

NAIT NUGGET

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LOVE, SEX AND ROMANCE IN THIS ISSUE

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5 things you need to know about how the federal government's announcement might impact current and future international students and NAIT.

8 DUDE IN THE NUDE

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NAITSA launches free drop-in tutoring sessions



Photo via Freepik

By **Fernanda Rocha**

NAITSA has introduced free in-person drop-in Nimbus tutoring sessions to support students’ success. “It’s a new thing that we just created ... to make tutoring more accessible for students,” said Alessandra Medeiros, NAITSA Service Hub Manager.

Sessions began in February, and registration is ongoing. Through the Nimbus platform, the student selects the applicable tutoring program(s), picks the course they want and selects an available time. In-person tutoring sessions will occur in room A-134 on the NAIT main campus.

The subjects currently being offered are accounting, statistics, trade math, general math and DMIT. Physics and chemistry may become available, but everything depends on the demand from students and tutor availability. “Finding tutors is also difficult ... in this scenario we have right now, we’re starting with five tutors: two are alums ... and two are retired instructors. One is a current student,” said Medeiros.

The sessions will last approximately two hours and will be open to all students. The tutor will divide their attention equally between all participants. Medeiros also advised that students come somewhat prepared. “We recommend them [to] bring their books or computer for the class ... and have maybe a few questions they have prepared. When they meet with the tutor, they can ask those questions, and the tutor can assist them as a group,” she explained.

Tutoring on Nimbus can be a profitable side job for students, especially when they offer private lessons. “We have students who tutored over 300 hours last year, and if you do the math, the average cost is about \$25 times 300 hours; you know how much they made,” commented Medeiros. She also adds that the tutor’s profit stays in their pocket, and they don’t have to pay any percentage to the platform or NAITSA. “So, it’s a good way to help students during this financial hardship many students go through. It’s a good way for them to make some extra income.”

NAITSA is excited to expand their offerings for students. “We had feedback from the tutors, and they think it’s a great idea and opportunity to help students,” Medeiros explained. “There was one student who attended [a pilot session that took place in November] that she wanted to know when the next session was going to be because she wanted to be in it ... they heard a free session and wanted to come for it.”

The project couldn’t have happened without the support of NAITSA, which Medeiros was grateful for. “Thanks to our VP Academic and Executive Council for allowing the grant, giving us the money, in other words, to put this program together.” For further information or questions, students can reach out to tutor@nait.ca.



NAIT NUGGET

Informing and entertaining the NAIT community since 1964.

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5 things you should know about the international student cap

By Amy St. Amand

Earlier this month, the federal government announced a two-year cap on the number of student permits for the next two years, along with a necessary letter of attestation from the provincial or territorial government submitted with each study permit application. The decision has created ripples across the country; an open letter from two organizations representing over 200 post-secondary institutions listed a number of concerns, including financial ramifications and the potential for eligible students to decide to study somewhere else. But how will a decision like this impact NAIT, whose international student population is increasing year after year? The Nugget spoke to Peter Leclaire, NAIT's Vice-President Academic, to learn how the institution was handling the announcement and if students need to be concerned.

Here's what we found out.

1. The announcement wasn't entirely unexpected.

There were several factors that led to a cap on international study permits. In addition to the rapid growth of Canada's population in 2022, Leclaire also mentioned the issues in the Greater Toronto Area and the Vancouver area regarding housing affordability, both to purchase and to rent. The seemingly biggest concern that needed to be addressed was the treatment of international students that come into areas where affordability is poor.

"You have reports, anecdotal reports of you know, a dozen students living in a two-bedroom apartment kind of thing. And so, you know, you anticipated someone's going to do something about this," said Leclaire.

2. While not confirmed, there is a chance this decision will allow NAIT to accept more international students than before.

The federal government set the cap, but now it's up to the provincial government to decide how it's allocated. About 360,000 permits will be received, so each province and territory will get a portion of that number based on their population distribution. In some provinces where the international student population is disproportionately high, they might see up to a 50 per cent reduction. But for Alberta, Leclaire hypothesized the number of allocated permits could go up. "When we look at us in Alberta, that allocation, we're maybe half of where we could be," he explained. "So, we actually see the potential for growth."

3. There's still a lot of questions to be answered, with no updates on when answers might come.

While NAIT is hopeful they'll have the opportunity to continue to grow, they won't know anything for sure until the provincial government decides how the allocation will be distributed within Alberta. They also need to figure out how the letters of attestation will work. "As we talk to our colleagues across the country, there doesn't appear to have been a lot of communication between the federal government and the provinces," said Leclaire. And NAIT isn't the only party waiting for more answers—many hopeful international students' applications have now been put on pause because of the federal government's announcement.

