

NAIT NUGGET

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Take a break from classes and relax with a Halloween colouring page drawn by NAIT student Cherry Santos.

NAITSA Emergency Food Centre sees 100% increase in demand, donations needed

By Alleah Boisvert

NAITSA’s Emergency Food Centre has seen a 100 per cent increase in requests in September compared to last year. According to Jessie Burchnall, the U-Pass and Food Centre Specialist at NAITSA, the Food Centre received 79 food hamper requests in September 2022 compared to 160 requests in September 2023. In just the first two weeks of September, they received over 100 requests from students in need of emergency food hampers.

“It is more concerning with how much increase in demand we’ve seen, so for sure it is something on our minds,” said Burchnall. “We rely on donations, so we really hope that we can get even more now that there’s such a higher demand.”

The Food Centre relies on donations and the staff are concerned about the growing demand from students in emergency situations. “I would love to think positively and hope that it will get better,” said Burchnall. “With the economy in general that we’re in, I don’t know that it’s going to get better right away.”

Burchnall said that although it seems like there’s more traffic on campus this year, there are other factors that could be causing the increase in food hamper requests from students.

“I think everyone just notices how expensive everything is,” she said. With the price of tuition, groceries and rent rising, more students are requesting the hampers, which are targeted at emergency food situations. “The assumption is that you are really in need of a food hamper and it’s an emergency,” Burchnall explained.

The Centre accepts donations that include non-perishable food and hygiene items, but monetary donations are especially important.

“Sometimes we might really, really need peanut butter, but we’re just not getting donated peanut butter, for example,” Burchnall explained. “If [the donation] is monetary, then we can use the money to buy exactly the items that we’re lower or lacking in.”

The Food Centre’s hampers are organized based on how many dependents the requesting student has. A zero or one-dependent hamper costs roughly \$35, a two-dependent hamper costs roughly \$47 and a three-dependent hamper costs roughly \$62. Even a \$30 donation helps a lot, Burchnall said.

“That’s going to go a pretty long way because that’s one zero or one-dependent hamper, and our hampers are aimed towards fulfilling six days of food.”

While NAITSA accepts donations from staff, students and alumni, anyone can donate to help students who are experiencing emergency food insecurity.



Photo via Freepik

“Coming from NAITSA as a whole, we want people to know how far these donations go and how much of a difference it makes for students. It’s all really greatly appreciated if you can help and donate in any way, no matter how big or small.”

Anyone interested in donating to NAITSA’s Emergency Food Centre can drop off unexpired, non-perishable food items at the NAITSA office at room O108, where in-person monetary donations can also be made. The Food Centre also accepts e-transfers addressed to accounts@naitsa.ca.



NAITSA NUGGET

Informing and entertaining the NAIT community since 1964.

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NAIT fees start with HP Centre, loanable technology

By Alyssa Conti

One month after the introduction of NAIT's mandatory tech fee, the school's priorities are to address Wi-Fi concerns at the HP Centre and ensure that students get enough access to loanable equipment.

The \$30 mandatory non-instructional fee (MNIF) announced last semester intends to help with NAIT's operating costs regarding student access to technology. The budget outlines an upgraded IT help desk, improved Wi-Fi on campus and loanable equipment.

NAIT and NAITSA agreed to start with the HP Centre, as it's a newer building and was already designed with Wi-Fi accessibility in mind. HP also got classroom upgrades this year, so financially, it made the most sense to focus their efforts on one building.

"What ended up happening for the money that is collected for the rest of this academic year is we have this agreement that they'll all be focused on HP," said Daryl Allenby, Associate Vice President (AVP) of Information Technology and Chief Information Officer (CIO) for NAIT. "There's a great efficiency if we also then deploy the same contractors and procurement vehicles ... to just do the entire space."

The school added 60 laptops and 30 power banks to the existing library loanable equipment. According to Allenby, Dell G15 and G16 laptops were chosen to match DMIT program requirements since the preexisting equipment was "showing its age" and would have been "lacking" for student needs. The fee also covers additional support and salaries for staff working at the ITS help desk.

Keeping costs low

The introduction of the tech fee involved the formation of NAITSA's MNIF committee. Although NAIT remains the primary decision-maker, NAITSA's committee ensures that students have a say in how the school spends the money.

"We understand that everything is getting more expensive," said Travis Luscombe, VP Internal for NAITSA. "As students ourselves, we are also incurring additional costs, and it's something that we're aware of."

"We would like to see more predictability amongst improvements that are happening so we can provide opportunities for students and let them know what's coming," said Luscombe.

Budgets and bureaucracies

According to Allenby, the school's focus areas rely heavily on the time and money budgeted for an institution of its size. Wi-Fi and internet access will likely always be a concern, but with the main campus sitting at just over 250,000 square metres and housing thousands of students, NAIT has to go through a lot of bureaucracy to plan and purchase items.

"There's all this stuff going on that is totally invisible," said Allenby. "Nobody sees it ... but you have to deploy all that stuff to get a signal."

Construction budgets often get a one-time investment of funds for all the technology and materials needed to maintain a building project. However, older areas in the 60-year-old campus have "legacy problems" that failed to account for technological progress, such as asbestos and lack of cable space. These concerns make it difficult to build better network infrastructure.



Photo via NAIT Content Collective

"The tech changes so fast," Allenby added. "A technology that you didn't even anticipate being critical, all of a sudden, is part of the everyday experience in life."

With the HP Centre being newer, the AVP says that the building is "a little bit more predictable in terms of the evergreening requirement" needed to decide on the allocation of funds.

"Our intention is to have the HP Centre improvements around December winter break," said Marina Bruno, VP Academic for NAITSA. "So for the next semester, students should be able to notice a difference in accordance to what we've been told." If not, Allenby reassured that students should expect to see improvements later in Winter 2024.

The future of the fee itself is still in continued discussion between NAITSA and NAIT, but both parties asked that students share their concerns through help desks or by contacting NAITSA directly.

NEED TO CATCH UP?

Read the full story at thenuggetonline.com



NEW "TECHNOLOGY FEE" COMING TO NAIT
By Caleb Perreux

NAIT has announced that in the 2023/24 academic year students will be required to pay a new mandatory non-instructional fee for student technology.

Souch student lounge gets new furniture

By Amy St. Amand

Souch campus sees a new welcoming student lounge thanks to new furniture from NAITSA VP External Jenna Williams and the NAIT Facilities Management and Development Team. The satellite campuses fall under Williams' purview, and during a recent visit to Souch, she noticed some issues with the student lounge.

"I saw there was a lot of furniture missing or just in a very uninviting layout. And from there, I decided as one of my goals to really engage with the student life over there, I reached out to the campus space planning through NAIT," Williams explained.

"The reason I wanted to do it is because I think it's pretty common knowledge that the campuses do kind of get overlooked over there, so I'm just really trying to bring back that student experience for them."

Williams worked with NAIT's space planners to come up with a layout that would make students feel more welcome. No new furniture was purchased for the space; they were able to rearrange the existing furniture and bring in some unused furniture from NAIT's distribution centre to make the space more study-friendly.

"We wanted the lounge to be a place students enjoy spending their time in between classes and over lunch, connecting with one another, sharing a laugh or catching up on their homework," said Jocelyn Yurkiw, one of the space planners Williams consulted. Yurkiw's colleague, Jennifer Jang, created a furniture plan that incorporated a mix of tables and chairs to "create different settings for students to study and socialize at."

