

# NAIT NUGGET

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## 6: STUDENTS WANT ACCOUNTABILITY FROM NAIT

A lack of moderation on social media left some students feeling like NAIT's Pride Weeks were just about the optics.

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For the first time in 9 years, and after a devastating loss last year, the women's hockey team won Nationals. Read about their journey to the title.

## 20: DOES BIGFOOT STALK THE RIVER VALLEY?

Tales of mystical creatures have been heard 'round the world, but could Bigfoot really be living in Edmonton? One Nugget contributor wants to find out.

# Student technology feature: Fluorescent microscopy

By Luis Cifuentes

There was a time in human history when the basic structural units that make up living organisms were not known. Contribution of ideas, observations and theories from multiple civilizations with different systems of knowledge led to technological advancements in fields such as material engineering and physics. This permitted the discovery, observation and categorization of the microcosmos of living organisms that govern life on our planet via the microscope—from algae and unicellular organisms living in a pond of stagnant water, all the way to the cells that make up our tissues and organs. In this way, microscopes opened a window for humans to visualize the otherwise invisible. Microscopic technology changed humanity—and it's still changing. For many NAIT students, this kind of advanced technology is used on a daily basis.

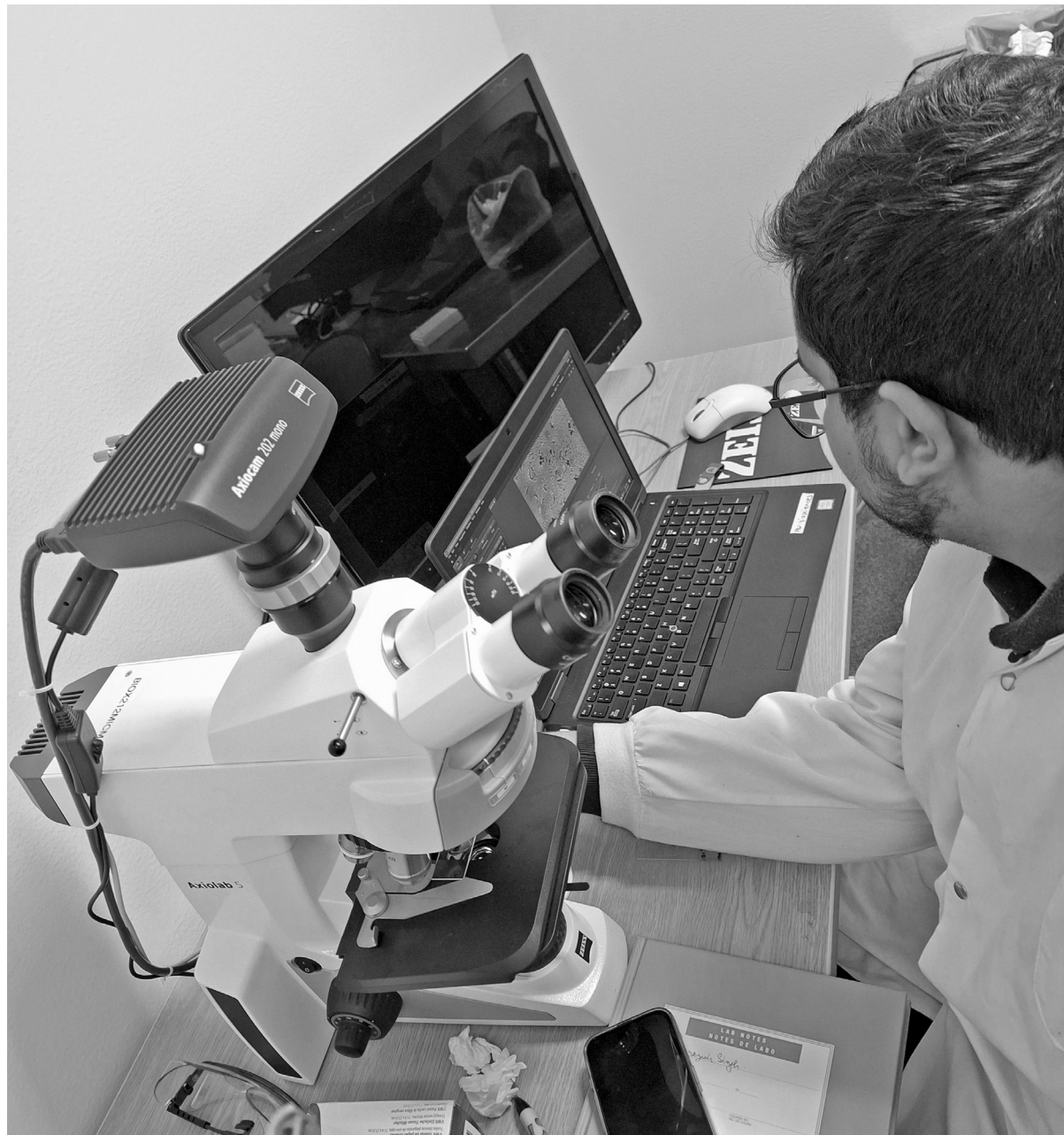
Initially, the simple microscope consisted of a clever arrangement of lenses. These lenses played with the properties of light to focus visible light onto a sample, to then project a magnified image into the human eye for observation. Nowadays, different sorts of microscopy exist, such as phase contrast microscopy, electron microscopy and atomic force microscopy. Each arranges lenses or magnets in a unique way to make electromagnetic waves interact with micro and nanostructures within living organisms.

Since approximately 10 years ago, as part of the Laboratory Research and Biotechnology program, NAIT students are taught the ins and outs of another type of microscopy: fluorescent microscopy. Fluorescent microscopy allows students to visualize not only generalities of cells and unicellular organisms, but also to visualize the internal structures and workings of fixed and even live cells, as well as to track tagged biomolecules within cells. We've come a long way since the days of the simple microscope.

Moreover, in contrast to scientists of the 19th century, who had to draw individual observations, NAIT students get to learn to operate imaging software to generate colourful pieces of art that showcase the amazing intricacies of cells. In addition, students get to learn about the newest technologies and protocols for the preparation of samples for specialized microscopy. As

technology progresses, so do NAIT students.

Fluorescent technology in the Laboratory Research and Biotechnology program is just one example of the advanced technology NAIT students from all different programs use in their classes and labs. If you're a NAIT student who is passionate about using technology in your program, why not share your enthusiasm? Reach out to the Nugget and tell us about it by emailing [info@thenuggetonline.com](mailto:info@thenuggetonline.com).



Flourescent microscope in use.

Photo supplied

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NAIT Athletics

# NAITSA Senate removes President-Elect for 2024/25; students head back to polls

By Amy St. Amand

NAIT students are heading back to the polls for a presidential by-election after the NAITSA Senate unanimously passed a motion to remove Travis Luscombe as President-Elect for the 2024/25 year. Luscombe had earlier been serving as NAITSA Vice-President Internal for the 2023/24 year but was dismissed from his position on March 20.

The motion to nullify Luscombe's presidency came after over three hours of in-camera (private) discussion at the last NAITSA Senate meeting on March 27. According to a public statement released by NAITSA, the discussion focused on behaviours by Luscombe that led to his removal, including actions that "starkly contravened his fiduciary responsibilities as delineated in the NAITSA bylaws."

The motion also highlighted several areas where Luscombe fell short in his duties, including stating that he "has engaged in actions constituting dereliction of duty and misconduct, which include but are not limited to improper or discreet conduct, neglect of duty, and actions undermining the integrity and operational efficiency of NAITSA."

In a statement Luscombe provided to the Nugget, he admitted he "made a few mistakes along the way," but that he disagrees with how the removal and allegations portray him.

"I am being portrayed as someone who did not promote respect and inclusivity. And as someone who actively neglected their duties. And that is simply untrue."

## "We can't share everything," said NAITSA

Many students have wondered about the circumstances that led to Luscombe's removal from both positions. One Instagram comment on NAITSA's statement asked, "What exactly is this evidence, and how come this only comes after he won the election, not before?"

# NAITSA Senate approves 2 new bylaws

By Amy St. Amand

After a tumultuous executive council election this year, two additions to the NAITSA bylaws have been approved by the NAITSA Senate. Both changes revolve around student governance and address concerns that came out of the election period. The bylaws are the "primary governing document of the Students' Association," and guide how the organization behaves.

One of the changes addresses discrepancies revolving around Executive Council (EC) membership in student clubs. While the Frequently Asked Questions page in the 2024/25 election nomination package stated that candidates cannot join any clubs on campus "due to the conflict of interest," the rule was not listed in the official NAITSA bylaws. A point has now been added to Bylaw 11.1.2 that says, "Executive Council Members shall refrain from club membership during their term of office." NAITSA VP Academic Marina Bruno explained that the change makes official the "long-standing but unwritten practices."

"[The change] enhances transparency, making it clear to all members, especially new ones, what is expected of them."

The second change amended bylaw 7.13.1., which outlines eligibility for Senate and Executive Council positions. The new addition, 7.13.1.1.2., states

Despite student inquiries, NAITSA chose not to share details of the transgressions to protect students' reputations. "We're just trying to be very aware of the impact that these kind of conversations can have on the long-term of students, especially student executives," said NAITSA President Tyleen Saison, in an interview with the Nugget.

"What happens within NAITSA, this is just maybe one or two years of a person's life, and the things that we are holding back, we just don't want it following that individual," VP External Jenna Luczak explained.

"When it comes down to it, we are still students. We are young, we are learning. And these are the things that shouldn't follow us forever"

Saison reassured students that none of the issues they discovered will impact the student body long-term. "That's not something the students have to be worried about at this point."

While Luscombe has also chosen not to address the details publicly, he did say he felt that not being allowed to share his side was "unfair." In the Senate meeting on March 27, Luscombe was available should the Senate want to discuss with him, but they "ultimately decided not to invite him to address the body," NAITSA's statement explained.

"Not allowing me to speak, and defend myself, contradicts the purpose of the Senate. They are supposed to listen to both sides and make an informed decision, but that did not happen here," said Luscombe. NAITSA did not respond to a request for comment on the Senate's decision by the Nugget's deadline.

A by-election to determine the new President for the 2024/25 academic year will now occur. Voting will be open from April 14-18, and students can vote using their student portal or by heading to [naitsa.simplyvoting.com](https://naitsa.simplyvoting.com). Information booths will be present on campus on April 17 and 18.

that "members previously removed from elected office shall not be eligible to hold future elected office." The addition was approved after two readings and unanimous approvals by the NAITSA Senate, with the second reading occurring at the final Senate meeting of the year on April 3.

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**NAITSA**

**BY-ELECTION**

**FOR PRESIDENT**

**2024/2025**

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**NOMINATIONS OPEN FROM APRIL 5-11, 2024 AT 4PM.**

The NAITSA President is the official spokesperson for the entire student body. They act in the best interest of NAIT students while leading the organization.

Daily activities include chairing or attending meetings with both NAIT and NAITSA, writing reports, providing support to their fellow Executive Council members, and more.