"Now they're in kind of a stasis point where, you know, the province has to figure out these attestation letters and we have to determine what our quotas are at all the institutions. Until that's done, the federal government isn't processing any more applications," Leclaire explained.

4. NAIT doesn't anticipate the cap will mean an increase in international tuition.

Top of mind for many international students has been the impact of this decision on their own tuition. If NAIT can't accept as many new students, will that mean current international students' tuition will go up? While increasing



Students from NAIT's International Ambassador program pose at a campus event.

Photo via NAIT

international enrollment has been a part of NAIT's strategic growth, Leclaire doesn't see the federal government's announcement impacting tuition in the near future. "We took a very intentional growth strategy where we wanted to make sure, first of all, that we grew international enrollment in a sustainable manner aligned with workforce," he said. Leclaire mentioned two colleges in Ontario that have more international students than the top 15 universities in Canada, but explained NAIT didn't want to create a dependency on international tuition. "So anything that comes from you know, the additional tuition from international students, it adds strategic money for us in terms of how we're going to move forward as an organization, not create a dependency."

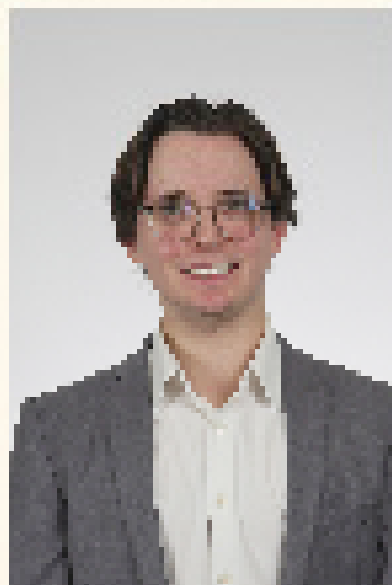
5. NAIT has shifted gears to ensure that prospective students have access to truthful information to ease uncertainties.

For those who have already applied, NAIT wanted to be proactive and shape themselves as a place students can get reliable information. They created a landing page and sent emails to applicants with information to combat some of the misinformation and keep them informed.

"Right after the announcement, we were already in the process about creating that contact point because we knew the minute it got out, it was going to create a lot of uncertainty and ambiguity about the information out there," said Leclaire. "And so we're just doing our best to fill in that information piece for our students." He urged hopeful students to search out trusted sources of information. "There's people who take advantage of those situations, or in some cases, using that advantage for their own means," he explained.

As of writing, no information has been released on what Alberta's allocation will look like or how the attestation letters will be handled. However, current international students can rest easy knowing that their tuition likely won't be impacted by the federal government's announcement. For those with friends and families looking to attend NAIT, the best thing they can do is stay in touch with NAIT, said Leclaire. "Alberta is a welcoming place. Canada is a welcoming place. We're figuring things out, and have patience, and hang in there."

CANDIDATE FOR PRESIDENT



TRAVIS LUSCOMBE
 CANDIDATE FOR PRESIDENT

Hi, I'm **Travis Luscombe**, and I am running for President of the Naftsa student association.

Why

If you asked me who I am running for President, it would obviously be Naftsa. I am the first person for the job. I care about the students of Naftsa and I know what the experience needed to continue to make meaningful, lasting improvements. I have a vision to continue to help drive the reputation for long-term success for both the students and the association. I am optimistic, passionate, and confident in myself and in what can be achieved for the generation.

My experience

Currently, I am working as the vice president intern, and I am very grateful to have been elected and allowed to become a representative for Naftsa students over the last year. I have learned so much about student governance, leadership, and what it takes to cultivate a community that students want to be part of. The current executive team, the Naftsa staff members and I were able to come together and achieve many notable things this year, including:

1. Creating more part-time and volunteer opportunities for students.
2. Increasing services such as student study spaces and mental health technology for students.
3. Significantly increasing grant funding for clubs to foster growth and engagement.
4. Advocating for student rights to Naftsa's services and government.
5. Coordinating events all over campus throughout the whole year to maximize the student experience.
6. And addressed many student concerns to give students a way to get involved and get out of their isolation.

