a venue inaccessible to people who use wheelchairs, like Bartko



A photo from Hope Campaign advertising the giveaway. Photo via Facebook, @hopecampaign

who later posting on Instagram about his frustration at the lack of accessibility. In the post, Bartko questioned, "How would you feel if your [sic] purposely not Included in events like this where your voices should matter?" Janz's website states he "believes that together, we can build a better city for all ages, wages, and stages by putting the public interest first and investing in what we know makes our city great for everyone."

According to Statistics Canada, 23 per cent of Edmontonians over the age of 15 have a disability. "It's just time that we have a seat at that table as well and be included in those conversations," Bartko said. "I had to start a business to really start to create change, and that's where we're at."

Bartko said it's important that more people speak up when they see something that's inaccessible or discriminatory in public spaces and businesses. "It's not to, you know, cancel them or get rid of them. It's important to build a bridge. It's important to have that conversation of why it's important to be inclusive. The education, the awareness piece of why we need to become better. But again, it all starts with the conversation."

For more information on Bartko and Disability: Accessible by Design, visit disabilityabd.com or follow @disability.abd on social media. Nominations for the power wheelchair giveaway are now closed, and the winner will be announced on December 15. Nominations for next year's giveaway and information on other HOPE Campaign initiatives can be found at hopecampaign.com.

NAIT's cross-country team shines in inaugural season, qualifies two for nationals



Photo via Jesse Nash, NAIT Content Collective

By Geono Aloisio

It's the final grand prix of the season. After a long and treacherous 10 weeks, it all comes down to this. 100 runners will compete to become a National Champion in cross-country running, but only one will be crowned the winner.

While NAIT didn't land the winner spot, the revitalized team had a great ending to a magnificent season—a moment that represents an important building block for a program that hasn't had a season since 2014.

Returning to the ACAC after a nine-year hiatus, NAIT had two athletes qualify for the CCAA National Championship in Truro, Nova Scotia: Hannah Warford and Shawn Gunnink.

Through a year of unknowns and learning experiences, Warford, a first-year Interior Design Technology student, was a bright spot for the young Oaks program.

"I was very happy with how much I improved ... my time from my first run with hardly any practice compared to my last one was a four-minute difference," said Warford.

Over three races, the Alix, Alberta native accumulated an impressive average finish of 18.3.

She completed the Nova Scotia Grand Prix in 26 minutes and 13 seconds, just five minutes and 14 seconds short of the women's national champion.

This was an impressive start for Warford's first year, and with several more

seasons of eligibility ahead, she's one to watch.

In the men's bracket, Shawn Gunnink was consistently on top. Over the four grands prix on the schedule in 2023, Gunnink came home in the top 15 three times—the most on the team for the men's side.

The first-year Construction Engineering Technology student finished the final grand prix in an impressive 29 minutes and one second, five minutes and 24 seconds behind the men's winner.

Despite coming up empty handed, the team returned from Nova Scotia with some experience to build off for next season and beyond.

"The reality is that qualifying for nationals became our goal as the season progressed," said Head Coach Ron Barnhart. "At nationals, both ran well but, more importantly, both gained valuable experience in the hope of returning to nationals next year and making an impact."

As the team begins to look to 2024, they are hoping this season's success will convince more to join the group next fall.

"Our team only had five people because there was a lack of interest this year because the program wasn't very well known yet," Warford said. "There is a lot more interest for next year, so that is a win."

"I'm very proud to have been able to go [to nationals] ... and I really hope more people join us next year."

Fall sports wrap-up: Hot starts and playoff runs

By Geono Aloisio

While no snow is on the ground yet, the ACAC has arrived at their yearly winter break. The schedule will pick back up in the new year as student-athletes across the province head home for the holiday season. With the stoppage comes an opportunity to reflect on an event-filled fall term of NAIT athletics and see where the Oaks line up heading into 2024. Here is what you may have missed over the past few months.