Williams hasn't heard from students about the new space yet, but she did see signs of it being used during a recent visit. "I did go check out the new layout when I was there a couple weeks ago, and I did see that there were traces of people using the room," she said. "So, it did give me some confidence that students were using the room as intended."



The new furniture added to the student lounge at Souch campus.

Photo supplied.

The furniture is just one part of Williams' plan to revitalize student life on satellite campuses. "We are really trying to capture the whole student feel. A lot of people, when they come to NAIT, they might not know where to go or what areas are good to study in ... but I really wanted to create a space where people can create friendships, create good memories."

"The more I can bridge that gap for satellite campuses, the better it is for them in the long run."

New NAIT club focuses on art of drag

By Amy St. Amand

After struggling to find a way to start learning more about performing drag, Tee Galitzine, a Culinary Arts student, decided to start a NAIT club focused on the art of drag. "I felt like [starting a club] was a good place to start, especially since NAIT doesn't have a lot of LGBTQ+ clubs," said Galitzine, who uses they/them pronouns. "It would be nice to have a community and know that you are safe here at NAIT, even if you are a drag performer."

The club had its first info session recently, and although the turnout wasn't what they expected, Galitzine is hopeful about the events they plan on hosting. "Hopefully we'll be able to host a few performances at the Nest, also hosting bingo or trivia nights."

They also plan to host drag workshops for new performers. "We want to

build a really good group of performers and artists, so it would be kind of unfair of us to throw them into a pit of wolves without any training or any knowledge."

Galitzine encourages anyone interested in drag to join the club, regardless of experience, gender or sexuality. "Drag is an art form. It isn't just gay men who are performing. There are many cis-women who perform, many straight men who perform, many non-binary people who perform," they explained. "Anyone who loves the art and wants to feel like they're part of a community, you should join, absolutely."

Students interested in seeing all of the NAITSA clubs should head to ookslife.ca for more information.

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

ZONE 1

A-Wing
Building B
Building C
Building D
Building N
O-Wing
Building T
U-Wing
Building V

ZONE 2

E-Wing
F-Wing
G-Wing
H-Wing
J-Wing
S-Wing
X-Wing

ZONE 3

Building L
HP Centre (W)
Spartan Centre
for Instrumentation
(Y)

ZONE 4

Centre for Applied
Technology (CAT)

ZONE 5

Satellite Campuses





ZONE 1
Neil Fleming
No article.



ZONE 1
Neo Genesis
No article.

VOTE FOR YOUR STUDENT SENATE REPRESENTATIVE

ONLINE VOTING OPEN
OCTOBER 13 - OCTOBER 19 AT 4PM

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

VOTING INFORMATION BOOTHS

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

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



ZONE 2

Brooke de Vries

Brooke de Vries at your service.

I am excited to run for the NAITSA senate this year! I am a graphic communications student and although I am new to design, I am no less enthusiastic about it.

I come from a background in property administration and have lots of experience with bylaws. I would even go as far to say I enjoy reading bylaws. I know, what an oddball!

If you need (or want) to talk to me, I can generally be found in the basement of the E-wing.

Thank you in advance for your support. Let's have a great year!



ZONE 2

Ramanshu Dogra

Hello,

I hope this message finds you well. My name is Ramanshu Dogra, and I'm excited to introduce myself as a peer mentor at the IICC and a second-semester NAIT student. Today, I am reaching out to humbly request your support as I embark on a journey to represent you in the Senate for Zone 2. As a dedicated candidate for the Senate, I want to assure you that I will take this responsibility seriously. If you choose to cast your vote for me, I pledge to give my utmost effort in fulfilling the obligations associated with this position. Your trust will not be taken lightly. Serving NAIT students with diligence

is my top priority. I'm here to serve as your spokesperson. Please don't hesitate to get in touch if you ever have any questions or just want to connect. I'm here to listen to you and help you in any way I can. I'll put your concerns first in the Senate and put forth endless effort to solve our student body's problems. We can improve our campus together. Please cast your vote for Ramanshu Dogra, and let's work towards a brighter future for our institution.

Sincerely,
Ramanshu Dogra.



ZONE 2

Benjie Tamboong

Benjie Tamboong's campaign for the student senate draws on nearly two decades of excellent expertise in academia. He understands the specific hurdles that students confront in their academic careers as a seasoned instructor. Furthermore, his experience as a student organization adviser has given him direct knowledge of our student body's needs and objectives. Through mentorship and direction, Benjie has continually proved his dedication to establishing a thriving campus community. Benjie is well-equipped to champion your interests and create positive

change at our university, thanks to his strong academic background and substantial commitment in student affairs. We can work together to make our campus more dynamic and welcoming. Vote for Benjie Tamboong to ensure that your concerns are heard and addressed effectively. Together, we can create a more vibrant and inclusive campus environment.

ZONE 3

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

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



ZONE 4
Feleica Eveleigh

My name is Feleica Eveleigh (she/her), just remember 'Bye Felicia', and I'm a neurodivergent 2nd year BBA accounting student. I'm also the Officer of Operations for ACON, and I just recently joined Enactus and a few other clubs.

Previously I spent ten or so years as an Electrician as well as in other industries (retail, laboring, cleaning, fast food, babysitting, temp agencies). I came back to school with a dream to become a CPA. Since attending NAIT I've found that there are many opportunities to grow as an individual and help my community. Building a better community where everyone feels safe, heard, and supported has now become just as important to me as my CPA.

My personality type is INFJ (the Advocate). I have at all stages of my life, had a passion for standing up for others and what I felt was 'Right'. I encourage inclusivity, compassion, understanding, and openness. I believe that it's only as a collective that we can truly make the greatest difference. I've spent the last three terms getting to know my peers, teachers, staff, and industry individuals. This has allowed me to gain valuable insights and meaningful connections.

Feel free to come say hi!!



ZONE 4
Zoya Haq

No article.



ZONE 4
Solomon Lacoursiere

Hello, my name is Solomon Lacoursiere, and I am excited to run for the NAITSA Senate for a second time! Currently, as a student in the Bachelor of Business Administration program, I enjoy spending time on campus with my fellow classmates and love to help make NAIT as welcoming for students as

possible. It would be an honor to represent all students in the NAITSA Senate and I am excited for another opportunity to serve. Please feel free to spark up a conversation with me anytime you see me on campus, it is an easy way to make a new friend. Cheers!



ZONE 4
Evan Lekochinsky

Hello NAIT students,

The best thing that you can do to understand someone is to serve them.

My name is Evan Lekochinsky, Chemical Eng. Tech. I am running for Senate in Zone 4 (CAT).

Your Senate is the governing body for the NAIT Student Association, which is where all your fees go! The senate holds accountable, the paid NAITSA staff and their decisions. If elected, I will ensure your student fees are spent with YOUR voice in mind and show the transparency you deserve!

I promise to work hard to ensure that we the student body, are represented fairly, and the voices throughout the CAT building are heard within NAITSA. NAIT is one of the top polytechnic schools and your education should be personal along with your student body government.

I'd be honored to serve you as your Senator and work towards your success.

Feel free to come meet me and say HI, and let's make it just that!