My Plan

If you elected me as President, I will focus on student progress and overall success. I will be the voice of the students, fighting for what you want, and I will maintain an unwavering pursuit of the student's best interests. Some of the things I will advocate for include:

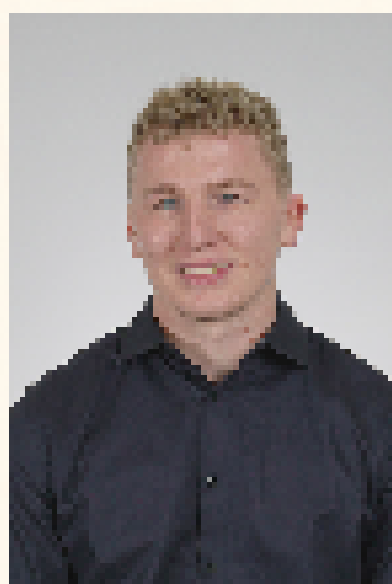
1. **More accessibility for students** – With ever-increasing costs in today's world, I will fight for accessible, predictable, and manageable education costs whether you are an international or domestic student.
2. **More student services** – I will continue to fight for more student spaces, I will advocate for an increase in technology available to students and put it in locations that students can access easily, and I will work to provide more educational support services, like dormitory premium.
3. **The student voice** – I will ensure that I am listening to the students of Naftsa and taking their ideas, opinions, and feelings into consideration. Furthermore, I will ensure that the student's voice shows up at the table. I will make sure students' concerns and that the changes made are reflective of that.

If you have ideas on how I can best advocate for the students, please reach out to me at travis.luscombe@naftsa.com. I will hear what you have to say.

Vote for me, and I will dedicate myself to serving you, the Naftsa students, with unwavering commitment and excellence.

Travis Travis Luscombe for President.

CANDIDATE FOR PRESIDENT



STUART QUINN
 CANDIDATE FOR PRESIDENT

Hi, my name is **Stuart Quinn**, and I am excited to say that I am running for Naftsa President this year as a student-parental Canadian, an enthusiastic advertising student, as well as having a large amount of experience in student leadership. I believe in being a unique perspective on the pragmatism and forward-thinking to Naftsa.

Over the past three years, I have become deeply involved with Naftsa and now I work the last year after the pandemic served as an executive Naftsa's volunteer team member, and the two years after that serving as a volunteer coordinator on the core life team. Consistently trying to innovate the student life experience and having volunteer experience in Naftsa.

These roles have not only allowed me to connect with many of you out and given me a unique perspective on how organizational change is made, as well as how it affects all the students and every member in Naftsa and Naftsa.

If I have learned anything from my time at Naftsa, it is that to see change you must be willing to be the change and that is ultimately why I decided to run for President of Naftsa. I believe my experience equips me with the unique ability to effectively empower and collaborate with the new elected vice-presidents and their goals for the betterment of the student community.

My campaign is focused on advocating for **every place**:

- **Quality and Access to tuition**
 The cost of tuition should be based on the needs of the student's options on poor management of resources.

- **Ensuring the safety of Naftsa**
 Students should remain on their campus, especially given the location of the main campus, services such as "take away" should be comparable to those in other institutions.
- **Improving mental health service access to Naftsa**
 A more robust wellness program and increase in insurance coverage regarding mental health and more comprehensive health and dental services who don't have similar support.
- **Promoting accessibility across campus**
 There is a need to improve the voice of the program, the synergy between the different programs and the wonderfully diverse people of Naftsa is what makes Naftsa essential to access.

One of the most important roles of Naftsa's president is to be the voice of the student body, ensuring that Naftsa is accountable to you. So, I would love to hear from you if you have any concerns or ideas that will improve your experience and add value to your time here at Naftsa. Don't hesitate to reach out at my email: stuart.quinn@naftsa.com so I can best understand and advocate for your needs.

I am passionate and committed to championing your interests. So, I am praying for your support and your vote in this election.

And remember, no vote for me, is a vote for Naftsa.



CANDIDATE FOR VP EXTERNAL



JENNA LUCZAK
CANDIDATE FOR VP EXTERNAL

Hello Ooks, my name is Jenna Luczak and I am excited to be campaigning for my second term as VP External. Having served in this role for the past year, I am eager to continue representing your interests and contributing to the growth and success of our NAIT community. As a 2019 alumna now pursuing a career in accounting, I recognize the diversity of the student body and how our life experiences shape our academic journey. I hope you vote for me as your returning VP External as I have dedicated the whole year to advocating for the student body and I don't intend to slow down.