Soccer

It was a great regular season for the men's and women's teams, with the men finishing 8-2-2 and the women finishing 7-3-2. However, neither team walked away as conference champions. Despite an explosive offence that found the back of the net 39 times—the second most in the ACAC—the men came up short in the gold medal game against the Keyano College Huskies, losing 4-2 in penalty kicks to take home silver. The women's team went 1-2-1 in their final four regular season games and clinched the final playoff spot, but couldn't overcome the SAIT Trojans in the first round, falling 3-1.

Golf

After a nine-year hiatus, NAIT returned to the ACAC Golf scene and qualified two teams to nationals. Mason Gorski led the way for NAIT on the men's side, finishing the tournament 18th with a +12 Total to Par Gross (TPG), just 19 shots behind the national champion. In the women's bracket, Michaela Kibblewhite finished the tournament 16th with a +81 TPG.

Cross-country

This program also returned, competing for the first time since 2014. The Oaks cross-country team competed against the best in the CCAA at the Cross-Country Championships in Nova Scotia. After sending two runners to nationals, the new program's inaugural campaign was one to remember. Hannah Warford crossed the finish line 48th in her division, with Shawn Gunnink finishing 51st in the men's.

Hockey

Sitting second in the standings with a record of 10-5, the Oaks women's team is on fire. The blue and gold's offence has scored 52 goals so far this season—the most in the ACAC—and doesn't seem to be slowing down anytime soon. Forwards Cassidy Shandro and Bre Martin sit second and third for most goals scored this season with 11 and seven, so expect the Oaks offence to continue producing through the second half.

Soaring into the break, the men's team recorded just one loss in nine games—with their previous loss coming against Briercrest College on October 20. The Oaks sit first in the ACAC with a 9-3 record and first in goals scored this season with 60. With three of the top five point scorers in the ACAC (Ethan Leyer, Bryce Osepchuk and Bjorn Robinson) at the forefront of the Oaks offence, NAIT seems poised to make another deep playoff run.

Basketball

Two years removed from a CCAA National Championship, NAIT's women's program holds third place in the North Division 10 games into the season.



Photo via NAIT Athletics

With a record of 5-5, the team has almost surpassed their win total of six from 2022-2023. Their ability to shoot the three ball was a significant contributor to their success on offence so far. They shot an ACAC leading 29.9 per cent from beyond the arc. Watch for this team to be a playoff threat if they continue their dominant run of shooting down the stretch.

On the men's side, NAIT is third in field goal percentage with 46.9 per cent and fourth in three-point percentage with 35.9 per cent. The Oaks sit fifth in the division after a five-game losing streak, but they've found ways to attack the basket from beyond the arc. It will take a resilient second half if the group wants to make the playoffs.

Volleyball

After gaining what the team called a "historic recruiting class," the men have started the season hot. The Oaks are fourth in the North Division with a 6-3 record and tied for the least number of games played this season. Keyano College leads the division with a 10-2 record, but there are still 10 games remaining before the playoffs, so NAIT has time to move up the standings in the second half of the season.

The women's team has yet to hit its stride this year. After a disappointing four-game losing streak, the blue and gold managed to string together a pair of victories. They're sitting last in the division for the first half of the season at 3-6, meaning there's a steep hill to climb to qualify for playoffs.

Curling

Coming off a trip to the CCAA Curling Championships in 2023, the men's team started hot at this year's Fall Regionals, leaving the tournament with a record of 4-1. The NAIT mixed team also had a successful playoff run last season, finishing second at the ACAC championship. This year, the mixed team came home with a 2-4 record at the regionals to start the 2023-2024 season. Success was hard to come by on the women's side, as the group finished the tournament in last place with a 0-6 record.

Don't be ashamed about watching kids' shows

By G. Mara Killian

Like many others, the COVID-19 pandemic took a lot out of me. I was in the middle of a program and the pandemic added two years to it. Two years that I had to spend isolated, not speaking to anyone outside of my immediate family. I even looked forward to my classes with instructors that I didn't like simply because the assigned homework gave me something to do.

This is when I started watching a lot of kids' shows.