For more information, email Leeanne Mills at [leannem@nait.ca](mailto:leannem@nait.ca)

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**NAITSA**

**BY-ELECTION**

**FOR PRESIDENT**

**2024/2025**

**INFORMATION BOOTHS: APRIL 17, 2024, 4PM - 7PM**

South Lobby, HP Centre, CAT 1st floor

**INFORMATION BOOTHS: APRIL 18, 2024, 10AM - 2PM**

South Lobby Kiosk, Fresh Express, X-Wing, HP Centre,  
CAT 1st floor, CAT 2nd floor, Patricia Campus, Souch Campus

**VOTING OPEN APRIL 14-18, 2024**

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# Students want accountability after NAIT pride

*“They don’t care about actually protecting us when the cameras are gone”*

By Alleah Boisvert

*Editor’s note: A version of this article was originally published on March 21 on thenuggetonline.com. All mentions of “as of writing” refer to the original publication date of March 21.*

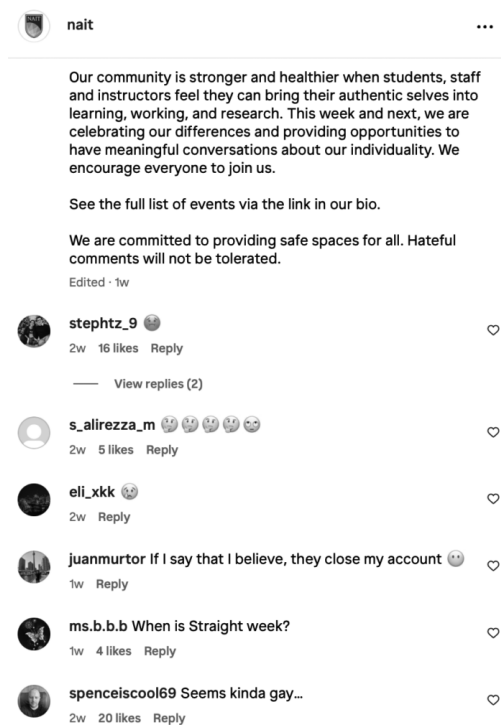
After NAIT’s tenth Pride Week and second year raising the Pride Progress Flag on campus, some NAIT students were left feeling like the institution’s commitment to queer students fell short. Members of two NAITSA Campus Clubs are concerned that NAIT and its Office of Equity, Diversity and Inclusion (OEDI) care more about their own optics than the safety and inclusion of students.

According to students from Pride @ NAIT and They/Thems in STEM, NAIT mishandled issues revolving around their Pride Week events and public social media posts. NAIT denied the Nugget’s request for an interview; instead, they provided a statement on March 19 reiterating their commitment to 2SLGBTQIA+ students and their support for queer and gender-diverse individuals.

Court Slaughter, President of They/Thems in STEM, was initially excited to help raise the pride flag on NAIT campus March 6.

“I really had the warm fuzzies, like it was a very exciting day and absolute honour to be there,” Slaughter said in an interview with the Nugget. But Slaughter, who uses they/them pronouns, was disappointed when they saw homophobic comments on a photo NAIT posted on their social media. The photo featured Slaughter and three others posing in front of the pride flag.

“I saw the photos and I was like, ‘Oh my god, cute, I’m going to show my mom.’ And then all of a sudden there were these hateful comments ... I looked



**Some of the comments on NAIT’s Instagram post featuring Slaughter and two others posing in front of the Pride Progress flag.**

at them and there was comments like, ‘when is straight pride?’ [and] just like, emojis of puke faces.”

Slaughter said they were not asked to sign a photo release, nor were they told the photos would be posted to NAIT’s Facebook and Instagram accounts—which have a combined following of nearly 70,000 users. “I did not sign anything ... It wasn’t like someone came up to me and was like, ‘May we take your photo and post it on the NAIT account?’ That wasn’t really explicitly said to me, and I did not sign a single thing.”

“I don’t regret having my photo taken and posted ... it’s just that there should be protocols [with] it.”

When the photos were posted on NAIT’s Facebook and Instagram March 6, there was no indication in the posts about how hateful comments would be dealt with. On March 8, NAIT’s Facebook post was edited with a disclaimer saying “hateful comments will not be tolerated.”

A similar disclaimer was added to the Instagram post. As of writing this article, the anti-LGBTQ comments remain on NAIT’s Facebook and Instagram posts and none have been responded to by an official NAIT account. The Facebook post’s comment section remained open to the public until March 19, when it was adjusted to allow commenting from those who have followed the page for more than 24 hours. Comments on NAIT’s Instagram post remain open to the public.

## More moderation needed, students say

Lynaya Hawkins (she/they), Pride @ NAIT’s VP Operations, was told the comments were left open to facilitate discussion. But in their perspective, a comment section isn’t the best place to do so. “I think unfortunately if you are going out of your way to post hateful, non-constructive criticism or whatever comments, chances are a conversation in the Instagram comments section isn’t going to magically be changing your mind,” she said. “I think just for the mental health of queer people in general, but especially those that attended the flag raising, it would have been more beneficial to just delete those hateful comments.”

Kyra Chrumka, Pride @ NAIT’s President, appreciated NAIT Student Life’s decision to turn off comments on their pride posts after receiving negative comments. “Because actual club members were in that video and they were, you know, putting themselves out there. And I prefer my club members not seeing hateful comments towards them,” said Chrumka.

Slaughter also praised NAITSA for their quick response to a comment received on their social media, saying, “That’s just how easy it is to either just respond [or] call someone out ... that made me even more enraged that NAIT is taking so long.”

On March 13, Slaughter inquired with NAIT’s Communications Manager Robyn Hanson about the moderation policies in place, asking questions like, “At what point is student and staff safety considered a concern or priority for NAIT? For example, would the comments have to be directed at us, or would the comments have to be considered ‘meaner’ to awaken a sense of urgency on our safety?”

As of writing, Slaughter has not received a response to questions they posed. Instead, Hanson asked for time to discuss with her team and asked Slaughter what they’d like done with the comments. Hanson also added that in the meantime, a staff member is “continuing to monitor comments.”

The statement provided by NAIT to the Nugget said that “comments made on our [NAIT’s] social platforms that reach the threshold of hate speech as defined by Canada’s Criminal Code and Human Rights provisions will be removed.”

While not all comments on the posts are from other students, NAIT’s Student Rights and Responsibilities Policy states that Student Rights include “the right to an inclusive learning environment that respects NAIT’s values and is free from discrimination,” in mentioned in Guiding Principle 4.1.1. The policy’s definition of learning environment includes “all social media platforms,” and discrimination is defined as “the unjust or prejudicial treatment of others based on aspects of identity.”

## A bigger problem on campus

But students’ concerns revolved around more than the social media posts. According to the students, NAIT’s OEDI also failed to provide resources and help Pride @ NAIT with campus events. Chrumka and Hawkins were told a Diversity and Inclusion Specialist from the OEDI would be acting as an advisor

to guide the club after the previous person left, but Chrumka said “there’s been a lack of support.”

“I needed some support with some of the events that we were planning or other things, and [the office] did not reply to any of my emails,” said Chrumka. As Pride Weeks approached and the OEDI required help from the students, that’s when the emails started to come in, Chrumka explained. The timing of the emails made Pride @ NAIT question the department’s intentions, “which is kind of not a great thing when you are a pride club, you should usually trust an office about equity, diversity, inclusion,” Chrumka said.

Chrumka, who uses any pronouns, was also frustrated with the lack of credit given to the Pride @ NAIT club for their involvement in planning the Queering the Futures Prom that took place on March 15.

“We [Pride @ NAIT] were actually working directly with NorthSide Pride for a few months about planning and contributing to this event. I went to every single planning meeting,” she said. Chrumka added that she contributed \$200 of club funds collected over previous years to planning the event, which was open to students from NAIT, MacEwan, Concordia, NorQuest and King’s University. “So to have to see the event on Ooks Life and seeing that it is hosted by the EDI office is extremely disappointing and like irritating for me and all the work that I did and the club did for that event.”

Chrumka said students and staff were asked by the OEDI to provide statements for attendees to view before and after the Pride Flag raising “as a way to reflect on what actual 2SLGBTQIA+ folks feel about it, and about being queer or trans at NAIT.” One statement mentioned in the email sent to Chrumka said, “You only love us when there is a photo opportunity and aren’t making enough change for queer and trans folks here.”

“I find that very ironic,” said Chrumka. She added, “that feels exactly [like] what they were doing.”

“During these past couple weeks ... we definitely felt like we were used to make the EDI office look good because we’re students, right? Getting students in there and helping them with their events is literally exactly how that feels, is that they only care about us or want to work with us when there’s a photo opportunity, or putting us on a pedestal to make them look good,” said Chrumka.

At the Paint Your Pride event hosted by the OEDI and NAIT Student Life on March 13, students claimed an Edmonton Police Services booth was present nearby— something Chrumka was concerned about. She referenced other post-secondary institutions’ safe spaces, where security or police are not allowed, saying, “I feel that’s similar here. I would not want security or police around my event because I would be uncomfortable by that. I feel a lot of my members would feel uncomfortable with that as well.”

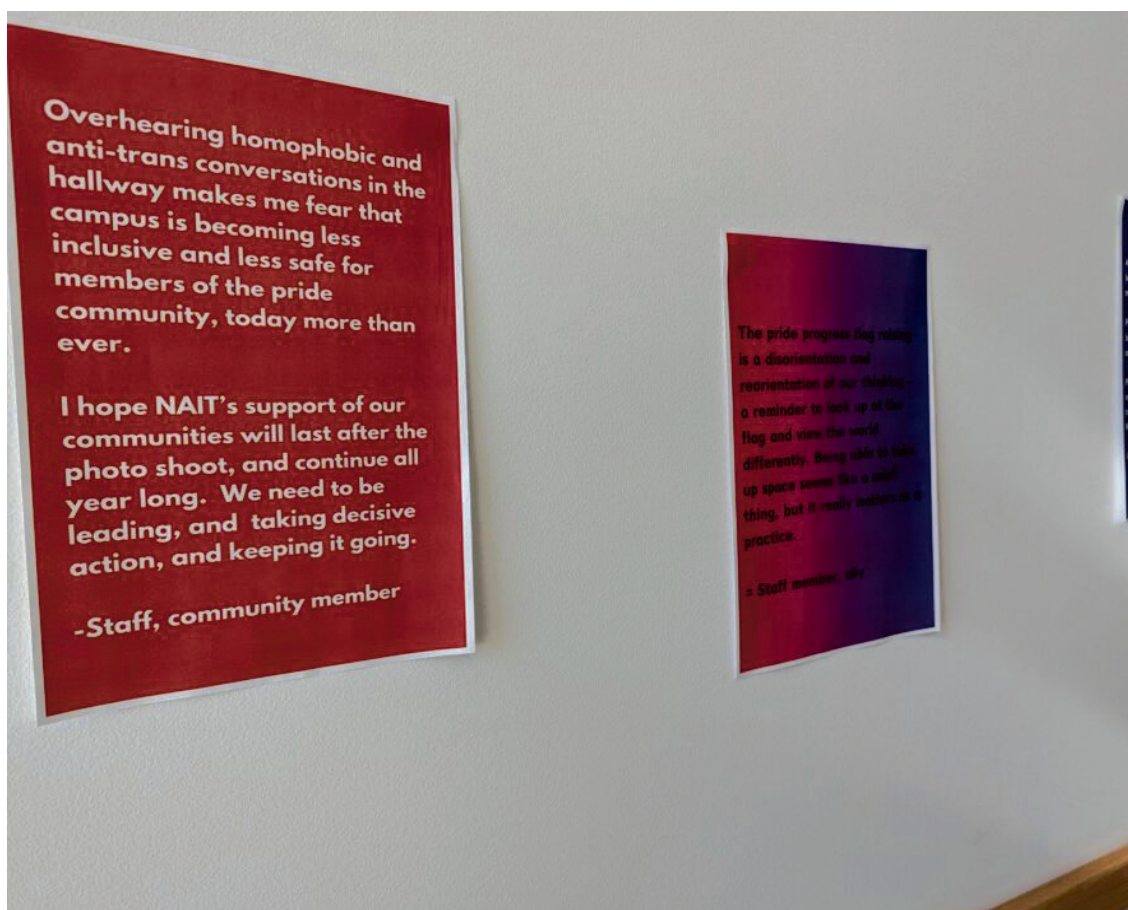
According to Hawkins, there was a conversation with the OEDI about how “there wasn’t the Pride Walk this year because of safety issues.” Chrumka added that during meetings with the OEDI, they made her feel like “there is a lot of issues happening right now that might put the club under threat.”

“They [NAIT’s OEDI] care so much about security, but what about the comfort of the people going to these events? It just seems like overkill in certain areas, but then no care in other areas,” said Chrumka.

“So it’s odd that they [NAIT’s OEDI] focus, ‘Oh, we have to do this and this and protect yourselves and be safe,’” said Hawkins. “But they don’t care about actually protecting us when the cameras are gone.”

### What happens next?

Both Slaughter and Chrumka echoed a need for change on campus. “I really want them to prove that they’re student forward, like all of NAIT,” said



Some of the posters featured in the lobby of the Shaw Theatre during Pride Weeks.