ZONE 4 Danielle Libunao

Hello everyone! I'm Danielle Libunao and I'm excited to be running for the Senate this term! I'm currently a third-year BBA student with a concentration in Human Resources. During my time at NAIT, I've discovered that I'm a true people person, and this quality is one of the aspects I value most about HR.

Our years as students at NAIT are moments we'll always cherish and remember. I strongly believe that every student should have a voice in shaping the events and memories that will become an integral part of our lives. As a Senate candidate, I'm committed to ensuring that every student's voice is not only heard but valued. Whether it's your creative

ideas or addressing serious issues, I will make sure they are brought to the attention of our executive council.

Being in HR has honed my 'people person' instinct, making me approachable and prepared to effectively represent your interests. I am ready to be the embodiment of NAIT students, so let's collaborate to make this term unforgettable for all of us. If you have any exciting ideas or concerns, please don't hesitate to reach out and let's ensure that this term becomes a memorable one for everyone!



ZONE 4 Eduardo Samson

No article.



ZONE 4 Jordan Schultz

Vote Jordan Schultz for Student Senate: Your Voice, Through Me!

In the upcoming Student Senate election, I am honored to be a Zone 4 candidate, ready to champion your concerns. Together, we can make our college experience exceptional.

As your representative, I pledge to be the unwavering voice for every student. Your concerns are my concerns, and your vision is my mission. With your support, we will work tirelessly to ensure that your ideas and needs are heard and acted upon.

I understand the challenges you may face, and I am committed to addressing them head on. I pledge to be an advocate for the student voice, and the advocate you deserve.

Let us turn our collective visions into reality. Vote Jordan Schultz for Student Senate, and together, we will shape an awesome college experience for all students. Your voice matters, and I am here to make sure it is heard. Your voice through me.



ZONE 4 Kevin Seme

Hello fellow NAIT students!

My name is Kevin Seme, and I'm thrilled to announce my candidacy for the position of NAITSA Senator.

Let me share a bit about myself: after completing my second year, I ventured into the real world for some work terms, chasing that 'adulting' thing. My mindset at the time was to get in and out of school as soon as possible. But being back on campus made me realize I was missing out on something worthwhile —the student experience, the friendships, and lifelong memories and stories we create.

If I'm lucky enough to earn your vote, my mission is straightforward: I want to be your voice, your ally, and

advocate. I believe what happens outside the classroom is just as vital as what goes on inside.

As your senator, I'll champion these aspects of our journey and work relentlessly to foster an engaging student life experience.

How Can You Play a Part?

Vote: When the time comes, give me your vote and ensure your voice echoes in the Senate.

Spread the Word: Share my campaign with your buddies.

Engage: Reach out to me with your thoughts, concerns, and ideas. I'm here to listen and represent you.



ZONE 4

Karan Singh

Who I am?

My name is Karan Singh. I am a student pursuing finance under business administration. I am someone who wants to know more about the world. This curiosity leads me to always be open to new experiences and ideas. I feel the role of a Senator is one where I can express your concerns. Also, it is a role where I represent your right to ask questions. This is why I am standing for this role. It allows me an opportunity to interact with all of you students who have made NAIT a second home for us all.

What I promise?

I promise myself to you. I am present most days of the week at campus. Just say 'Hi', and I will be most happy to hear you out. You can also contact me on email ubains2@nait.ca.

Personal Thanks

A vote is not just a vote. It is your right, your power, your voice. So, I ask you to make it count. I would like to take this moment to thank your patience and interest in me. I know not who you will vote but I am proud of you and our campus community.



ZONE 4

Suhail Singh

Hello Everyone! This is Suhail Singh, enrolled in the second year of Business Administration—Accounting. As a student at NAIT, I have volunteered on campus for more than 80 hours at various events with different departments, including NAIT International, Well-being, and Student Orientation. Currently, I'm a peer recruitment assistant at NAIT and event officer with the Accounting Club at NAIT.

Now the question is, why Suhail?

Since my first semester at NAIT, I have been involving myself in various activities/events happening at NAIT, where I engage with domestic as well as international students from various cultures and communities. Being an international student myself and having knowledge of different

backgrounds, I will fairly represent NAIT students in good governance and communication and appoint ad-hoc and/or standing committees to investigate any matters or problems that may arise concerning the student body.

As an accounting student, I will use my knowledge to ensure that all NAITSA budgets and all unbudgeted financial commitments and expenditures are approved fairly and in the best interest of students.

Lastly, having the ability to handle the responsibilities and power coming with the position, I would request you to Vote SUHAIL and make the right decision.

Cheers!
Suhail Singh



ZONE 4

Isaiah Thomas

Dear Fellow Students,

My name is Isaiah Thomas, and I am excited to announce my candidacy for Student Senate. As a first-year business student, I have come to understand the importance of a representative who genuinely cares about your concerns.

My vision for the Senate: Advocacy, Engagement, and Innovation.

Advocacy: I will actively listen and fight for the changes you want, be it better facilities, improved services, and eco-friendly policies.

Engagement: I will create opportunities for your voice to matter, making sure your ideas count in decision-making.

Innovation: Let's make our campus a hub of innovation, embracing technology like AI, and promoting excellence, diversity, and inclusivity.

Your vote is not just for me; it is for the change we can create together. Let's empower our student community and boost our campus. Advocate, engage, innovate- your voice shapes our future. Together, we will make a difference.



ZONE 4

Julianne Marie Torre

Empowering NAIT Students, Empowering YOU.

Hello, I'm Julianne Marie Torre, a 2nd-year Business Administration – Marketing student at NAIT. I'm excited to represent and empower students at the Feltham Centre (CAT). Having experienced the challenges that students from diverse backgrounds face, I'm passionate about ensuring that every student's voice is heard and supported throughout their journey at NAIT.

Reflecting on my past year at NAIT, I've seen the institution and NAITSA provide valuable support to students. However, I've also noticed gaps in information and communication that have prevented me from accessing certain resources.

Thinking about my little brother, who will soon enroll at NAIT, I'm inspired to become a voice for every student who needs help but may not know where to turn.

Other than being your Personal Student Advocate, I believe students deserve the following:

- End-to-End Student Support
- Inclusive Student Representation
- Student-Centric Services and Resources

Your vote is not just a vote for me, but a vote for a brighter, more inclusive, and supportive NAIT. Together, we can make it happen. Thank you for your trust and support.



ZONE 5

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

**Celebrate
With Us**

October 19 | 4:45PM | Nest Eatery

Join us for a night of celebration for the
announcement of unofficial election results.

Tales of the list-keeper: 5 local shops to fuel your Halloween horror

By Fraser Sockett

*Shadows grow longer as Halloween's approach rises,
the veil between worlds grows thin and demises.
The demons and vampires begin to grow their lust,
you can aid them or turn them into dust.
Many of these items can be found in a shop's keep,
so make haste before evil leaps.
But reader beware,
you are about to acquire some scares.*

**Perhaps you wish to summon an
undead zoo...**

*The Edmonton Book Store (10533 82
Ave NW)*

Don't creep by this shop without wandering in! This small bookstore on Whyte Ave specializes in rare and out-of-print books. They typically have at least one of the classics in stock: *the Book of Shadows*, *the Necronomicon*, or *Voodoo for Dummies*. If controlling a herd of zombie animals is not your thing, you could always find an accounting textbook, the scariest book out there.

Perhaps you need to find an enchanted costume to aid you...