And I don't mean shows like *Avatar: The Last Airbender* or *Gravity Falls*. These target a broad audience with as much content for adults as there is for children. I'm also not talking about shows made for toddlers.

I mean shows like *My Little Pony: Friendship is Magic* or *Ever After High*. At first, I watched these mindlessly to pass the time. Then I started to pay attention, and then I started to enjoy them. This was when I began to question why I liked these shows. I kept my volume low or my headphones on so people wouldn't know I was watching shows meant for little girls. Once I noticed this, I started to question why I was hiding it.

A part of me knows that these shows aren't particularly good. Every episode follows a basic structure and the animation is rarely what I'd call great. But that makes them digestible. And, looking back, I think that sort of light-hearted, digestible media was what I needed.

We live in a world where two major wars are making international news. We're still recovering from the worst pandemic humanity has seen in a century. A pandemic that's brought both socio-political division and economic recession

with it. The cost of living is so insanely high that most people need to work two jobs if they want to support themselves. So it makes sense that we'd all be a little stressed, anxious or even depressed.

During an interview with Vice, psychotherapist Dr. Laurel Steinberg commented children's media can help if you're depressed. She says that kids' shows "can help restore optimism and give someone a break from worrying or feeling sad, all of which can help elevate [your] mood."

If more shows focused on community and friendship were aimed at adults, I'd probably watch those instead. Especially if it was a show about forming strong adult relationships without the need for characters to go through an intense amount of trauma or discrimination together. Don't get me wrong. I love shows like *The Bear* or *A Handmaid's Tale*. But those shows are intense and difficult to watch regardless of their amazing writing. They're generally not happy stories.

And that's why I watch kids' shows. Like everybody else, I need a break from the stressful world we live in. Some people go out drinking with their friends to forget about life for a while, and I do a bit of that when I can afford to. Others might take out their frustrations through martial arts or violent video games. My escapism comes in the form of pastel ponies learning lessons about acceptance, community and friendship.

So when you consider turning off a kids' show because somebody's passing by, think about why you're doing it. You shouldn't be ashamed of seeking out an escape, because we could all use a little more light.

Engaged, the call for peace

By Sanjiyven Alfred Joseph

Happily ever after. Something I religiously believed in, mainly due to the influence of Disney and its movies. Is there really a happy ending, or is there only an ending? Does peace exist, or can it only be found in the idiot boxes we watch in our living rooms? As more and more people end up in wooden boxes with no promise of emerging, I start to wonder, can people coexist without resenting one another?

Instead of playing with toys, the lives of kids are toyed with. Children should be running freely in parks, not running for freedom in battlefields. Instead of spending quality time with their kids, parents constantly worry and pray for their safety, hoping they live to see at least one more day. Instead of enjoying the peace they helped forge, grandparents are forced to relive the atrocities that they once faced as explosions blow away all their efforts for a better world.

The remains of buildings are painted with blood. Streets are filled with the stench of death. The only fireworks that light up the skies come from weapons of mass destruction.

In my life, witnessing the state of the world has made me replace Disney with dismay. All I can do is implore like-minded people to genuinely try to make this world a better place. We may not move mountains, but we can start by planting seeds. The simplest seed to plant is kindness. Use social media with compassion and responsibility, spreading knowledge and verified news. No matter whose side you are on, engage in intellectual discourse based on facts, not feelings alone. And just because one does not agree with you, do not deride them with derogatory remarks.

There is a place for peace if we are allowed to question without the fear of being demonised. There must be platforms for people to speak up and be heard. The voiceless must regain their voice, and the ones who are always loud



must start listening.

We can't achieve peace immediately. We may not see it in our lifetime. But the pieces you help put together will create a world that allows children to be children again. A world where we understand differences and appreciate one another. A world where we stand up for what is right and do not shy away from the truth.

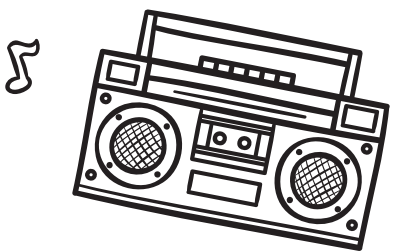
Kindness may start as a small sapling, but it can grow into something that impacts everyone.