The Pride Progress flag was raised for the second time at NAIT, but some students feel NAIT’s Pride celebration needs work.

Chrumka. She highlighted how students are crucial to NAIT’s community: “You don’t have a job without the students here, and you want to create an environment where all students can learn and feel comfortable.”

Slaughter believes accountability is required from NAIT and the Office of Equity, Diversity, and Inclusion in order to move forward. “I would hope that NAIT comes out with full transparency ... like, ‘Here’s how we’re dealing with it now, and here’s how we’ll deal with it in the future,’” they said. “I’m a student. I’m just trying to graduate ... To have to worry about my safety and worry about NAIT’s thoughts on me and my community, things like that, I have other [stuff] to worry about. This is not what I need on my plate right now.”

“You say you’re going to be there, you be there,” echoed Chrumka. “Don’t make claims like that, and don’t make empty promises to us.”

# Festivals on their way to Edmonton this summer



Photo via Cariwest

By Mohamed Jama

Edmonton isn't called 'Festival City' for nothing. There's always something happening in the City of Champions. Check out some of these popular and lesser-known festivals hitting our streets this summer.

## **Alberta Circus Arts Festival**

June 20-23, La Cité Francophone

If you are interested in some contemporary circus performances, attend the Alberta Circus Arts Festival happening in Edmonton this June. There will be free activities for all, including stilt-walking and juggling workshops. There will also be development panels and workshops for aspiring artists.

## **Edmonton International Street Performers Festival**

July 5-14, Churchill Square

Come one, come all, the 40th anniversary of the Edmonton International Street Performers Festival is happening this July. Churchill Square will be filled with great performances of different varieties, including some high-flying ones. There is no admission fee, so there is no excuse to miss out on the world-class street acts coming to Edmonton.

## **The Great Outdoors Comedy Festival**

July 12-14, Kinsmen Park

If you're looking for a laugh this summer, check out the Great Outdoors Comedy Festival. The festival will have local Edmonton comedians and some comedic superstars such as Theo Von and Bill Burr. The three-day event will begin with Andrew Schulz on July 12, with a star-studded lineup the following day. It will finish off with the likes of Bert Kreischer, Whitney Cummings and more. The Great Outdoors Comedy Festival is definitely one of the festivals you

should have marked in your calendar.

## **Cariwest Caribbean Arts Festival**

August 9-11, Churchill Square

Another year, another Cariwest. But this one is very special, as it's the 40th anniversary. The organizers promise to make it extra special this year with exhibitions, events and performances planned to celebrate 40 years. So if you love to explore new cultures, or want to celebrate your Caribbean heritage, head downtown. You'll have a great time listening to Caribbean music, eating some Caribbean food and even seeing some traditional clothing.

## **Edmonton Blues Festival**

August 16-18, Bonanza Park

Another major anniversary for a staple Edmonton festival; Blues Fest is celebrating 25 years. This festival is for music enthusiasts or people looking to expand their music palette. Some acts will include Kenny "Big Boss" Wayne, Vanessa Collier, Blue Moon Marquee and more. If you're looking for a fun music festival this summer, the Blues festival's 25th anniversary is for you.

## **Alberta International Airshow**

August 17-18, Villeneuve Airport, Sturgeon County

Come out and enjoy some amazing military and civilian airshow acts. If you're not into action in the air, there will be aircrafts on display that guests can explore on the ground. While the airshow offers the ultimate family experience for a hot summer day, you might be concerned about food. Rest assured, there will be food trucks present where you can enjoy your meals while watching all the amazing action.



# A family affair: Mother and daughter take classes at NAIT together

By Fernanda Rocha

It may seem rare for most people to attend college with their parents, but for mother and daughter Christina and Grace Egilsson, it's pretty normal.

Both Christina and Grace had been taking classes elsewhere, with Christina online at Athabasca University and Grace at the University of Alberta. Grace advised Christina that NAIT offered business courses after she had decided to transfer herself.

"I was at U of A and decided to switch it up ... I came across NAIT, and it seemed like a good program from everything I've heard." Grace applied for NAIT's Business Administration program, with a focus in Entrepreneurship and Innovation. She then told her mom about it, who also applied. "And then we just ended up in the same program together," they said.

Although the two chose to study differently, with Christina doing mostly online courses and Grace mostly hybrid, the main objective is to expand the family business through added knowledge. "My husband and I have our own business, and we're currently in expansion mode, and Grace is joining us in that. So, the entrepreneurship thing is really big," said Christina. Mr. Egilsson also spent time at NAIT in the Heavy Equipment Technician course. "The plan is that when we're done, we have the business side of things, and he's taking care of the technical side of it," added Christina.

The two said their experience has been positive and that they frequently exchange experiences about their different instructors. "It's been kind of

neat because we can bounce things off each other," said Christina. They were in the same math class last semester, Grace agreed that it was nice to have someone to talk to about classes. "Just being able to go to each other if we're not understanding something for assignments ... and have that extra help right there if you need it, it's been really nice," said Grace.

They've also appreciated some of the benefits of attending NAIT instead of their other schools. "I'm really enjoying it. The smaller classes, I think the instructors are a lot more involved, and you get more real practice with stuff," said Grace. Christina agreed, saying, "What I really love about NAIT is how practical and hands-on a lot of the classes are and what you're learning. You're not just learning theory."

Christina has two other daughters currently in post-secondary, so she confessed the most significant challenge: "It gets stressful during exam time."

Although Christina started her post-secondary journey later in life, she encouraged others who might be considering going back to school to go for it. She said she did things opposite: "I had a family, built a career and now I'm doing the education piece to back all of that up."

"As someone who is older, it can be really intimidating to go back to school, because school tends to be something that's for younger people. So, if it's something somebody's thinking of doing, whether it's getting a different degree or diploma to enhance what they're already doing. Just do it."

## Is Canada welcoming?

Editorial by Sanjiyven Alfred Joseph

"Go back home."

Imagine hearing those words after countless Visa applications, English exams and the sale of valuable assets. These are some of the sacrifices that international students must make in order to come to Canada and pursue a better education and life. Hugs and currencies are exchanged, as loved ones struggle to let go of the former and the latter.

A poll conducted in 2021 by Gallup revealed that Canada was the most welcoming country globally for immigrants. Fast-forward to 2024, is Canada still welcoming? The Nugget spoke to a few international students at NAIT, and their responses were mixed. One student said that Canada is welcoming and has provided "great opportunity" for the course they wanted to study. Another student, who also chose Canada for further studies, said that Canada "has great and affordable institutions." However, the same student, who moved here to seek asylum, felt that Canada was not entirely welcoming due to "comments and side talks" regarding their refugee status.

Personally, I feel that it is difficult to capture the consensus of an entire country. However, I would like to use the LRT and the local student bar to summarize my experiences in Canada thus far. My train rides are mostly uneventful. However, on one particular day, a group of international students and I were racially abused by a male passenger. He made derogatory statements about one student's turban, a religious headwear worn by Sikhs. Although he used the wrong racial slur against me, I felt shaken and was silenced by his remarks. And so were the other international students. I tried to put myself in the man's shoes to understand his rage. Was it my fault? Was it my skin colour and presence that made him feel enraged? I left the train feeling more sad than

angry, as I did have an amazing day with a group of friends and colleagues (who were predominantly Canadian.)

Conversely, I always feel warm and welcomed at the Nest, the student campus bar. No matter how full the Nest is, I have never met a broken egg there (pun intended). The bartender and waitresses are always kind and thoughtful. It is always, "Hi Sunny, how are you?" The conversations might not be lengthy, but I can sense genuine concern when I speak to them. Hang out there frequently enough and you will eventually make new friends too. Most of the patrons there that I have interacted with are Canadians, but these interactions, whether or not fueled by intoxication, have never led to discrimination.

When students were asked if NAIT has assisted in making them feel welcomed in Canada, they agreed that NAIT has been helpful. But as one student pointed out, "more awareness of diversity will be great."

Interestingly, NAIT has an Equity, Diversity and Inclusion strategy. In the 'Realizing' section of the strategy, it states the ways to create a meaningful change, which includes: "the various types and presentations of oppression and discrimination, must be acknowledged, seeking to understand how each shows up, within and outside of NAIT."

The grass may be greener here for us international students, but there will be muddy patches along the way. If NAIT upholds its strategies, combined with a better grasp of tolerance and unity among students, even the mud might be a patch to blissfully walk on.

"Go back home." If I do hear those words one day, I hope to pack my bags and leave Canada with great memories and everlasting friendships, not with extra luggage filled with hurt and regret.

# A week without a wallet

## Edmonton summer fun for free

By Taylor Winnie Hughes

Edmonton is full of ways to have fun, and while Whyte Ave and Jasper Ave may be the first places that come to mind, you don't need money to have an exciting week in Edmonton.

### MONDAY

#### The Loyal Edmonton Regiment Military Museum

Start your week off with some Albertan military history and artifacts. Multiple floods have not stopped this museum from preserving the past and persevering to save it for the future. The LER Museum is open weekdays from 10 a.m. until 4 p.m. with free admission!



photo via LER Museum

### TUESDAY

#### Social Tuesdays: Free dance classes

Tuesdays are a great time to learn some bachata dancing and meet new people. Every Tuesday at 99ten (the basement of the Common), YEG Dancer hosts beginner-friendly dance lessons. This is free with some restrictions. You must "purchase" a free ticket in advance from EventBrite and you are encouraged (but not forced) to buy food or drinks. Still, this is a must do, at least once.

### WEDNESDAY

#### Edmonton street art

Why not spend Wednesday roaming the city and looking for street art? 104 street and 104 avenue has the outdoor "Neon Sign Museum," where you can see neon signs from Edmonton's past. There are several great places for graffiti enthusiasts in Edmonton, such as the side of 14408 118 Ave, watching the train go by near 127 avenue and 127 street or checking out any skatepark. There are also many walls with impressive murals downtown and near Whyte Ave.

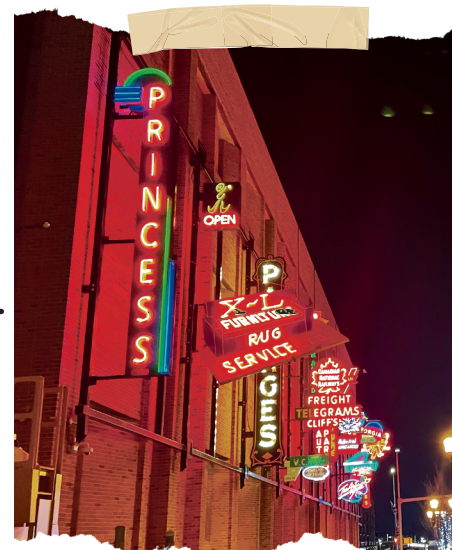


photo by Taylor Winnie Hughes

### THURSDAY

#### DIY Thursdays

What goes with saving money like reducing waste? Edmonton's Reuse Centre hosts a free event every Thursday centered around reducing waste and reusing old materials laying around the house. Learn a new skill and get rid of some clutter!

### FRIDAY

#### Festivals, festivals, festivals

This one is a little bit more work, but it's incredibly hard to go a weekend in Edmonton without some sort of festival. These can be appreciated for free and normally have dancing and music without a price point. You'll likely need to pay for food, but you can't win them all. Some notable festivals to enjoy for free are CariWest, FilipinoFiesta, Edmonton Latin Festival and Heritage Days. With so many cultural independence days in the summer, there are constantly festivals. Eventbrite is a great way to keep up, or stay in the loop by following local pages on Instagram.

### SATURDAY

#### Streetcar Museum

The Streetcar Museum is only open on Saturdays from 10:30 a.m. to 2:30 p.m., but it is entirely free. You can up the fun by purchasing a one-way trip for \$5 or a two-way trip for \$8 on the High Level Bridge car as well. While a four-hour window isn't a lot, this is a piece of Edmonton's history.



photo via IG @streetcaryeg

### SUNDAY

#### The Charles Camsell hospital

This might be stretching what you consider "fun," but it is a very dark and important part of Edmonton's colonial history on Treaty 6 land. The Charles Camsell hospital has a long history with Indigenous peoples and settler relations, and was at one point a hospital for tuberculosis. It has since been abandoned and is rumored by many to be haunted. The surrounding area has many monuments explaining the history of the hospital which talk about the effects of its lifetime here. Whether you are interested in ghost stories, learning Canadian history or learning Indigenous stories, this is a place that needs to be seen and not forgotten.