Theatre Garage (3711 98 St NW)

This independent costume shop is the perfect place to rent or buy this year's spine-tingling Halloween costume or accessory to complete your spooky ensemble. Make sure you go on a day when the devil is off, or you might need to do more than just summon a lawyer to get you out of that costume rental contract.

**Perhaps you need good treats to keep away
evil tricks...**

Carol's Quality Sweets Ltd. (12519 102 Ave NW)
Carol's Quality Sweets is a family-owned business

known for stocking hard-to-find chocolate bars. The walls are not made of gingerbread; the chance of a wicked, children-eating witch working there is low. If you need a bribe to keep away all the fae for good, buy some candy here, as it offers excellent quality and selection. It is common knowledge that only quality sweets keep the fairies away, or they might pull out your teeth instead.

**Perhaps you want to cast spells and turn enemies
into ticks...**

The Witchery (TheWitchery.ca)

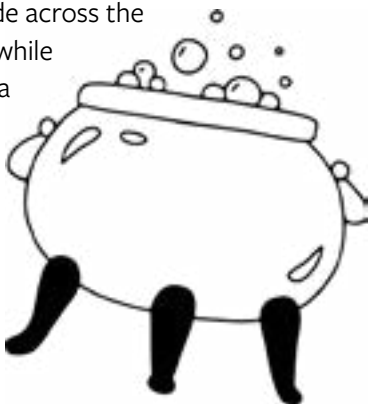
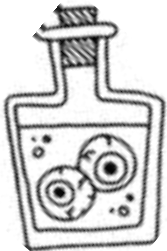
This online-only, Edmonton-based store specializes in witchcraft supplies. If you ever need to buy reagents to repel dark forces, or wish to cast a protection spell or blessing to get through a final exam (your worst nightmare) this woman-owned business is your one-stop witch shop. The owner used to live in a haunted house as a child, so she is familiar with the occult.

**Perhaps you only want to watch a horror movie about a werewolf
flu...**

The Lobby (10815 82 Ave NW)

If the four horsemen of the apocalypse ride across the full moon, you might need something to do while waiting for humanity to end. Why not rent a movie? Edmonton's last video rental store offers a wide selection of obscure horror films. Many of them you will never find on streaming services. I suggest renting the *Ginger Snaps* trilogy, filmed in and around Edmonton, about a high school student with a case of lycanthropy.

Visit one of these spooky local shops before the next season renews, or may there always be pebbles in your shoes!



TELL US WHAT YOU THINK AND WIN!

Fill out our survey for a chance to win
two tickets to the Oilers vs Anaheim
game on November 26!



Winter is buzzing: How to help local bee populations as cold weather approaches

By Alleah Boisvert

After hosting two successful events last semester, NAITSA's Sustainability Committee organized another 'How to Make a Bee Hotel' event. Spots for the returning event filled up fast, but according to NAIT Biological Sciences Instructor and resident bee enthusiast Jocelyn Crocker, there are other ways for NAIT students to help bee populations.

Crocker, who hosts the bee hotel events, said her bee advocacy started in 2014 after being closely involved in a pilot to change Edmonton's bylaw to allow beekeeping honey bees within city limits. The bylaw was successfully changed in 2015, but Crocker continues to advocate for bees native to Alberta.

"Honey bees are actually an introduced species, so they're kind of invasive in some ways, and they can [in some cases] outcompete food sources for native bees," said Crocker. "From an ecological point of view, trying to support native species to thrive is really important. So, looking at what are native plants that we can plant and how can we support native biodiversity, and one really important way of doing that is thinking about native bees, which are not honey bees."

Alberta has a large native bee population; 375 of 903 of Canada's native bee species are found in Alberta. The bee hotel event helped students consider how to create spaces for native bees to thrive. Being cautious of spaces where bees populate, embracing native bee food sources and buying local are actions that help native bee populations—but it's also about creating habitats specific to their needs.

"What they need a habitat for is laying their eggs," said Crocker. "Even in our urban lands, and even when all you have is a balcony, you can tuck a little bee hotel up in your balcony and make some space for those native bees." Using recycled empty jars provided by NAITSA and lily stems from Crocker's yard, students learned how to provide this habitat for bee nurseries, or "bee hotels."

Crocker explained that the native bees lay their eggs inside the lily stem, which can be substituted for a straw. "Then they put little bits of either soil and sometimes a little bit of wax, and then lay another egg. And so, if you think of a straw, it would



Illustration by Anam Abid @ aeeeeeoxx

be filled with all these little eggs." Unless they're laying eggs, the bees won't come and go in the fall.

For those with access to a yard, avoiding raking fallen leaves is another way to help native bee populations before winter.

"The leaves that fall on the ground are often where those native species lay their eggs, and the leaves and that top layer of the soil is where they are meant to go. When the snow melts, that's where they hatch and come up," said Crocker. In the spring, the new bees emerge from their habitats, which includes the student-built bee hotels.

"Even as a student, you have a lot of economic power on what you choose to study, where you choose to work, what activities you choose to do, where you buy your clothing, where you buy your foods, who you interact with, and there is a lot of power in combining your force with other people."

"Honey bees are different from native bees, because native bees don't live year-round, they are meant to die in the fall. And then there's the

eggs that hold those populations over and hatch in the spring, the new generation." Once spring hits, finding food is vital for the new generation of bees, who rely mainly on dandelions for nectar.

"Dandelions, when they come up, they're those first food sources for bees. So, they're actually really important. If we didn't have dandelions, we would have very slow growing populations of bees."

Students with planters on their balconies can buy pollinator-friendly flower seeds over the winter in anticipation of this new bee generation. "My favorite thing to do in January is buy seeds because you know [spring] is coming," said Crocker.

Come February and early March, students can order native bee cocoons to release from their balcony in April. Mason bees, a native bee species, only stay about 100 metres from where they hatch. "If you release a mason bee outside your apartment, it'll be near your apartment. It'll be your neighbour for however long it lives."

Crocker recommended Salisbury Greenhouses and Butterfly Wings n' Wishes—a business she said employs NAIT BioScience grads. "Another thing that lifts me up is ordering mason bees knowing that spring is coming. You don't need a license for it, and you don't maintain them, you just let them go and they do their thing, and you do your thing, and you just know that you're co-existing."

NAIT students can also help native bee populations by using their consumer power to support local farmers and producers. It's about being conscious of the connection between bees and the food we eat, and not underestimating the power of the individual, Crocker explained.

"Even as a student, you have a lot of economic power on what you choose to study, where you choose to work, what activities you choose to do, where you buy your clothing, where you buy your foods, who you interact with, and there is a lot of power in combining your force with other people," said Crocker. "I think that if you find a passion, so whether it is about bees or anything else, you know, finding people who think the same way and working with them is really how you change the world."

Soup-er savers: Rasam, a soup for the cold

By Sanjiyven Alfred Joseph

Don't expect ice cream inside an ice cream tub in my aunt's house. Instead, expect the one thing that most South Indian mothers claim to be the cure for literally everything!

Introducing rasam (pronounced raa-sm), a traditional dish famous in the South of India and in other parts of the world where the Indian diaspora exists, like where I come from, Malaysia. I remember my mum preparing it for my sister and I during the pandemic, claiming it had some beneficial components that could fight COVID-19. A doctor is certainly one of the many roles a mother will play when push comes to shove.