*You may be Ali or Ashley,
It's the same air across the continent,
You may be Bilal or Britney,
But living as equals make both dominant.*



THE SHUFFLE

Summer vibes for winter lives



By G. Mara Killian

The holiday season is coming but I didn’t want to create another “best holiday music” playlist. And let’s be real, it doesn’t really feel like winter outside. So here’s some music from the southern hemisphere to match the Alberta weather.

Down Under by Men at Work

Back in 1981, the Australian rock band Men at Work made history with this classic. *Down Under* is about an Australian man traveling the globe and learning of how the world is changing. The song is a commentary on globalization and Americanization. While the lyrics are dark, the tune is fun and I’ve yet to meet somebody who doesn’t like it.

Wuthering Heights by Angra

This rock cover of Kate Bush’s debut song keeps the feel of the original but brings Angra’s power metal sound into it. Fabio Lione’s powerful vocals push forward the same kind of energy that Kate Bush put into the original. The instrumental changes the song just enough to make it stand on its own. I’ve always had a summery vibe from the original and this one’s no exception.

Free by Tamarind Free Jones

We’re getting into some more obscure musicians here. Tamarind Free Jones is a Fijian artist known for breathy vocals and complex compositions. *Free* is a good example. The more you listen to the song, the more you pick up on. Each of her song’s a journey, so I highly recommend you listen to more than just

Free. She treats her music as a form of prayer and actually does a lot more on her website.

Bandolero by Novalima

Now into something a bit more upbeat. The Peruvian band Novalima brings their Afro-Fusion beats to get you dancing. This band of childhood friends formed Novalima in 2001 and they’ve been performing without pause ever since. Each of their songs takes different influences, and *Bandolero* is heavy on Salsa vibes. While it seems like it’s repetitive, the beat and fun vibe of their music pulls you through smiling.

Alyson by Jokema

Now into some vibes to bring your night to an end. Jokema brings some smooth new wave music with *Alyson*. This Papua New Guinean Band has been making music since 2019. Though this isn’t the only vibe they go for, you can guarantee whatever they make will always be upbeat.

Make sure to check out the full playlist on our Spotify for more fun music.



SUDOOKU

EASY

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MEDIUM

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HARD

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CAN'T GET ENOUGH?

Find more content 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.



BIG WRECK WRITES NEW 'PAGES' IN CANADIAN ROCK HISTORY WITH UPCOMING EP

By Alleah Boisvert

Canadian-American rock icons Big Wreck released a new EP on November 24, and they want you to know that they're harder, louder and faster than ever. Led by musical powerhouse Ian Thornley, Big Wreck's songs have resonated through decades.

WHY ARE PROFESSIONAL SPORTS TEAMS WORTH SO MUCH?

By Mark Yong

If you keep an eye on the latest National Hockey League (NHL) news, the sale of the Ottawa Senators for \$950 million might have caught your eye. While this is already an excessive amount, \$950 million is still on the low end of the spectrum compared to other recent sales.



NAIT MEAT STORE GETS A FACELIFT

By Eugene Jacob

From the back of the Common Market (O122L) to the front of the hallways (O120), NAIT's meat store has transformed to an artisanal market, which increases space and includes an extended display with more options.

THE NUGGET'S GUIDE TO WINTER DRIVING

By Mark Yong

While there hasn't been much snow this winter, we're not holding out breath for it to return. If you've never driven in snow before, or even if you need a refresher, this article has some tips and tricks to keep you safe on the roads.



WHAT'S THE SHIT-URATION?

By Sanjiyven Alfred Joseph

NAIT has a "shit-uration" on its hands, according to a Reddit post in r/NAIT from October. The post, titled "Learn how to use a bathroom," describes the lack of bathroom hygiene from NAIT students, with many commenters agreeing. Read this article to learn a few tips if you're lacking in bathroom hygiene.