# Embracing slow fashion

*Cultivating sustainability and personal style*

By Sara Farrar

Earlier in March, NAITSA hosted Sustainability Week for the third year, and we could all benefit from moving to a place of intentionality and patience to promote sustainable practices. Let's slow down our consumption together—starting with fashion.

Sustainability does not need to be a lifestyle that feels insurmountable and inaccessible. It can be a shift in perspective, a way of consuming with longevity in mind, repurposing what is already yours or dissecting your personal style. As a sustainable fashion enthusiast, I want to discuss what sustainability can look like from the perspective of a student with a part-time job and a lower amount of disposable income. How can we practise sustainability without breaking the non-existent bank? Let's explore.

First, ask yourself some questions before you buy something to break down why you are consuming. These questions are rooted in personal style rather than trend and will automatically slow down consumption habits since you're only buying what resonates with you. The questions are:

- Can I find the item second-hand?
- Do I already have something like this in my closet?
- Without buying anything else, how would I style the item?
- If the shipping took two months, would I still buy the item?

I have used these questions to dissect my personal style and place intention with my consumption habits.

Next, remember this mantra: mend, repair, tailor, wear. Our first instinct now is to purchase a replacement item for something that breaks or is looking worn, yet we overlook the option to fix what is already created. Not only are we providing someone with a job, but we are also choosing to not consume and practice sustainability.

When it comes to making purchases, shop second-hand! Thrift your little heart out and buy things that are new to you, but old to the planet. Shop vintage, second-hand, used—whatever name you want to call it. According to Arabella Ruiz, a senior researcher at the Roundup, “between 80 and 100 billion new clothing garments are produced globally each year.” This showcases the extreme excess of clothing that can be easily purchased from used clothing stores and local resellers. Living by the ideology of “new to you, old to the planet” allows us to look at garments with longevity and a slow mindset.

Now, it's time to get personal—with our styles, of course. So much of our clothing consumption habits are rooted in a lack of personal style. This is quite the journey, but one that is fulfilling and meaningful beyond the words used to describe it. Personal style is, I think, the best way to slow down clothing consumption as we are only buying what truly resonates with us when the feeling of impulse and trend subside. I am learning what I prefer to put on my body, what shapes I enjoy most on myself, and redirecting my perspective to look inward at what I want rather than dressing and consuming for outward validation. The key to personal style is a deep understanding of what we like and how we want clothes to translate that feeling. Not all these explorations are groundbreaking, but they are realistic and accessible ways of practising



sustainability and slowing down clothing consumption. If we dissect our decisions to understand the “why” behind our consumption habits, we can consume with longevity, confidence and intentionality.

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COMICS MANGA  
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rtpop.com



# Cheers to Plan D: Graduating from NAIT after getting a degree somewhere else

Editorial by Nicklaus Neitling

It's June 2014. I am graduating from high school and I have a vague idea where I'm going for university. More accurately, I've presented myself with one real option: the University of Alberta. No other option was going to satisfy me, or more importantly, my family. A teacher suggested NAIT and I visibly stuck my nose up at it. I had this fake sense of superiority.

Recently, I've looked back at my conflicted 17-year-old self. Part of me wants to grab him and scream to just go to NAIT. Tell him you're not becoming a lawyer and that being a lawyer isn't like Tom Cruise in *A Few Good Men*. But part of me is glad that the naïve 17-year-old had a dream and was willing to see it through. As a 27-year-old, I envy people who wanted to be a doctor as a kid then followed that plan and became a doctor as an adult. I wish I could be that person, but my life didn't pan out the way I wanted. Plan A failed; I am the furthest thing from a lawyer. The future is on a need-to-know basis and that 17-year-old doesn't need to know it yet.

It's September 2019, I am 23 and I just graduated from the University of Alberta with a Bachelor of Arts four months prior. I don't have a stable job, but I know that my academic days are over. I cannot bring myself to go back to school. An opportunity in the oilfield comes up, I blindly take it. Someone recommends that I take online courses during my off time in camp, and NAIT comes up once more. I roll my eyes again.

The oilfield became Plan B, and if I'm being honest, it still serves as a temporary backup plan. It's hard not to have it as one in Alberta. Your bills don't care about your morals; they just need to get paid. That being said, I will not underplay the blow to the ego that occurs when you have that education and the only place that will hire you is labour. But that 23-year-old needed that ego check. There is nothing wrong with chucking skids or running a grinder. A degree means nothing without some life experience. That 23-year-old may have accepted that he'd never be a lawyer, but he hadn't yet accepted that Plans A through C (actually making use the six years of Air Cadet training I did in high school) presented no feasible futures. Even if there was one, it wasn't one he wanted.

It's February 2022, I am laid off from my second and hopefully last oilfield job. 26-year-old Nick has finally accepted he needs a Plan D. I take a moment to enjoy a smoke with some folks from the crew. We start chatting about what's waiting for us when we get home. I comment that I have a degree and I'm planning on returning to school. I was just waiting on the application



17-year-old Nick wanted to be a lawyer, and the only option was the U of A.

I submitted five months prior. Shocked by this revelation, they ask what I'm doing here if I have a degree. "Follow your dreams, kids," I respond and walk off-site. The next week, I get my acceptance into NAIT's DMIT program.

Well, I'm 28 now and finally accept Plan D as maybe the best plan I've had. My time at NAIT has forced personal, professional and creative growth. I take immense pride in everything I've done here. I'm proud of not only my own successes but that of the dear friends I've met here. While I occasionally lament that 17-year-old me or 23-year-old me should have just gone to NAIT and got this ball rolling earlier, I realized that they weren't ready for it. To put it quite bluntly, life had not hit them hard yet. I attribute my success to having those real-world hardships: the disappointments of letting a dream go because it's not for you, working a job that is so far out of your comfort zone that it is completely foreign and accepting that your dad's incessant "No plan survives first contact" is right. I know that a 35-year-old me will look back on this time with regret and frustration, wishing I made some unknown decision. As I said, the future is on a need-to-know basis and I don't need to know it right now.

So now it's April 2024, and I'm graduating with a second diploma but I'm not alone. I'm surrounded by a class of people whom I am honoured to call peers. The next time I'm at the Nest, it might be my last, but I'm okay with that. I love that bar, but I'll be a different person after a year away from NAIT. When I'm there for the last time, I'll raise my glass surrounded by my peers for a toast. It won't be for making it to the end, it won't be a celebration of Plan A-Z and it won't be a goodbye. Instead, it'll be a toast to ourselves for individually succeeding despite our own hardships. I'll toast my friends, finish my drink and leave silently wondering about the viability of Plan E.



Me at 23, about a month before my first oilfield job.



About two years ago, at another oilfield job.

# From NAIT to Olympic gold: Discover Kelsey Mitchell's journey to the podium

By Fernanda Rocha

When Kelsey Mitchell, NAIT grad and Olympic athlete, won a silver at Nationals with the NAIT Oaks soccer team, she wouldn't have dreamed that in just three years, she'd be winning an Olympic medal for a completely different sport: track cycling.

Mitchell left NAIT with two diplomas: an Instrumentation Engineering Technology diploma in 2016, and a Personal Fitness Trainer diploma in 2017. When Mitchell left NAIT, she decided to take a few months off and travel to think about what came next. Four months later, she returned to Canada and learned about the RBC Training Ground's Talent Identification program. She went to Toronto, where her performance on a stationary bike impressed Cycling Canada representatives. She was recruited to start training—even though she had never done it before. She realized she had potential “pretty early on.”

“Everyone was telling me I had a lot of potential. I didn't look good on the bike. I didn't know how to bend my arms properly, but I was putting out some good numbers and doing some good times. So, people were saying once I get used to it and can get more aero[dynamic] and learn the tactics and the technique of it all, I could be pretty good,” said Mitchell in an interview with the Nugget.

“I had the confidence going forward that if I keep working at it, who knows where I'd end up, and it ended up being at the Olympics,” she added.

However, despite the confidence the athlete built later, transitioning from soccer to cycling was demanding. “It was tough coming from team sports, running sports, and jumping sports to track cycling, which is individual and obviously on a bike. It took some time to adjust and get used to just that sort of training,” explained Mitchell.

## Her path so far

Unlike what is conventional among most Olympic athletes, Kelsey Mitchell, from Sherwood Park, began her career at just 23 years old. In 2018, she won her first national title: Women's Sprint at the Canadian Cycling Championships. The following year, she became a multi-champion in different tournaments.

She reached the Olympic peak and won the gold medal in Tokyo 2020 at 26 in the sprint program, a one-on-one tactical race over three laps. She is the second Canadian to win Olympic gold in track cycling. Lori-Ann Muenzer won first place in the same sprint program at the 2004 Athens Olympics.

Mitchell has been a full-time athlete for the Canadian cycling team since 2018 and despite the increase in stakes, her feelings about competition haven't changed. “I put the same pressure on myself when I played soccer at NAIT that I do now racing track cycling.”

She also admitted that the proximity of the Paris Olympic games causes her extra anxiety, as everyone wants to see the current Olympic champion on the velodrome. “I've had more of a roller coaster and ups and downs, and they definitely felt a bit more magnified ... just a little bit more pressure being the reigning Olympic champion and people were watching me.”

For those thinking about becoming athletes, Mitchell advises that finding moments of leisure and relaxation is vital, given the pressure athletes face. But those moments may look different for each person, so Mitchell encouraged students to discover what works best for them.

“It's so different for everyone,” she explained. “What balance is to someone else may be completely different for somebody. And so finding what works for you is the key thing.”

“For example, a lot of people were like, ‘Oh you should go home and visit



Kelsey Mitchell found a new passion in track cycling.

Photo via Olympic.ca

family? And I found when I went home it would kind of cause more stress for me ... just know that everyone's different and you can strive or succeed in what you plan out for yourself.”

## Expectations and routine are key

With a heavy training load, Mitchell trains six times a week. She's in the gym three times a week, but still bikes frequently. She bikes on a track four times a week, and uses a road or stationary bike two or three times a week.

She adds that she always tries to eat the right things and sleep well: “I do a lot of resting. I sit on the couch a lot and just try and recover to get ready for the next day. I love to train and work hard, but you must rest and recover.”

Discipline and resilience are (or should be) part of the lives of every top athlete. But it's not always that easy. “It's been tough. I overdid it with my body and really struggled physically and mentally over the past year, and I'm just starting to feel more and more like myself now.” Learning to observe and respect the body's limits is essential for every athlete's life, and Mitchell is no different.

“But I have some time to turn it around. I want to go out there [Paris Olympic Games] and do my best, perform well, and represent Canada well, and I know my best could be a gold medal.” Track cycling has appeared in every edition of the modern Olympic Games, except for the 1912 Games in Stockholm. Women could only compete for the first time at the Seoul Olympics in 1988. The medal matches in this sport at the Paris Olympics will be held between August 5-11, 2024.

# The CFL's unlikely underdog story: Ricky Ray's journey to greatness

By Geono Aloisio

On a frigid November night in 2002, 60,000 eager football fans packed Edmonton's Commonwealth Stadium to watch the final game of the season.

The Edmonton Eskimos (now Elks) were squaring off against the heavily favoured Montreal Alouettes on the biggest stage in Canadian Football.

It was a major moment for the Eskimos. The glory they experienced in the 70s and 80s was a distant memory; they had not punched their ticket to the big game since 1996, putting them in the second-longest Grey Cup drought in franchise history.

The Eskimos, led by rookie quarterback Ricky Ray, had scrapped their way back late in the fourth quarter and were on the verge of a comeback to seize their first Grey Cup win in almost a decade.