Since it is rich in ingredients, it's true that rasam has various health benefits. Some advantages of consuming rasam include improving gut health, assisting in weight loss and acting as an antioxidant. As the weather continues to get colder, this recipe could be helpful on a chilly day in Edmonton, as rasam is a comfort food that can keep your body warm. The ingredients are as follows: black pepper, cumin, turmeric, onions, garlic, tomatoes, tamarind juice, water, salt (to taste) and coriander leaves (optional).

It may seem like a lot of ingredients, but surprisingly, preparing rasam is quick and easy. The way we cook it, there are no perfect measurements for ingredients, just estimations. Back at home, we call this process "agak-agak," which means guess or estimate.

Roughly grind ingredients (1) to (6) together. Next, add them to a large pot

and pour one cup of tamarind juice and four cups of water on the ground mixture. Boil the mixture, then leave it on the stove for another minute before turning off the heat. For a finishing touch, add some finely chopped coriander leaves for extra flavour. Add salt to taste.

When the weather gets frosty, my aunty has taught me a simple yet efficient trick to tweak the rasam recipe and give it an enhancing kick. She adds extra pepper and cumin to the rasam for stronger taste and health effects, which helps the body deal with the unpredictable drops in temperature.

There are also grander forms of rasam, such as chicken rasam and 'nandu rasam' (crab rasam), but for the sake of cost and simplicity, just rasam will suffice.

Another benefit of rasam is its versatility. You can have it with rice, as soup or you can take rasam 'shots' before heading out to take shots elsewhere.

If you're thinking of saving some cash, rasam is cost-effective. It can last for weeks if kept frozen. Simply reheat it, and if you plan on having it with rice, anchovies and fried eggs go amazingly well with rasam.

And there you have it, rasam! A simple, affordable and delectable meal. Indeed, a potpourri of ingredients combined and boiled together, giving you the right antidote for the wrong weather.

Rasam may or may not be your bowl of soup, but hopefully this article convinces you to try out this soup-erb recipe!

Learning Services art contest showcases diversity and inclusion

By Alleah Boisvert

Learning Services is hosting an art contest open for all NAIT students. The diversity and inclusion themed contest started in September and has been extended to December 8. Kyle Kirzinger, a Learning Strategist at NAIT's Learning Services, said it's a way to let students know about Learning Services' new space at E105, but also to share their art with others.

"We wanted to find a way to include the voices of students with disabilities into this space that we're creating as part of learning services, and we wanted to allow for students to use any medium that they chose as a way to basically share their perspectives on art with others," said Kirzinger.

The contest asks students to create art that represents their idea of diversity and inclusion. Although Learning Services wants to highlight the voices of NAIT students with disabilities, the contest is open to all students.

"I think diversity and inclusion is something [that I feel like is] all around us and it's just something that we need to be more aware of," said Kirzinger. "Hopefully with [NAIT] being a trades school is that people are able to essentially think outside the box and not just what is deemed the usual art, but to use their creative sense and come up with something new," said Kirzinger.

The art can be submitted through "any medium possible," and Kirzinger encouraged "anyone who considers themselves an artist to submit whatever they feel diversity and inclusion means to them."

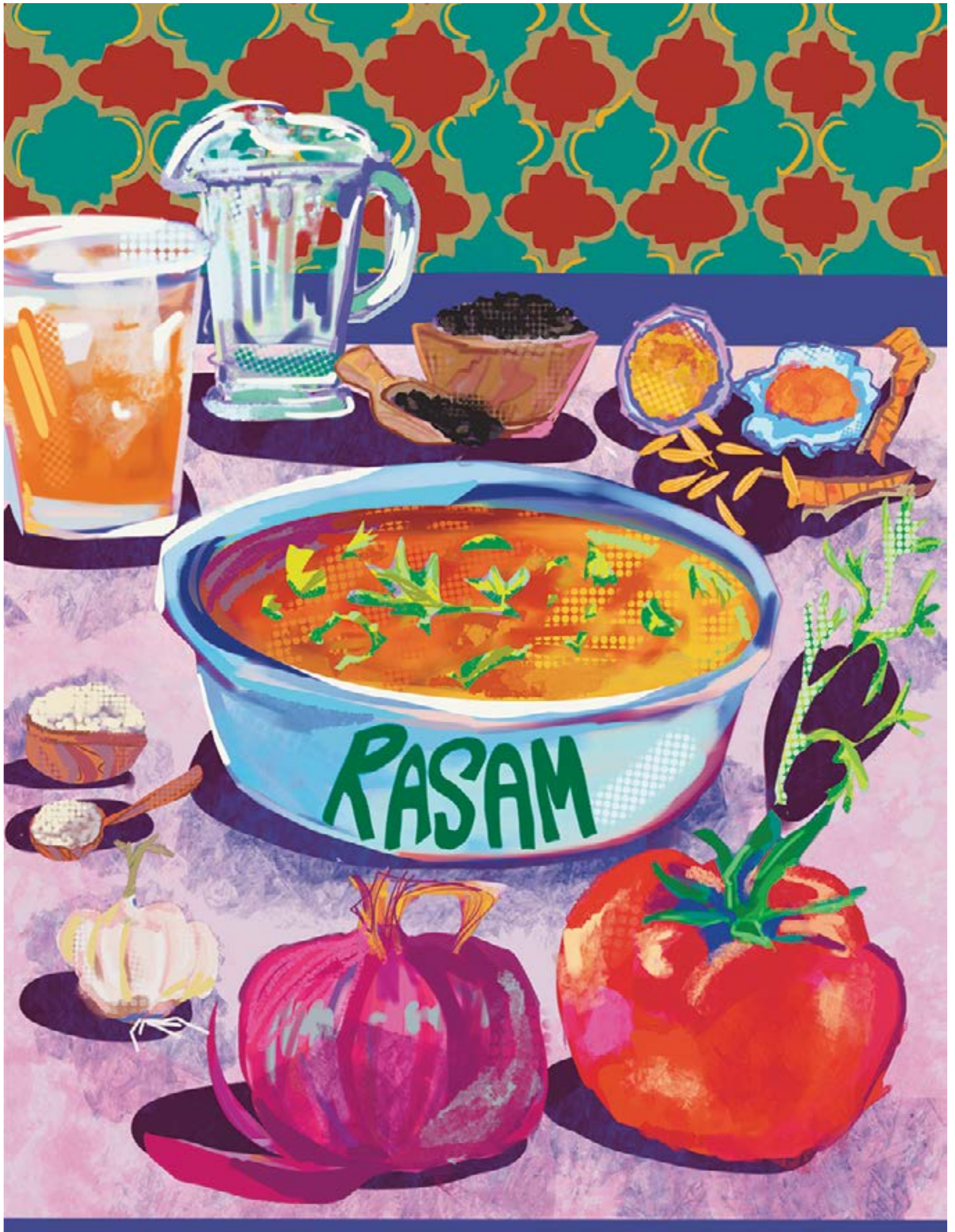
"Don't have any preconceived notions of what good art is," he said. "I want artists of all ranges and artists that are diverse, and I want basically everyone to submit anything that they feel is a good representation of diversion and inclusivity, whatever that means to each individual."

Kirzinger suggested students come to E105 and look at the wall where the art will be displayed to get an idea of how their art will look in the space. The art must be within the ranges of 8" x 10" to 18" x 24" and can be handmade or drawn digitally, as long as it is not AI-generated.