The role of VP External is a broad spectrum as it deals with advocating to different levels of government, handles satellite campus concerns, and deals with external bodies like NAIT, Apprenticeship & Industry Training (AIT), and the Alberta Students' Executive Council (ASEC) to name a few. Although much of my role pertains to advocating, the second priority is maintaining the relationships I have built within this spectrum to help NAITSA reach its goals.

My current goals for VP External have been supporting satellite campuses and advocating for MNIF legislation changes, which I have been successfully monitoring as follows:

- Increased the amount of NAITSA support on satellite campuses by bringing the NAIT Nugget to the three satellites, brought the Souch student lounge back to life by calling for more furniture and a more engaging layout, helped Patricia campus gain access to their previously locked study room, and engaged with the students at Spruce Grove by actively listening to their concerns about the course delivery.

- Bring awareness to Mandatory Non-Instructional Fees (MNIFs), and how the gaps in legislation enable institutions to increase fees without a student associations' complete approval. NAITSA is a member of ASEC, a provincial advocacy organization of which I sat on the board of directors, and we adopted the MNIF goal as an ASEC official goal.

The VP External position requires an individual with patience, persistence, and curiosity as the goals for the VP External position are long-term commitments and require a constant push to ensure they come to fruition. My promise to the NAIT student body is to keep a steady hand on the goals that I set during my 2023/24 term, while also:

- Monitoring the safety concerns regarding the new LRT station and NAIT campus.
- Listening to the student body, and ratifying their concerns.
- Staying flexible and supporting my fellow Executive Council members where necessary.

The first few months of Executive Council are a learning curve, so re-electing me ensures efficiency and commitment for the year. Vote for Jenna Luczak and remember, Luczak has your back.

CANDIDATE FOR VP EXTERNAL



NADIN SAID
CANDIDATE FOR VP EXTERNAL

Hello Everyone!

I am Nadin Said, your NAITSA VP External Nominee for this year!

For the past year, I have been working at NAITSA as a Service Hub Assistant— listening to the concerns of students and helping them find solutions for the problems that we face together. This has created the foundation for my advocacy plan. I want your voices to be heard and I have been putting together a list of the things we care about most, such as the U-Pass, Grammarly, LinkedIn Learning, and academic fees. My passions lie in creating a brighter future for our community and I want to make great strides in this field.

Currently, I am a Business Analyst student in the DMIT program and the VP of Operations for the DMIT Club. As VP of Operations, I take care of the logistics of planning events and coordinating team efforts. Currently, we are supporting the organization of the IT Connections career fair which will connect students to global leaders in the industry. Outside of NAIT, I have been running my own business as a Sole Proprietor in Marketing and Business Solutions. I stand on business in negotiating, public speaking, and time management, all of which propel me toward success in this role.

If I am elected, I will be advocating for the following:

- Transparency in annual academic fee increases
- Improving existing student services and introducing new initiatives
- Strengthening community connections with industry leaders

I also recognize the need for practical improvements to enhance our daily campus life. A key initiative I advocate for is increasing the number of microwaves on campus. It's not just about convenience; it's about catering to our diverse schedules and nutritional needs. More microwaves symbolize my commitment to addressing every aspect of student well-being, no matter how small it may seem.

I want to bring empathy to the heart of our student body, creating a space where each of us feels understood, supported, and valued; where our collective journey is one. This is about making our school a better place; one that prepares us for the future and shapes the leaders of tomorrow.

This isn't just about me, it is about creating a better environment for all to grow and develop into our careers. Our school is our community, and I am devoted to making it a place where each of us can thrive. **Vote for Nadin for VP External!**

CANDIDATE FOR VP ACADEMIC



MARINA BRUNO
CANDIDATE FOR VP ACADEMIC

Hi! I'm Marina Bruno, and I am honoured to once again run for the position of Vice President Academic. Over the past year, I've had the privilege of advocating for your academic rights, and I am delighted by the opportunity to continue serving you.

Just like many of you, I walked through the doors of NAIT in 2015, and this institution became more than a place of learning; it transformed into my second home. From my diploma in personal fitness training to pursuing a Bachelor of Business Administration in Human Resources Management, NAIT has played a pivotal role in shaping my skills and perspective.

The past three years of working at NAITSA, two of which I worked as a Service Hub Assistant and Peer Supporter, allowed me the opportunity to gather a better understanding of the needs of students, and what is truly important. I have cultivated ways to provide support to my fellow students through active listening strategies and empower them to make educated decisions on their academic journeys.