As Edmonton breaks out of the huddle, a sense of optimism begins to creep into Commonwealth Stadium. The clock winds down. Staring down the Alouettes' ready and waiting defence, Ray snaps the ball.

The crowd hollers; the tension in the stadium is electric. Ray trots back in the pocket and rolls to his left, searching for an open receiver. The Alouette defence breaks through his offensive line, and Ray spots Terry Vaughn at the goal line. The game is in Ray's hands. He fires the ball, carrying with it Edmonton's championship aspirations.

The ball sails through the air, and all 60,000 in attendance collectively hold their breath.

As the ball closes in, it seems the Eskimos have done it. Except they haven't.

On Vaughn's hip is Montreal defender Tim Strickland. He lunges in front of Vaughn, swatting the ball to the ground to secure Montreal's victory.

The Alouette faithful begin to celebrate the end of Montreal's 25-year Grey Cup drought and the team's fifth title in franchise history.

Edmonton fans, on their feet mere seconds ago, sit silent in their seats as the Montreal sideline empties onto the field.

Battered in defeat, the Edmonton Eskimos and Ricky Ray walk off their home field, covered in confetti, forced to watch the Montreal Alouettes celebrate

their victory on the Eskimos' home field.

Although he didn't know it at the time, Ray and the Eskimos would be back. This loss would alter the course of Ray's career forever, catapulting him from rookie to a four-time Grey Cup champion. But where did this rookie come from? And how did a kid from Happy Camp, California who had never played Canadian Football, lead the Eskimos to their first Grey Cup appearance in six years?

## An unconventional journey

After playing the past two seasons at Sacramento State, he would go undrafted in the 2000 NFL Draft, not signing a contract out of training camp.

At the time, Ray took a job with Frito Lay's, delivering chips to pay the bills. The job followed Ray throughout his career, as teammates coined the nickname, 'Frito-Ray.'

But an opportunity to try out for the CFL with the Edmonton Eskimos changed Ray's path forever. The then 22-year-old left behind everything he knew and loved in California to head north for Edmonton.

"I mean, to be honest, I didn't know a whole lot about the CFL," Ray said in an interview with the Nugget. "I knew there was a league. Sacramento had a team for a little bit .... I knew about that."

"I just was looking for an opportunity to keep playing professionally."

As the team prepared for the upcoming season, Ray found himself in a unique situation. Unlike his teammates, Ray had to start at the beginning: he needed to learn how to play Canadian football.

"I got up there right before training camp, about a week before training camp started, and just trying to get settled in and trying to figure out what to expect," explained Ray. "I didn't know a lot about the game, the different rules, all those sorts of things."

"I was just trying to get comfortable with that the week before training camp."

After camp, Ray made the roster as the second-string quarterback, meaning he'd only get to play if starting quarterback Jason Maas got injured. The rookie sat on the bench for a month, waiting for his moment in the sun. But in Week 5, Ray finally got an opportunity during a home game against the BC Lions. Maas had partially separated his shoulder, so Ray was slated for his first CFL start, playing against future hall-of-fame quarterback Damon Allen.

Despite the odds stacked against him, the rookie outplayed Allen, tossing four touchdowns and 277 yards en route to a 37-27 victory over the Lions.

This game was just the beginning of Ray's dominance that season. With Ray starting, Edmonton won 9 of their next 13 games, and Ray threw for 2967 yards and 24 touchdowns. The Eskimos clinched the West Division, earning a spot in the Western Final against the Winnipeg Blue Bombers. Ray flourished under the lights of Commonwealth stadium, and the team defeated the Blue Bombers 33-30, securing their spot in the 2002 Grey Cup. But that loss was particularly hard to stomach, especially on home turf.

"It was tough, man. After that game, It wasn't a good feeling," Ray recalled. "Going into the offseason, knowing we had an opportunity at home in front of our home crowd to win the 2002 Grey Cup and just coming up short ... it was a tough couple months after that game."



Fans in the stands at Edmonton's Commonwealth Stadium during the 90th Grey Cup. This loss would act as a turning point for Ray's career. Photo via Edmonton Journal

Ray came back the 2003 season with one goal in mind: to get back to the Grey Cup and finish the job.

“It was a good feeling going into training camp ... we felt like we had a lot of experience. We added some key guys like [Mike] Pringle and had a good group of guys coming back,” Ray said. “I felt like it was our chance to get back to the Grey Cup and hopefully win it that year.”

The season started with an opportunity for revenge; a week one rematch had the Alouettes and Eskimos facing off at Commonwealth once more. However, Edmonton came up short yet again, falling 34-16.

“There was a lot of frustration,” explained Ray. “Guys were disappointed, frustrated that we couldn’t beat those guys [Montreal] after they beat us at home in the Grey Cup. And to lose to them again at home. It just was not a great feeling.”

The pent-up frustration from losing to Montreal lit a fire for the Eskimos, as they went on a tear, winning seven of their next nine games.

Flying high after defeating their rivals to the south after the infamous ‘Labour Day Brawl,’ Ray and the Eskimos had their sights set on a week 16 matchup against Montreal.

Coming into the week, Edmonton had lost to the Alouettes in all four previous matchups. But this game would be different. The Eskimos came out of the gates on fire and jumped out to an early lead, never looking back as they defeated Montreal for the first time since 2001.

“That was another big moment in the season,” stated Ray. “I think we were slowly figuring them out and getting a better game plan for them and being able to execute against them.”

“So, beating those guys in October really gave us that confidence that we knew we can beat them if we saw them again.”

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*“It was pretty awesome getting to go up there on the stage and see our guys hoist the Grey Cup,” recalled Ray. “Now that I’m retired and done playing, you look back at those times and say, man, that was a special time.”*  
 — — — — —

The Eskimos finished first in the West Division for the third consecutive year. After defeating the Saskatchewan Roughriders in the Western Final, they earned a Grey Cup rematch against the Montreal Alouettes.



Ray, standing with his family, was added to the Elks’ Wall of Honour in 2019.

“I just remember being in Regina, preparing for that game. And guys were loose. We had a good confidence about the team. We felt like we had a good game plan ... it felt like it was our year to do it.”

With temperatures of -5 C at kickoff, both teams were in for another frigid night of football. Ray faced off against another future hall-of-fame quarterback, Anthony Calvillo, in a head-to-head matchup that would change Ray’s career forever.

Edmonton started the game with a bang. They managed a 14-0 lead early in the second quarter, but two touchdowns from Montreal shortly after to tie the game. The teams traded touchdowns, but Edmonton snagged a late field goal, bringing the score to 24-21 going into halftime.

The Eskimos’ defence prevailed in the final 30 minutes of play, holding the Alouette offence to one point. Meanwhile, the green and gold continued to pour on the offence against Montreal, scoring 10 points in the fourth quarter to clinch Edmonton’s first Grey Cup victory in 10 years.

“It was pretty awesome getting to go up there on the stage and see our guys hoist the Grey Cup. It was just so much fun,” recalled Ray. “Now that I’m retired and done playing, you look back at those times and say, man, that was a special time.”

After finally capturing his first championship and bringing the city of champions its first Grey Cup in a decade, Ray was enshrined into Edmonton football greatness forever. But this win was just the beginning of his storied career.

A few months after the win, Ray finally got his shot in the NFL as a backup with the New York Jets in 2004. Shortly after the season ended, Ray returned to the Eskimos in 2005 to win his second Grey Cup with Edmonton, this time earning Grey Cup MVP. He was traded to the Toronto Argonauts in 2012, where he added two more championships to his resume in 2012 and 2017. In 2018, at the age of 39, he hung up his cleats for the final time.

During his time in the CFL, Ray accumulated over 60,000 passing yards—the fourth to ever do so—and is fifth all-time in passing touchdowns with 324. At the time of writing, he’s the only starting quarterback in league history to win four Grey Cups.

Forever remembered for his accuracy and hard-nosed personality, Ray embodied more than just a story of turbulence and adversity, but rather a moral of never giving up on your dreams. His number 15 is now retired by the Edmonton Elks, and his jersey will forever hang on the walls of Commonwealth Stadium.

Now, two decades after the 2003 win, Ray’s on a different journey than some of his old teammates, who have migrated into management roles across the CFL. He could see coaching in his future, but not for a while.

“I do miss being around football. You know, being in the locker room, kind of being in that environment,” Ray explained. I’ve thought about it since I’ve retired: maybe getting into coaching or, you know, maybe on the scouting side or something.”

“Right now, I’m still enjoying being around my family ... but definitely, in the back of my mind, it would be great to have a chance to kind of get back into football at some point.”

Even though Ray’s playing days are behind him, the memories he made as an Eskimo will stick with the four-time Grey Cup champion forever.

“Guys just love playing in Edmonton ... I remember early on, getting up there, and Jed Roberts would come together with the team, and our breakdown would be BONE. Which at the time was ‘Brotherhood of Nasty Eskimos.’ That’s what it was. It was a brotherhood.”

“It’s something I feel so lucky that I got to be a part of for nine years in Edmonton.”

Photo via Edmonton Elks, goelks.com

# State of the Ooks: Q+A with NAIT Athletics Director

By Mohamed Jama

This year the NAIT Ooks have had many successes and some pitfalls. Their major successes include the men's volleyball team winning the ACAC and CCAA National Championships and the women's hockey team winning the ACAC Championships after a tragic loss in the finals the previous season. The downs included two teams not making the playoffs and two others losing in the early stages of the postseason. After this season, I wanted to get an overall view on how NAIT's Athletic Director, Jordan Richey, felt the teams performed and how they want to build going into next year. Questions and answers have been edited for brevity.

**The Nugget: What were your program expectations for this year for NAIT sports?**

Jordan Richey: That's a great question. NAIT Athletics is viewed pretty highly within our conference. They're [the expectations] high every year for our teams. They were high for all programs. I'd have to say that's the standard with NAIT Athletics is that we go into the year expecting to do well.

**TN: What is your recruitment strategy going into next year for upcoming players?**

JR: That varies. We have 12 different teams here at NAIT. So every coach has their own unique recruiting style. We're going with the philosophy of having not only a good student-athlete or a good athlete, we're looking for a good student. Hence the term student-athlete. That is a bit of a focal point, and our senior leadership at the institution wants to see retention, graduation, not just banners and championships on the wall. So that's kind of the direction that we go, is that we're looking for not just the best athletes, but the best student-athletes.

*“Our coaches get out there, they sell their program, they sell the community, they sell the team camaraderie that's going on. And once you get a few good people, people want to play with those good people, and next thing you know, you've got the winning culture.”*

the game? NAIT is very much a commuter campus. So 8 a.m. to 4 p.m., as soon as 4 p.m. hits, they're gone. And they're not coming back for a 7 p.m. game.

So we've always struggled with that, since I've been at NAIT. What we try to



Photos via NAIT Athletics

do is our earlier games on Friday, we try to get them in there a little earlier. But most of our fans are made-up of parents, alumni, friends and family, and when the teams are successful, people want to watch them. So for our men's volleyball program, for example, very successful program, people wanted to come out because they knew there was something special going on.

So our goal for next year is to try and attract more students to our games. Especially even international students, providing them an opportunity for some fun and to get out.

**TN: This year I noticed that a lot of the teams were made-up of young players that are in their first or second year. Does this build a strong foundation moving forward with the teams like continuity and consistency? And is this the overall thing that NAIT is trying to encourage their coaches to do?**

JR: I love that question. That's a great question. And the reason I love that question is because the teams that are successful in our league are players that have been around for four or five years usually. Most of NAIT's programs are one or two years.

The lone exception program we had to that was our women's hockey and our men's volleyball program, both ACAC champions. So there's a huge correlation between sticking around and success. So it is our coaches' job to try to say, 'Hey, what do you want to do? Do you want to do two years of this? Do you want to do a four-year program?' It's very challenging at NAIT, but it is what it is."