In the future, Learning Services hopes to do more contests like this to encourage NAIT students' creative side, but Kirzinger said he's hoping to build off this contest's theme.

"[Art] can be a break from not necessarily studying from their classes, but just kind of a way to let their creativity flow ... and to generate more of those conversations about diversity and inclusion and how we can incorporate them more into our perspective."

Along with having their art displayed in E105 for a year, the winner will also receive a sweatshirt and a One gift card to use on campus. For more information about the Learning Services Art Contest, visit ookslife.ca/event/237306 or stop by the Learning Services office at E105.



October Ooks preview



Photo via ACAC

By Geono Aloisio

The Ooks are back in full swing as the calendar flips to October. Several teams have started or are approaching their regular seasons as the new year of athletics is upon us. With the fall months settling in, here's how the blue and gold sit as October begins.

Hockey

The men's and women's teams reached the Alberta Colleges Athletic Conference (ACAC) championship final last March, but didn't make it all the way when Red Deer Polytechnic defeated the Ooks.

Both groups have had a rocky start in their exhibition matches this year, with the men recording two wins in their six preseason games and the women losing five of their six exhibition matches. NAIT will hold its home opener for the men's and women's squads on Oct. 13 and Oct. 14.

Golf

After a nine-year absence, NAIT returned to ACAC golf competition this year. The men's team made waves in their first season back as the Ooks clinched a spot in the Canadian Collegiate Athletic Association (CCAA) National Golf Championship.

On the women's side, Michaela Kibblewhite is also headed to nationals, as she joins five other golfers from the ACAC to represent the conference in pursuit of a CCAA championship.

Nationals tee off in Quebec on Oct. 17. The Ooks will have the chance to close their inaugural season on a high note with ACAC Golf Coach of the Year Tyler Leicht at the helm.

Cross-Country

Also making their return to the ACAC was NAIT's cross-country program. Three grandprix in, and the Ooks have made steady progress. Hannah Warford improved from finishing 23rd in the Edmonton race to 14th in Lethbridge.

On the men's side, Shawn Gunnik has finished 13th in Edmonton and 14th in Lethbridge. Next, the cross-country circuit travels to Camrose on Oct. 14

before heading to Lethbridge for the ACAC Championship on Oct. 28.

Soccer

NAIT has continued their dominant history on the pitch again this season, as the men's and women's teams sit with a record of 4-2 and 4-1-1 as of October 6. Leading the charge for the men's offence this season is Felix Mutuyemungu. The forward is tied for fourth in the ACAC with five goals scored this season.

On the women's side, scoring seven points in six games, Lamisi Sirett leads NAIT in points and goals this season at the midway point. Both teams will finish their season at home on Oct. 22 against the King's University Eagles.

Volleyball

After signing a "historic recruiting class," the Ooks men's volleyball team has lived up to the expectations in the preseason, winning four of their six exhibition matches.

Before starting their regular season on Oct. 20 at home against the Concordia Thunder, the Ooks will head to Spruce Grove for their final preseason game against the University of Alberta Golden Bears.

The women's team will also kick off their regular season at home against Concordia on Oct. 20 after finishing last year with a record of 3-16.

Basketball

Two years removed from a CCAA national championship, the women's basketball team gained some much-needed experience after playing last season with mainly first and second-year players.

Finishing last season 5-19, the Ooks were second last in the division. However, the group has started the year off on the right foot after defeating Red Deer Polytechnic 72-67 in an exhibition match on Sept. 27. The men placed third in the North Division last season, but have yet to find their groove in their exhibition games this year. They lost 97-71 to Red Deer and 82-75 to St. Mary's University. The blue and gold will tip off their seasons on Oct. 21 against the Concordia Thunder.

A brief history of fantasy sports

By Fraser Sockett

In the grand scheme of humanity, sports have most likely been around since man discovered boredom. I'm guessing about a week after humanity discovered fire and society got tired of tossing squirrels at the fire, the first caveperson began kicking a rock around while others watched. Fantasy sports are a relatively recent thing in the world of sports. While I didn't think the game would have had a rich history of murder and mayhem, it has a curveball I was not expecting.

Dungeons and diamonds of the '50s and bat swinging '60s

While some say fantasy sports started before 1950, the first bunt of fantasy sports was in the late '50s. According to the Fantasy Sports Hall of Fame, Bill Winkenback started a baseball fantasy league called the 'Superior Tile Summer Invitational Homerun Tournament' (S.T. SIHRT). In 1963, Winkenback also created the Greater Oakland Professional Pigskin Prognosticators League (GOPPL). Because of Winkenback's contributions in the 1950s and 1960s, many consider him the father of fantasy sports.

In 1962, a baseball board game Strat-o-Matic Baseball had players acting as general managers of a baseball team, using dice rolls and cards to win. Each year, players receive new cards to determine things like batting order and strategy. Imagine a combination of *Yu-Gi-Oh* with *Dungeons & Dragons*. Instead of playing in an imaginary dungeon, it is played on a mythical baseball diamond, and you get a new Hank Aaron card instead of a new monster card to put in your deck.

Winner, winner! Rotisserie League dinner of the '80s

In the '70s, people were too busy disco dancing to make new developments in fantasy sports. But according to ESPN, in the early '80s, a man named Daniel Okrent met with his friends and formed the first published fantasy baseball league. The Rotassiare league was born at the La Rotisserie Française in New York City. At the same time, there were many other leagues before Okrent's, but Okrent gets credit for a shocking reason.

He was broke.

Orkent needed money and was a writer with a friend who worked at *Inside Sports* magazine. When Orkent's book wasn't going to be published fast enough, he pitched an article about "this weird league he had been doing for the past year," said Matthew Berry, ESPN Senior Writer. And thus started the series of articles and publications, including the rules, that skyrocketed the popularity of fantasy baseball.

And boom goes the internet of the 2000s

Similar to the increase of interest in *Dungeons & Dragons*, fantasy sports had a huge bullrush of popularity in the 2000s. According to The Fantasy Footballers, CBS.com launched their first free version of a fantasy football



Photo via Freepik

league in 1997 and several other sites followed after watching their success. By September 2006, the popularity of fantasy football had exploded, as 18 million people were competing against each other. But what happens when something so innocent, free and fun becomes popular so quickly?

The yellow flag of the 2010s

Many debate if placing money on fantasy sports is gambling or a game of skill. Some could theoretically make money if they are fantastic at stats. But the person would have to be a brilliant individual and is likely not reading this article.

According to Money Nation, 85 per cent of people who spend money on fantasy football will lose that money. Players are 45 times more likely to get struck by lightning than striking it rich playing fantasy football. Want to make over \$135,000? It's more likely players will become a pro athlete than make that kind of money.

In fact, some believe that fantasy sports hurt the actual athletes playing the game. Erin Allen Hall wrote in a Washington Post article that "the byproduct of these financial and technological developments is to dehumanize the players and ultimately distance fans from athletes they once admired for their accomplishments on and off the field."

So in other words, fantasy football is turning human beings into nothing more than D&D character sheets. Some players treat the athlete's stats like I would judge my character in *Baldur's Gate 3* (a Gnome Paladin if you're wondering).

Fantasy Football started as an innocent, wholesome way of killing an afternoon when your game got rained out, but it eventually became famous due to people's desire for money and the world wide web. Despite people trying to profit from this digital carnival game of statistics, there are still options for fans to enjoy fantasy sports without going broke. Just remember, at the end of the day, there are real players on the field, and if you or anyone you know has a gambling problem to reach out for help.