**TN: Since NAIT plays in a lower conference than other schools in Edmonton like MacEwan or the University of Alberta, how do you attract players to come to NAIT? Say like our men's volleyball team. This year was a historic recruiting class for them, multiple players came from overseas or came from bigger places to come play for NAIT. So, could you speak to the overall impact that shows that NAIT is at the top of the ACAC, but can also take recruits from the USports level?**





JR: We are a little bit lucky in the sense that the programs we offer are not offered anywhere else in the city. With the exception of Business; Business is offered universally and at all institutions in Edmonton. But most of the student-athletes in our programs aren't necessarily in programs that they could take at U of A or MacEwan.

But I think your question was how do we actually attract top-level players? Again, I give all the credit to the coaches. Our coaches get out there, they sell their program, they sell the community, they sell the team camaraderie that's going on. And once you get a few good people, people want to play with those good people, and next thing you know, you've got the winning culture.

It's even like our men's volleyball team. They're graduating five seniors next year. But the best recruiting tool is winning an ACAC and national championship because our coaches email and phone is non-stop. Everybody wants to come play, so much so that we're putting in a bid for the ACAC Championship and National Championship in two years because, we feel we have such a strong program with men's volleyball.

**TN: How do you proceed when a coach has to leave? Like this year, Jordan Baker stepped away because he had to go do bigger things. How do you proceed on finding a successor? Is there a certain criteria the person has to meet where it's a NAIT culture thing?**

JR: That's a fantastic question, because especially in the sport you just referenced, men's basketball, a lot of times people come just to play basketball. They just want to play basketball. And what our two previous coaches with Jordan Baker and Slav Kornick before that, they were recruiting the right student-athlete.

I mentioned at the start of this interview that what we're looking for is a good athlete but also good in the classroom. And so for the last year, the first time in as long as I can remember, every men's basketball player received their scholarships, which means they got a 2.0. That's never happened. So we're looking for that same kind of thing. We're looking for that continuity to do that same kind of work that Jordan and the coach before, Slav, that were doing.

**TN: How do you want to build on some of the successes the teams had this season? Like the volleyball team winning the ACAC Championship and the national championship, and then the women's team finally winning after losing last year?**

JR: Winning is contagious. This year, actually, we started an Oaks Leadership Council, made up of student-athletes that wanted to come out and support others. This past year was really good. We had a bunch of other athletes coming out to

support other teams. And when we have some success with some of our main teams, like women's hockey, men's volleyball, that's contagious.

So I think people work a little harder in the gym this summer in the off-season. They want to win. And so that's the culture we're trying to bring to NAIT. We have high expectations at the start of the year, and they're going to be high next year because of the success we've had this year.

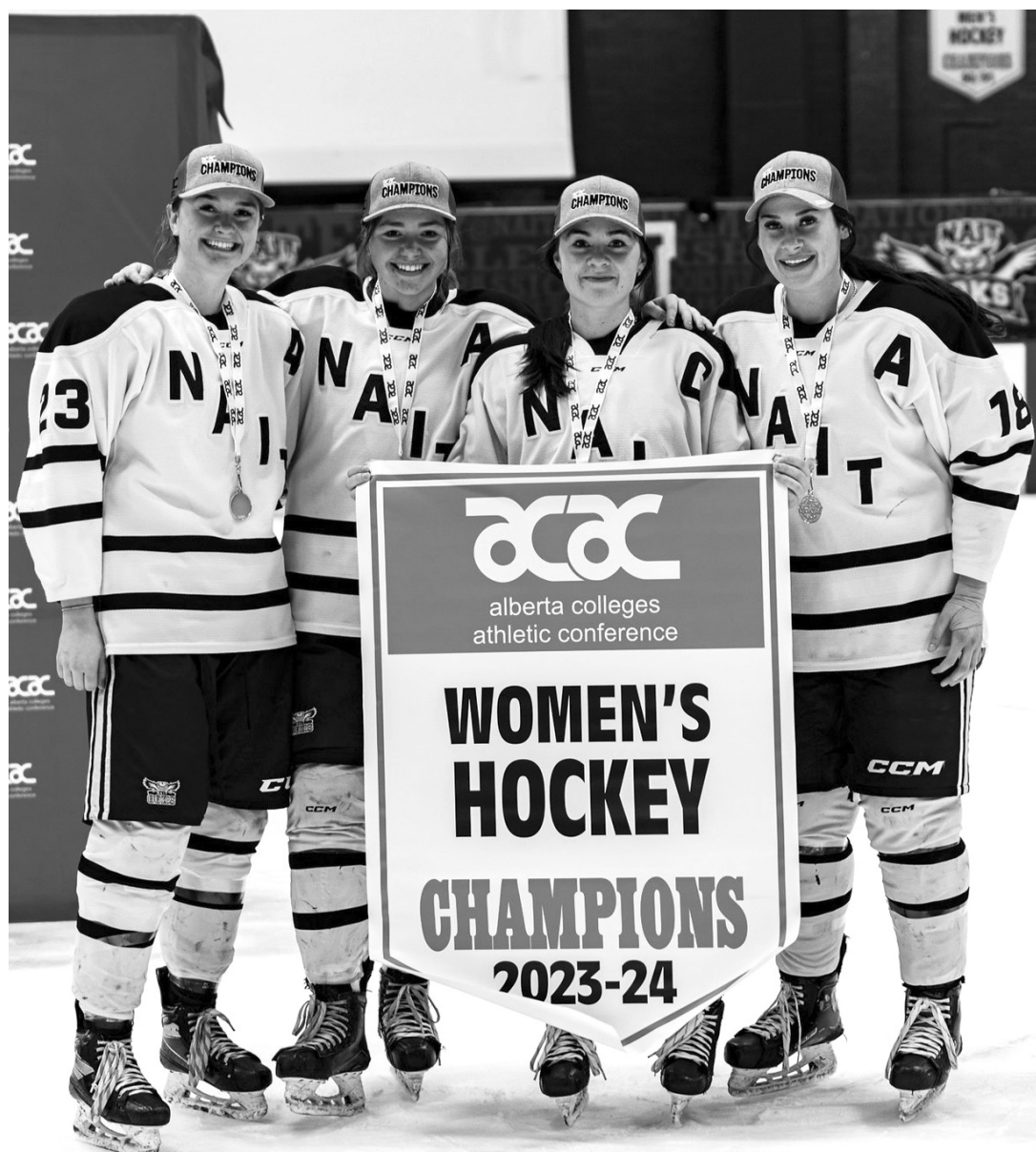
I have to say as well, this institution has full support. Our leadership, right from the top from Laura Jo [Gunter, President of NAIT] down to the VP of Student Life, Gerard [Hayes], they really support athletics, and they recognize the value that athletics bring to the institution. So, it starts right from the top.

**TN: What are your goals for NAIT sports programs moving forward, and what do you want to leave here at NAIT after your tenure is complete?**

JR: Our goals for next year are to continue the success on the court, on the ice, on the field in soccer and in the classroom as well. Our student-athletes had a 3.0 GPA last year, which is remarkable. It kind of dispels the dumb jock notion that people see out there.

At our awards night, our senior administrators are just floored when we put up the GPA's of all the teams. And they're like, 'Wow, that's very impressive.' So we want to continue that. We want to continue the success that we've had here. We want to continue our strong tradition of hosting conference and national events.

My tenure here is to probably leave the program better than it was when I got here. Essentially, we're in every ACAC sport now, with the addition of golf and cross country last year. We're going to be putting a bid in for indoor track for the upcoming year. So I want to leave the program better than it was prior to me getting here, and hopefully a few more banners on the wall as well.



# Women's hockey team wins first ACAC title in 9 years

By Mohamed Jama

After a successful season, the women's hockey team redeemed their loss last year, finally winning their first ACAC Championship after a nine-year drought. The season has come to a close for the year, but their accomplishments deserve a deeper look.

## Strong start to the season

The Oaks started their season in October by taking on provincial rivals, SAIT. This game would start the season on a bad note for the Oaks, as they lost in overtime 3-2. But this loss was their only one in October. They ended the month with a seven-game winning streak, including a dominant win against SAIT later in the month 6-1. They also demolished Medicine Hat College 4-0 and 9-1. The Oaks finished the month with a 6-0 thrashing of Olds College, leaving their record at 7-1 at the end of October.

## A tough middle

November saw the team start off with a struggle, losing to former finals opponent Red Deer Polytechnic 2-1 and 5-2. The month quickly turned around, and the team fired off three straight wins, giving them some confidence. But the confidence quickly faded, and the team lost their next two games. One of the losses was against Red Deer, which was a tough blow. It pushed them to another loss the following weekend against Lakeland College.

In December, the team would have a winter break before returning a month later. In January the team came out re-energized, winning every game in the month and having some amazing performances with the playoffs around the corner. The month started with a 4-0 beating of SAIT, before upping the ante next weekend and beating Medicine Hat College 8-2. The month finished with a 3-1 win over Olds College, where Kaitlyn Slator became the all-time ACAC wins holder.

## Road to the win

February saw the team finish the regular season with four games against the top two teams in the ACAC standings. The Oaks started the month with a pair of games versus Red Deer Polytechnic. The first game was a 4-1 loss, which was their fifth

loss to Red Deer this season. The Oaks beat Red Deer 5-1 the next night, finally getting one up on them this season. Lakeland was ready for the Oaks the following weekend, beating them 4-3 and 3-2 on respective nights.

## Redemption in the semi-finals

NAIT finished the season 17-8 and third in the ACAC. This put them in a semi-final playoff series against their longtime nemesis, Red Deer Polytechnic, battling for a chance at the ACAC Championship final. The semi-final series was best of three, and the Oaks were ready to right the wrongs of last season. The first game did not go the Oaks way; they lost 3-2 in a close match after being tied in the third period. The Oaks went back to NAIT, needing two wins to avoid ending up in the same position as last year. They took care of business at home, winning 2-1 after a Halle Graham power-play goal in the second period.

The series now went to a decisive game three in Red Deer. In this game, the Oaks did something they haven't done all season: beat Red Deer in back-to-back-games. Their star goalie, Kaitlyn Slator, came up clutch, getting a shutout to help the team advance to the ACAC Championship. The 2-0 victory saw the Oaks return to the very spot they lost at last season, but this time the opponent was the first-place Lakeland College.

## Ooks triumphant

The Oaks started the five-game series on the road. They won the first game 3-1 before coming back to NAIT and winning, in true comeback fashion, 3-2 after trailing going into the third period. With the Oaks now up 2-0, they only needed one victory to reach the ACAC mountaintop and had three chances to do it. Their first chance at Lakeland College did not go as planned, and they lost 4-2, which likely gave Lakeland some hope. But the Oaks didn't let their game drop. In the last home game of the season, NAIT came back to the arena and gave the fans a show and a championship for the first time in nine years. The 2-0 victory saw the Oaks finish their season-long journey, and Kaitlyn Slator ended her NAIT career with a shutout and a championship.



The team celebrates their win.

Photos via NAIT Athletics



Goalie Kaitlyn Slator shakes hands with Head Coach Jensen. This win marks another impressive achievement in Slator's final season of eligibility.



#24 Cheyenna Harden holds the trophy in the air while the team celebrates.

# A long time coming

By Geono Aloisio

When a team signs what was called a “historic recruiting class,” expectations for the season are going to be very high. And for NAIT’s men’s volleyball team, that was precisely the case. But in a season for the record books, they surpassed any and all expectations, winning their first ACAC Championship since 1977 and claiming the program’s first ever CCAA National title.

However, the group’s journey to the top was far from straightforward.

After being eliminated last year in the bronze medal game by the Keyano College Huskies, the Oaks had four fifth-year players returning and a wave of incoming talent. With the signing of seven new players to the 2023-2024 roster, everything signalled a promising year for the team. But that was all put on hold when just two months later, the program made the shocking announcement that Head Coach Jordan Taylor was departing NAIT to join the York University Lions, leaving the team’s bench boss position vacant just eight weeks from their first pre-season matchup.

Replacing Taylor would be former NAIT Assistant Coach Phil Dixon.

But Dixon, a Manitoba native, didn’t initially plan on coaching the Oaks this year. When he received the job offer, he was preparing to join Providence College before deciding to return to Edmonton.

“I’d already accepted a job in Manitoba. We were in the process of moving ... to Manitoba to take over the Providence College men’s team,” Dixon explained.

However, when the Oaks came calling, Dixon believed it was a “pretty easy decision” to take the job with NAIT.

“I knew the horses we had in the barn could go a long way if things worked out ... so, selfishly, I made the decision that yeah, we’re going to stay in Alberta.”

Now that the Head Coach position was filled, it was time to start the work for the upcoming season. With the new year right around the corner, Dixon had the unique opportunity to start from scratch and implement a new culture. He believed he had the pieces to the puzzle already on the team and that it was just a matter of putting it all together.

“I knew I had a great leadership group already ... It was just a matter of putting our heads down and putting in the work,” Dixon said. “You know, one person doesn’t make the team, but one person can break the team ... so I knew if the five leaders bought in, they were probably going to get the rest of the guys [to buy in].”

With so many new pieces coming together, from a new head coach to new players and a new system, there were several uncertainties going into the upcoming season. But right from the beginning, everyone knew the team had the potential to do something great.

“We knew we had a lot of talent in the gym,” explained Mason Gorski, who won 2022/23 ACAC North Volleyball Player of the Year with the Kings University before transferring to NAIT. “We didn’t know how it was going to be with the new coach. But I think Phil is half the reason why the team worked so well ... he was the glue that brought us together.”

“The first time we got to the gym, you could tell this was going to be a good team. No matter what the season brought, this team was going to do some special things.”

Starting the season off with three wins, the Oaks’ offence was off and running, winning each of their games three sets to zero. Through the early part of the season, two players began to differentiate themselves: Shae MacIntyre and Mason Gorski. The duo led the Oaks’ offence, with Gorski and MacIntyre racking up a combined 10 kills and 17 assists.

But it didn’t take long before the Oaks hit a bump in the road. They went 3-3 in their next six games, entering the winter break 6-3 and fourth in the North Division. Regardless of the team’s struggle through the first half of the season, the group knew they had the opportunity to shift the momentum coming out of the break.

“I think we really flipped the switch after the first semester,” Gorski explained.



The men’s volleyball team poses with their gold medals.

Photo via NAIT Athletics

“I think the first semester, we were trying to figure out what we wanted, what we wanted to be seen as, what we wanted to know, and how we wanted to structure things. I think guys just started to realize through the winter break that we have a really, really good roster here.”

“Slowly, everyone bought in. Everyone knew we had to get the job done.”

With the team starting to click and prepare for the season’s final stretch, the Oaks bounced back, winning eight of their last ten games and clinching second place in the North Division. While the task of winning a championship was still far from finished, the group felt confident about their chances heading into the playoffs.

“We knew what kind of team we had ... this wasn’t a normal NAIT team by any means. We knew we had something special here,” Gorski said. “I think that was the mentality going in, like we weren’t going to lose. We were going to win ... that was the goal.”

After defeating Red Deer Polytechnic in the semi-final in a 3-2 comeback victory led by Shae MacIntyre—who impressed with 30 kills and 10 digs—the Oaks defeated Keyano College in the ACAC Championship final 3-0, securing their first conference title in nearly 50 years. But the team still had one more mountain to climb: the CCAA National title.

NAIT was off to Victoria to compete for the school’s first men’s volleyball national championship. After securing victories against the Providence Pilots and Humber Hawks, the Oaks fought for the title against the Titans de Limoilou. Through a hard-fought three sets, the blue and gold did it, defeating the Titans 3-0 to win the 2024 CCAA National Championship.

“You can’t really describe the feeling of it, but it feels so good. Knowing it’s all the work that paid off and all the time and effort paid off,” Gorski said about winning. “It’s a great group of guys to do it with, and I wouldn’t have wanted to do it with anyone else.”

The “historic recruiting class” accomplished a historic season—the conference and national championship banners they earned this year will hang in the NAIT gym forever, honoring the team’s ability to come together and persevere through uncertainty. But making even more of an impact will be the team’s long-last memory of what it felt like to be champions.

“We’ll be able to forever live with that moment to know that all of us and all our fifth years in 50 years we can say ... I won the whole thing. I’m a national champion.”

# Does Bigfoot stalk the River Valley?

By Fraser Sockett

Tales of Bigfoot, also known as Sasquatch, have been around for decades, perhaps centuries. Similar creatures, like the Yeti or the Abominable Snowman have been spotted in the chilly Himalayan mountains or the Skunkape in the humid swamps of Florida.

Bigfoot is a hairy ape-like creature that appears six to nine feet in height, sometimes up to 15 feet, with foot lengths up to 24 inches and fur stinking of a foul odour. I've always wondered: does Edmonton have a creature like that stalking the River Valley?

An individual named Professor Smallhand recently reached out to me with a letter on my doorstep. He claims to be a Bigfoot "expert" and talked about the existence of such a mythical creature in the Edmonton area. He would only meet me on a moonlit night in a ravine near my place.

A rather large man in a trenchcoat with a fedora, looking like he hadn't shaved in months, sat on a bench overlooking an eerily calm stream. He was waiting for me. Smallhand informed me he had been studying creatures such as Sasquatch, Yeti and the Skunkape since he was a toddler, when he first remembered seeing Bigfoot. He claims that he was near a river in northwest Alberta. He looked into the river, but saw a reflection of Bigfoot staring back at him.

I asked if we could move down the path, as it smelled like a skunk died around the bench. Smallhand replied, "No, smell will follow you." I assumed he was insulting my bathing habits.

When I asked about the potential of Bigfoot stalking the River Valley, the professor was insistent that I had it wrong. "Bigfoot were in the River Valley, they're not there anymore. Stop looking there, and stop looking anywhere near the Rocky Mountains. They have migrated." He growled like a beast as if I were to pass on a message about hunting a fictional beast.

I inquired about the migration patterns. "Look in deserts, stop looking in swamps, mountains and forests," Smallhand suggested as if he was trying to hide something.

"Dangerous creatures in the River Valley area. Vampires travelling south for the summer. Think reverse geese," Smallhand suggested, noticing I was looking at his size 25 shoes. "I buy specialty shoes, no complaints from the ladies 'bout that." He chuckled like Seth Rogan.

"Were-creatures won't harm you. Offer them Werther's Originals," Smallhand added. Being a bit shocked at these revelations, I followed up. Smallhand began telling a tale of an ancient war between vampires and the were-creature and garden gnome alliance, suggesting that Edmonton-born Micheal J. Fox is a



Graphic by Fraser Sockett

werefox. It's essentially the same thing as a werewolf, but they turn into a fox. Smallhand thought Fox was playing a dangerous game when the Canadian starred in Teen Wolf in the 80's, when people were less tolerant about were-creatures.

At that point, Smallhand ended the interview with a few final words. "No Bigfoot in River Valley," he grunted. "But we...err...I mean, they, exist. Why else would politicians be so upset about that horrible Bigfoot movie on Netflix years ago?"

Smallhand walked away down the path, his impressive 8-foot height leaving giant footprints that were soon hidden by freshly fallen snow.

While largely debated, some, like Professor Smallhand, believe Bigfoot exists, but many don't. Perhaps humanity will find out one day, but until then, a local Bigfoot expert insists the River Valley is Bigfoot-free for now, so there's no need to hunt for them.

## "How did it happen?"

Editorial by Nicolas Constantin

These are the four words people with visible physical disabilities dread to hear—especially those who acquired their disability due to trauma.

No, I don't want to relive one of the worst times of my life.

No, I don't want to spend my precious energy educating you.

No, I don't need to teach you what you can easily Google.

The last time a stranger asked this question, I was waiting in the airport for my now fiancée to grab our bags. Their question instantly soured my mood.

And yet, I haven't heard anything like that at NAIT. My instructors and fellow students have only treated me with respect, which has surprised me; as someone who is older than most students at NAIT and who acquired their disability later in life, I assumed the worst. I thought it would be like when I was a child and what I imagined children with disabilities went through. I thought they would be like the people I encountered in public:

"Can I touch your shoulder and pray for you?"

"What is wrong with you?"

"When will you get better?"

And finally, "How did it happen?"

This question brings me so much anger and resentment. The question that makes me relive my trauma. The question that has the magical ability to change my mood. The question that forces me to think about my time in the ICU and then the hundreds of hours of rehab.

It is that question that wields so much power over me, but has somehow been absent at NAIT.

So, I beg you, from one human being to another, continue not to ask me these questions and don't force me to dwell on the worst aspects of my disability.



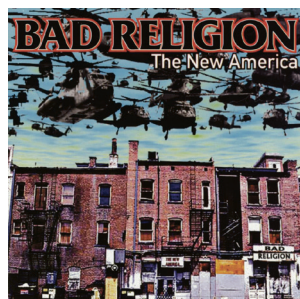
# THE SHUFFLE



By Nicklaus Neitling

You made it to April after a school year filled with sleepless nights, hours staring at assignments you barely understand and a caffeine intake you wouldn't dare admit to any medical professional. While some of you might be coming back next year, or even next semester, take a moment to celebrate that victory. However, for those who are graduating this year, throw this playlist on and look back on your time at NAIT with a bittersweet fondness.

## A Streetkid Named Desire by Bad Religion



I've listened to this song on the first day of every semester. It gives me hope there's a future for me outside of the academic grind. This song promises that life will get better. As school is finishing up with the economy the way it is, it can look like the abyss is all-encompassing. Bad Religion might have the best response: "I knew that paradise was some other place and I'd get there another day. I will find it before I expire, because I've got the desire."

## Gonna End Up Working in Fort McMurray by B.A. Johnston



If I could go back to my 23-year-old self graduating from the U of A, I wouldn't say anything, just play him this song to let him know where his History degree would lead him. "45 below in Alberta is my destiny" is a pessimistic outlook at your graduation, but for some, it's just a reality. I will say though, that there's nothing wrong with that work. It's hard work, and it is the furthest thing from glamorous. But as my Grandfather once told me, "If you do the work

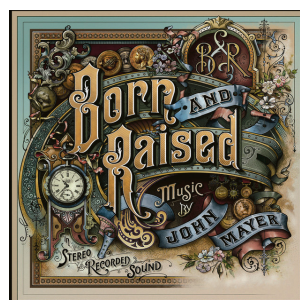
that nobody wants to do, you'll have the things everybody wants."

## Something More than Free by Jason Isbell



After school, you're going to get a job. It may not be the one you want or deserve, but it's more than likely the one you need at the moment. It's a stepping stone, but it's hard to see that in the moment. Whatever helps keep the light on, at the end of the day, keeps the light on. "I don't think on why I'm here or where it hurts, I'm just lucky to have the work" might be your battle cry as you wake up in the morning. But like everything in this world, it's only temporary.

## Walt Grace's Submarine Test, January 1967 by John Mayer



Be it strangers, friends or family, at some point people told you that your time in post-secondary was wasted. This song is about succeeding in spite of those people. It's about focusing on a dream, no matter how ludicrous, and finally achieving it. There's nothing more satisfying than finally succeeding in the face of doubt. As you enter the finish line on that final day here at NAIT, remember, like Walt Grace, that "with a will to work hard, and a library card, [you] took a homemade, fan-blade, one-man submarine ride."

## I Don't Want to Die in This Town by Old 97's



Just because you are graduating in Edmonton, doesn't mean you are locked to Edmonton. After graduation, the world is your oyster. This song is about finally recognizing that your hometown isn't the world and it's time to set out. It might be a touch dramatic, but it was this or Tracy Chapman's Fast Car. However, both songs center around the idea that if you don't leave now, you might never. My advice after listening to this song is that you owe it to yourself to try.

## Sold by Dan Mangan



School is done and you might have a sliver of work, be it a co-op, capstone or summer work. You might have had a glimpse at what the future holds, and nothing is driving you forward. This song captures that feeling of chasing "the good life."

Sometimes, all it takes is a taste. And it might be the most gruelling, painful journey to get there, but all it takes is that taste and you're sold.

## I'm Still Standing by Elton John

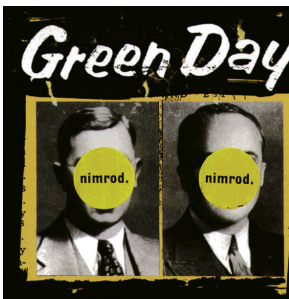


This is the perfect song to play on that final day of classes. When you go to post-secondary, it's akin to stepping into the ring with a boxer who is your better in every way. They can hit harder, get hit harder and can go the distance better than you ever could.