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WEEKLY FOOD SPECIALS 10.00

Daily deals on Nest favourites! All specials available while quantities last. Dine in only, ask your server for details.

MONDAY

Chipotle Lime Chicken Tacos

Chipotle spiced chicken breast, Canadian cheddar & mozzarella, green leaf lettuce and fresh salsa in two grilled flour tortillas

TUESDAY

Signature Naan-zas

Campus Quad, Oh Canada, Zesty Veggie, Polynesian, BBQ Chicken, Three Little Pigs, Deluxe or Mexi

WEDNESDAY

Nest of Wings

Smoky BBQ, Sweet Garlic Sesame, Spicy Buffalo, Salt & Pepper or Cajun

Add creamy ranch – 1.50

Savor a refreshing side of seasonal fresh vegetables – 3.95

THURSDAY

Perogy Poutine

Crispy fried potato & cheddar cheese dumplings topped with Canadian curds and savory gravy

Add bacon – 2.95

Add fried buttermilk onions – 2.95

FRIDAY

Daily soup and 1/2 Wrap

Ask server for details

WEEKLY DRINK SPECIALS 5.00

All liquor served is 1 oz. Valid ID required. Please enjoy responsibly.

MONDAY

Lamb's Rum Highball

White, Dark, Spiced

Burt Reynolds Shooter

TUESDAY

Flavoured Absolut Vodka's Highball

Strawberry, Lime, Vanilla, Peach, Mandrin, Citrus, Raspberri

Rock Star Shooter

WEDNESDAY

Wiser's Whisky Highball

Deluxe, Apple, Old Fashioned

Glass Wine (6 oz)

Ask server for details

THURSDAY

Tempo Gin Highball

Blueberry, Strawberry, Dry

Apple Pie Shooter

FRIDAY

Domestic Bottle

Budweiser, Bud Light, Pilsner, Canadian, Kokanee, Michelob Ultra

Superman Shooter



Dylan Guenther: City of champions to the NHL

By Geono Aloisio

Of the 7,500 players that have suited up for a game in the NHL, only 207 were born in Edmonton. Each of these athletes likely has an impressive story of overcoming adversity and sacrifice, and Dylan Guenther's tale is no different.

Growing up in the city of champions, Guenther's love for hockey has been with him for as long as he can remember.

"It's kind of really all I've ever known," explained Guenther. "Hockey is just, it's huge here, obviously, and everywhere you go, people are talking about hockey."

Guenther's passion from an early age led him to play minor hockey in Sherwood Park, but it wouldn't have been possible without the commitment from his family.

"My dad and my parents ... my grandparents, they all sacrificed a lot of time for me to play," stated Guenther. "Whether it be before school or on their weekend ... they're getting up early to take me to practice."

"It's kind of just my motivation."

The sacrifices paid off, and at 14, Guenther was playing in the Canadian Sports School Hockey League (CSSHL) for the Northern Alberta Xtreme (NAX) in Edmonton.

During his first year at NAX, Guenther set a U15 CSSHL league record for the most points registered in a season—103 points through 30 games. After a historic year, he was promoted to the U18 club and led the team in goals scored with 32.

When thinking back on his time in the CSSHL, Guenther described his time at NAX as some of his "favourite years of hockey" because of the bonds he formed with his teammates. "You're with those guys all day. So, some of my best friends are from there."

Building a legacy in the city of champions

After winning a title with NAX and setting records in the CSSHL, Guenther was drafted first overall in the 2018 WHL Bantam Draft by the Edmonton Oil Kings, where he would play for four seasons. "I still remember to this day. My mom and I are kind of just together, and she couldn't believe it, so it was a pretty cool moment," he reminisced. "I won't forget that."

In Guenther's first year in the WHL, he scored 26 goals, which earned him a franchise record for most goals scored by a rookie. He still remembers the first time he scored on December 5 at Roger's Place. After a pass by teammate Jalen Luypen, Guenther found the back of the net for the first time.

"I got a really nice pass. It was a really easy goal, but that was a pretty cool moment." That goal was one of many for Guenther, as he collected 86 during his tenure in Edmonton.

The Oil Kings seemed destined for a deep playoff run, as Edmonton sat first in the eastern conference with four games remaining before the playoffs. However, in March 2020, the WHL cancelled the rest of the season due to the COVID-19 pandemic.

Guenther was entering a critical season of his career, so he felt the pressure to continue developing his skills during the pandemic. "I was going into my draft year too, so it was kind of, how can I get better and make sure I come out flying when the season does start."

"Some days you don't want to get up and go, and it's cold out, it's dark ... those are the days you gotta go and try to get better."

Play resumed in January of 2021, and the Oil Kings finished second in the eastern conference. In the playoffs they bested Lethbridge, Red Deer, Winnipeg and the Seattle Thunderbirds, making them the WHL Champions.

Their desire to win was motivated by a team that would likely see many changes next year. "That was kind of the last year. We all knew, a lot of guys were moving on ... we just wanted to give it everything we had."

Although Guenther would win a championship the following year with the Seattle Thunderbirds, the title he won with Edmonton is still his favourite memory from the WHL.

"Winning that first championship was pretty cool. I mean, that was kind of the highlight of my career ... I think winning that and going through everything with them (Edmonton) was, you know, it's pretty special."

A year of memories

In addition to an extensive junior hockey resume, the Edmonton-born product has made his mark in the NHL. Drafted ninth overall in the first round of the 2021 NHL Entry Draft by the Arizona Coyotes, Guenther is the second-highest-drafted Oil King in franchise history.

In 2022, Guenther suited up for his first NHL game at TD Garden against the Boston Bruins, with his parents in attendance.

"It's pretty cool, I mean, especially playing in that rink like it was their home opener ... Yeah, I think just a ton of emotions. My parents came down, and it's just super exciting, and I just wanted to do my best."

Later that year, Guenther joined the Canadian U20 team for the 2023 World Juniors and scored the gold medal-winning goal in a thrilling 3-2 overtime victory against the Czech Republic.

Days after scoring the golden goal for Canada at the World Juniors, Guenther met his childhood idol, Sidney Crosby.

"It's really hard to kind of put into words how much that kind of means," he said. "It'll stick with me forever."

Coming off a year where Guenther played in his first NHL game, won a gold medal for Canada and a WHL championship with Seattle, the former Oil King had some advice for young hockey players who may one day want to follow in his footsteps.

"The more you enjoy something, the more you're going to work at, and the better you're going to do ... these memories will last a long time, along with the friendships, but make sure that you work hard."



Haunted dolls: From film to Fort Edmonton Park

By Fraser Sockett

I have spent many years pondering the age-old question: what horror movie monster would I like to be murdered by? The one answer I always come back to is Chucky, the serial killer who possessed a Good Guy doll. Not only does he have a great (dark) sense of humour. But according to his creator, Don Mancini, Chucky is not a bigot.

While we do not have to fear Chucky, he was an homage to a similar doll named Robert out of Key West, Florida. Robert the Doll was owned by Robert Eugene Otto in 1906. Otto treated the doll as if it was alive and was his friend. As a child, he would blame mishaps on the doll.

According to Atlas Obscura, Otto owned Robert the Doll until he died in 1974. After his death, visitors to his old home would claim to hear children's giggles and footsteps in the attic where Robert the Doll was stored. If you were unwise and insulted Robert to his face, people would notice the doll's face change.

Edmonton might have its own version of a haunted doll. Back in Halloween of 2004, while attending NAIT for the baking program, I watched an episode of *Creepy Canada* featuring a segment about the Firkin's House at Fort Edmonton Park. The episode told the story of a young boy with cancer or polio who lived in that house. While alive, he played with a ventriloquist doll; it was his best friend. After the boy's death, the house was relocated to Fort Edmonton Park.



The Firkin house was rumoured to have a haunted doll living inside.

Photo by Sandy Joe Karpetz

A few weeks later, guides began reporting tales of the doll appearing in cabinets and rocking chairs.

But according to Omar Moullem, a writer at Edify, the tale of the haunted doll was nothing more than an exciting story. While the Firkins did exist, and lived in that house, they died in California. Moullem's article explains that the only person who died while living in that house did so in a car accident on Whitemud Drive. Not exactly the spooky story *Creepy Canada* portrayed.

On a whim while researching for an article I wrote last year, I asked the host of a local ghost tour if she heard of the Firkin's house. She claimed the stories were true and that she worked on the episode herself. I could not find any information on IMDB or online to back up these claims.

Sandy Joe Karpetz, in a YouTube video with her sister, Katie, would also disagree with the host's claims. Sandy Joe and Katie lived in the house as children before it got moved to Fort Edmonton Park in 1992, and states Karpetz's family was never consulted on these stories for any written or filmed story.

I reached out to both of the sisters for comments. Katie, who also runs an online witch shop called The Witchery, was the first to reply and had a lot to say:

"No, there was never any type of haunted doll or ventriloquist doll in our home and those stories are bullsh*t and I have no idea how they got started."

While I believe in ghosts as I once lived in a haunted house, I think the tale of the Firkin's ventriloquist doll is nothing more than poorly researched sawdust. Just be wary of any doll that Jennifer Tilly is obsessed with, as that doll might just be a serial killer's soul in a child's toy.



The Firkin house being moved to Fort Edmonton Park.

Photo by Sandy Joe Karpetz

Horror: Why we love it or hate it



Photo via Freepik

Editorial by Jalyn Dalke

Horror. Some of us love the feeling of fear and shock while others may hate the idea of purposefully being spooked. But is horror good or bad for us?

As a horror fan myself, I believe horror has both pros and cons. Even if we're perfectly safe and there's not going to be a killer werewolf breaking into our houses, a scary movie can bring some of us real terror and fright, even after the film. This terror can make us lose sleep at night, as well as make us paranoid about our surroundings. These effects can also be more severe for people struggling with mental health, especially anxiety. According to Dr. Pamela Rutledge, Director of the Media Psychology Research Center, "chronic anxiety increases the sensitivity to startle-eliciting stimuli, thus making people who are already stressed and anxious more likely to respond negatively." Horror can affect us in negative ways, but why does the genre still have such a strong following?

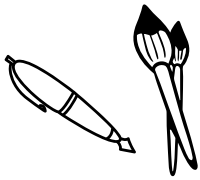
Although horror negatively affects some, it can give others a positive feeling. Like how some of us love rollercoasters, the feeling we get while watching a horror movie can be fun. A study by the University of Westminster showed that watching horror movies can actually help you burn calories. Watching fake people go through horrid things can also help us cope with the horrors of our real life.

Although some horror films lately have just been cheap scares, many horror movies or books also have deep messages. Dr. Steven Schlozman, a Professor of Psychiatry at Harvard, has said that "horror makes us ask questions that we are very uncomfortable asking in any other setting, except for the campy

displacement that horror affords." Many films, such as *Hereditary* (2018), *Let the Right One In* (2008) and *Funny Games* (1997, 2007) offer more meaningful messages and metaphors that many of us would rather consume in a scary, outrageous setting. A recent example is the new show *The Last of Us*, which was actually filmed here in Edmonton. I've been a fan of the game series for years, and if you've either played the game or watched the show, you'll know it's less about killing gross zombies and more about the relationships you form with people and how love, whether it be platonic, familial or romantic, can help us through hard times in our life—like a zombie apocalypse.

Horror also brings people together. Do you usually watch horror movies by yourself, or with some friends? I'm a bit of both myself, but I believe that the experience with friends is so much better. Horror fans are some of the most devoted people, with a strong and welcoming community. Coming back to *The Last of Us*, I watched the show with my family. They were interested because it was filmed here in Alberta and knew I was such a big fan of the game. Watching the show with them brought us really close every Sunday. We'd get popcorn and treats, excited for the next episode. I had so much fun watching with my family, and I hope we're able to do that again for the next seasons.

At the end of the day, the horror genre is not for everyone, and that's okay. While some of us love the stories that it brings us, scary movies aren't everyone's jam. But before giving horror movies a bad rap this Halloween, try one out first! If you're scared, try watching with the lights on in the daytime, tag along with a friend or start out with something tame. Enjoy the spooky season!



Creative Corner



Comic by Dylan A. Gregory, X/Twitter: @real_artifusion

Did you know...

The city of Keene, New Hampshire, holds the record for most lit jack-o'-lanterns display at once with 30,581. They've also broken their own record eight times.

Did you know...

pumpkins are actually a fruit, not a vegetable? Because it starts from a flower, it's classified as a fruit.

Did you know...

the world's heaviest jack-o'-lantern weighed 2,684 pounds, 2 ounces? It was grown in Italy and displayed at the Ludwigsburg Pumpkin Festival in 2021.

EASY

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

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

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

HALLOWEEN COLOURING PAGE



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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 RECEIVES \$4.9 MILLION FOR ADDITIONAL APPRENTICESHIP SEATS

By Alyssa Conti

The Government of Alberta has announced an additional \$12.4 million in funding to support 2,000 new apprenticeship seats in the province. With this funding, NAIT can add 579 more apprenticeship seats, which means students can expect shorter apprenticeship waitlists and more opportunities after graduation.

THE UNEXPECTED HISTORY OF NAIT'S MASCOT

By Zachary Kubusch

When you're taking classes at NAIT you're an Ook, and once you leave NAIT you'll be an Ook forever. You may have heard the phrase Ook For Life before, but do you know what the Ook actually signifies? You might say that the Ook is an owl, which is not wrong, but our winged mascot represents much more than that.



TIPS FOR HANDLING MODERN STRESS

By G. Mara Killian

School is starting up again and stress levels are going to get pretty high. Here are some tips to keep yourself healthy and happy in the coming months.

NUGGET NOMS PART ONE: NAITSA EC'S TRY UNIQUE SNACKS

Video by Nora Mohamad

In part 1 of our new series, your NAITSA Student Execs embark on a culinary adventure and try unique snacks. Learn why Jenna's dentist is afraid of her, hear Tyleen recount monster paw lore, see Travis swoon over a certain flavour of oreos and watch Marina find a new favourite snack.



BRINGING THE WEST COAST LEAGUE TO THE RIVER VALLEY

By Geono Aloisio

A former Edmonton Oiler and five-time Stanley Cup champ might not be the first person that comes to mind when thinking of the owner of an Edmonton baseball team. But Randy Gregg, Managing Director of the Edmonton Riverhawks, is one of the driving forces behind keeping Edmonton's baseball community thriving.