Well, now it's April and the bell's rung on the ninth round. It'll go to a decision and your opponent will win. The house always does. Never forget that you're still standing better than you

ever were, and you'll always be the people's champ.

## Good Riddance (Time of your Life) by Green Day



This is a point of obligation. I don't think any graduation playlist is complete without this song. Growing up in rural Saskatchewan with much older cousins, I heard this song at every single high school grad I attended. As sappy as this song is, it's got a point. Cliches are cliches for a reason. They can start with the best intentions.

I look back at my time at NAIT with great fondness. It was something unpredictable, but in the end, it was right. I truly had the time of my life.

## NEED STUDY MUSIC?

Follow the Nugget on Spotify for playlists tailored to the student experience. With themes like, "emo songs for rainy days" and "shoegaze for days," we've got something for every mood.



# SUDOOKU

## EASY

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

## MEDIUM

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

## HARD

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

# 10-ISH YEARS OF APRIL COVERS



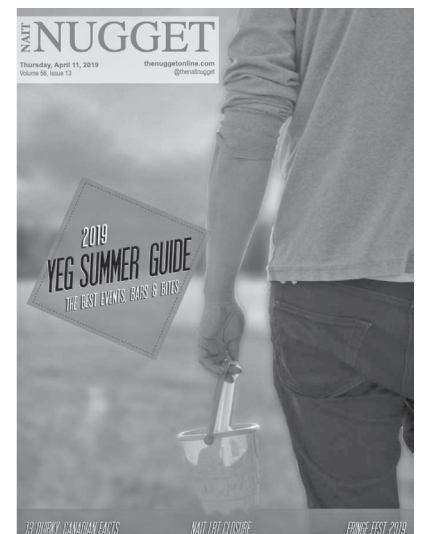
2023



2022



2020



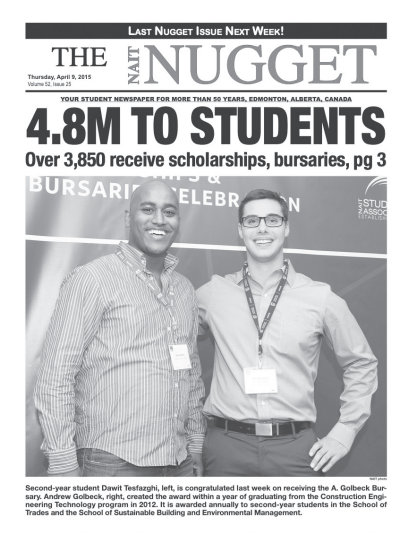
2019



2017



2016



2015



2014

\*we didn't print for a few years because of the pandemic, so it's 10-ish years

# “It looks like spring has sprung”

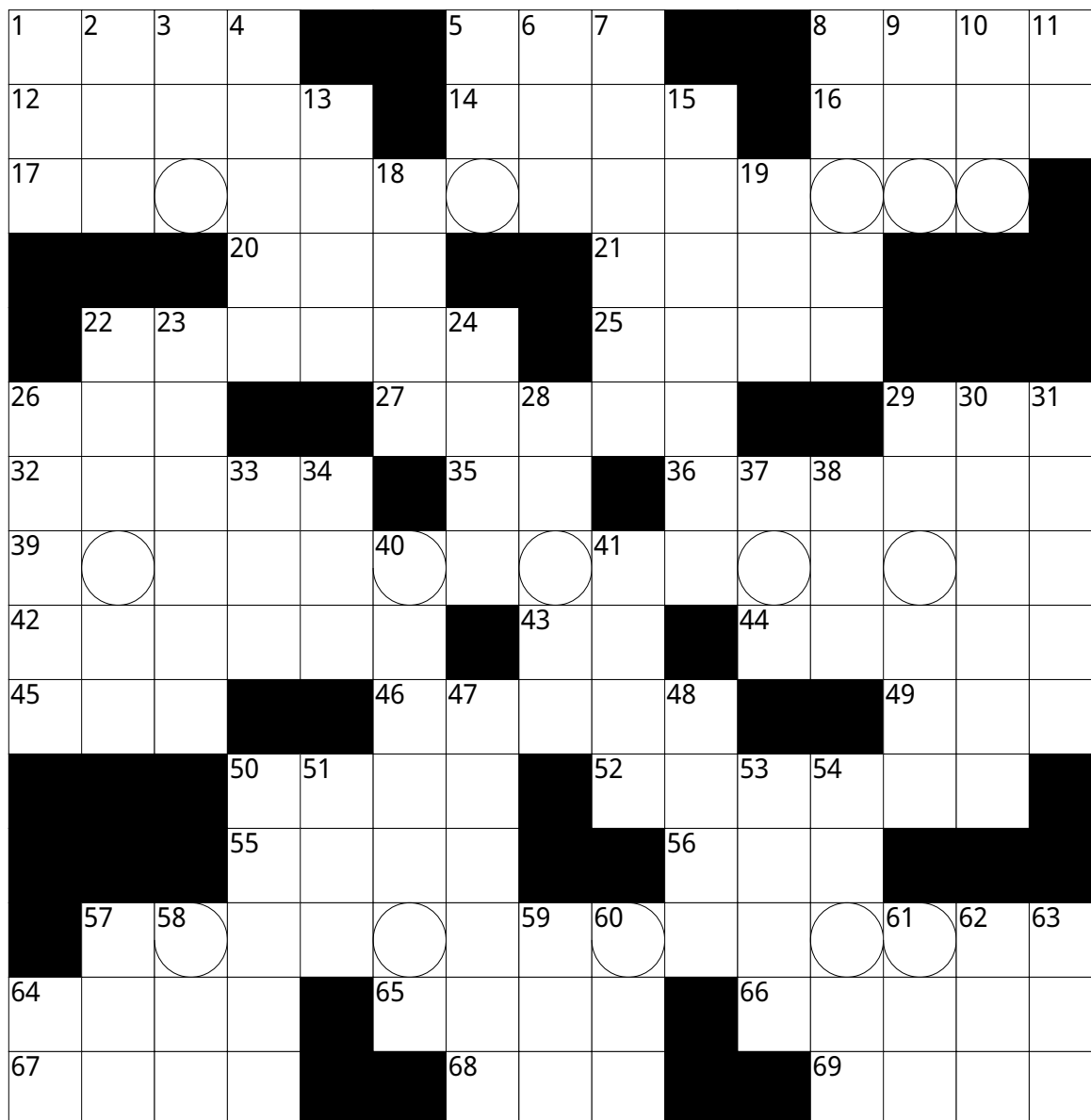
## Crossword by Evan Dowling

### ACROSS

- 1) Tall one or cold one, in Berlin
- 5) 601 A.D. written at the same time
- 8) Place to get a caffeine fix
- 12) frequently
- 14) Moby Dick’s pursuer
- 16) Have \_\_\_ (be connected)
- 17) Hobby concerned with Catan and Meeples
- 20) Whichever
- 21) How letters laugh?
- 22) Those on the internet who illegally post the location and data of high profile people
- 25) Rich man Musk
- 26) Computing term for using programming language instead of settings to support the operations of an online resource
- 27) Pot-\_\_\_ (French meat-and-vegetables dish)
- 29) The Mormon Church, for short
- 32) Buffalo Wild Wings nickname based on its initials
- 35) Letters followed by a colon beginning the subject line of email chains
- 36) Thesis defenders, at times
- 39) Point on a medieval healer’s resume, maybe?
- 42) “Take the first \_\_\_\_\_ your left,”
- 43) “And \_\_\_ It Goes” (Billy Joel)
- 44) Island group near Fiji
- 45) Prez. written in as a character in the musical Annie
- 46) Pharoah’s introduction “I \_\_\_\_\_,” maybe
- 49) “\_\_\_ B? Choose one”
- 50) Electronics company known for the Playstation
- 52) definition of descend
- 55) &&&
- 56) A toy maker in Santa’s workshop
- 57) If subtle equals calm; ?
- 64) Ambience
- 65) Line above the equator: Abbr.
- 66) “I’ll take that!”
- 67) J’adore perfume maker
- 68) Abreviation of common ailment that cranberries can help avert
- 69) List on the kitchen fridge

### DOWN

- 1) Droid
- 2) “\_\_\_ tree falls in the forest...”
- 3) Common booster purchase for Pokemon TCG players
- 4) Unwind, so to speak
- 5) “The Way,” in Chinese Pinyin
- 6) Alternative option from the fringe of a green, other than ptt
- 7) “You took the words out of my mouth”
- 8) Stone monument
- 9) Writers Beattie or Radcliffe
- 10) Mediterranean fruit
- 11) “In” to Jacques



- 13) Hawaii’s state bird
- 15) Gambler’s worry
- 18) Supermodel Banks
- 19) How Ozzy’s kids friends refer to him semiformaly, maybe
- 22) Father figure?
- 23) Of the eye, and a suffix with “Bin”
- 24) Stand on a board on a wave
- 26) Response to the dungeon master informing you that your character fails their constitution save and are now seasick
- 28) Singer of “Mushaboom”
- 29) Wheels and the \_\_\_\_\_; recurring characters on American Dad
- 30) “The Cover of the Rolling Stone” band
- 31) Cool red giant
- 33) Place to sleep
- 34) Scrap
- 37) Walk-\_\_\_ (some customers)
- 38) \_\_\_ Maria
- 40) Endlessly
- 41) Remove an item from a list
- 47) “Have you heard \_\_\_\_\_”; another way of saying “I do a convincing George Takei impression”
- 48) Little piggies
- 50) Spock-like Vulcan admiral played by Henry Darrow
- 51) A japanese demon
- 53) Do well on RuPaul’s Drag Race, say
- 54) “\_\_\_ now, when?”
- 57) Opposite of non
- 58) Dude
- 59) Didn’t play in the game
- 60) “That’s \_\_\_ quit!”
- 61) Benitez of TV news
- 62) Terminate
- 63) Film studio that made Astaire/Rogers pictures
- 64) A banner or pop-up

**THE ANSWERS YOU NEED ON THE NUGGET ONLINE.**

*(if what you need is answers to sudooku or the crossword)*



# CAN'T GET ENOUGH?

Find more content at [thenuggetonline.com](https://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? Email [info@thenuggetonline.com](mailto:info@thenuggetonline.com) to write over the summer. Get paid to share your voice.



## **LOST IN THE FOG: A LOOK AT "SILENT HILL" 25 YEARS LATER**

By G. Mara Killian

When I first sat down to play Silent Hill for this review, it was blizzarding. Like many other gamers and horror fans in my generation, I thought "It looks like Silent Hill out there." Has Silent Hill become so ingrained in our society that the mere presence of mist brings it to mind? I think so.

## **BATTLE OF THE CAMPUS BARS**

By Fraser Sockett and Luis Cifuentes

The Nest, NAIT's campus bar, has won multiple awards over the years. But do they really deserve it? Two students set out on a quest to find out. Read Fraser's and Luis' review of two other campus bars in the city, and find out if the Nest really is the best.



## **TRASH BIRDS OF EDMONTON: WHY I TREASURE THEM AND WHY YOU SHOULD TOO**

By Taylor Winnie Hughes

To say I love the unique, forgotten and under-appreciated is an understatement, so my dedication to Edmonton's least-liked birds should come as no surprise. Although they're nothing more than a nuisance to many Edmontonians, I find myself stopping to advocate for the good qualities of hated birds when people start to criticize them.

## **FUTSAL: NAIT'S HIDDEN SPORT**

By Mohamed Jama

NAIT's soccer season ends in October, but that's not the end of the year for much of the team. Several players move on to playing futsal—a smaller version of indoor soccer with five players on each team.



## **ENACTUS NAIT WINS SECOND RUNNER-UP IN REGIONAL CONTEST**

By Fernanda Rocha

Members of the Enactus NAIT club are heading to nationals to defend their regional win. This is the second time they've placed since 2019.