Serving as your VPA, I have had the privilege of being immersed in the heartbeat of our academic community. I have proudly advocated for additional study spaces on campus, affordable and predictable student fees, and open educational resources. These efforts still remain as a top priority; alongside mental health supports and an inclusive, supportive, and welcoming academic environment for all students.

I have also had the opportunity to be a student representative on NAIT's Board of Governors. This allowed me to bring the student perspective forward to the highest level of governance at NAIT. Through this, I was able to learn more about how the organization functions, and where there are gaps and opportunities for advocacy.

I would love to have the chance to serve as your VP Academic again so I can work towards closing those gaps and ensure that NAIT is working for the students.

If re-elected, I promise to continue to put the best interest of the student body first when making decisions, and advocate on your behalf to the best of my abilities. I am passionate about creating a positive learning environment that leads to the safety and success of all students.

Your academic rights matter! I promise to be a knowledgeable resource for you and ensure that your voice is heard. I am here to support you and listen to you. Please feel free to email me with questions, comments, or concerns at hello_marina@hotmail.com.

Thank you for your consideration, your support means a lot to me.

Experience matters; re-elect Marina Bruno for Vice President Academic.

CANDIDATE FOR VP ACADEMIC



EMMA ANDERSON
CANDIDATE FOR VP ACADEMIC

Howdy Humans!

My name is Emma Anderson (pronouns she/they) and I am running to be your next Vice President Academic (VPA). I am in my first year of a business administration diploma, but I am not new to post-secondary. I obtained a Bachelor of Science in April 2023 where I majored in psychology and minored in biological sciences. Psychology helped me find my love for administrative work, but I wanted a more direct career path than psychology gave me. This led me to NAIT's business administration diploma program. Despite not being at this institution for long, I am familiar with it from my time serving students at NAITSA's service hub and as a tour leader for student orientation. My interactions with students at service hub has helped me understand the needs of the student population and some of the struggles students face. New student orientation is something I volunteered for at university too, but at NAIT it exposed me to new challenges that incoming students face that I did not think about. My unique experiences make me a great candidate because I understand what students from other institutions face in terms of academic struggles and I can use this general information, along with current NAIT students' voices, to advocate for the student body.

In addition to my education history, I am from a small town in Saskatchewan which gives me a better understanding of various student situations. Moving from a small town was a culture shock that forced me to

be open minded about all situations and to step outside of my comfort zone. I have adapted to this through my university career, but it was a humbling experience that I am grateful for. This ten hour move away from what I knew shows that I can adapt in various situations and I can succeed despite the unexpected. These along with my love for organization are great traits for VPA. If elected, I will be committed to listen to as many voices as possible to understand the common issues students face academically and use that to advocate for solutions. We all came to NAIT to study something and we deserve an education that adapts with the changing student population. I would love to hear from you so do not hesitate to say hi in the hallways or email me at eanderson48@nait.ca. Oh, and don't forget to vote **Emma A for VPA** February 9-15!



CANDIDATE FOR VP INTERNAL



BRAYDEN SHOPLAND
CANDIDATE FOR VP INTERNAL

No article.

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FEBRUARY 14 FROM 4PM - 7PM

SOUTH LOBBY | HP CENTRE | CAT 1ST FLOOR

INFORMATION STATIONS

FEBRUARY 15 FROM 10AM - 2PM

SOUTH LOBBY | FRESH EXPRESS | X-WING | HP CENTRE

CAT 1ST FLOOR | CAT 2ND FLOOR | PATRICIA CAMPUS | SOUCH CAMPUS

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

Flying solo on V-Day

The ultimate guide to making the most of it

By Muhtasim Shams

Single on Valentine's Day? Don't fret. Whether or not you're happy being single, if you're looking for something to do this Valentine's Day, the Nugget has you covered.

Host a PAentine's Day!

You might not be the only one feeling the Valentine's Day blues. Why not host something for everyone? It could be anything: hold a small party or a potluck, go to Launchpad or an escape room, start a cult. I'm just listing my favourite activities at this point.

The possibilities are endless. Pick something and invite as many friends as you're comfortable with. If you want to go the extra mile to make them smile, you could make them cards or presents. Or skip all of this and host a craft night to make each other cute stuff. Remind them that love doesn't have to be romantic and you're surrounded by all kinds of it. Don't have friends? That's okay, we've got plenty of other ideas for you.

Go to an event on campus

Whether you're looking to fly solo or meet people, NAIT is, as usual, buzzing with activities on Valentine's Day. Show yourself some love with yoga or meditation, or treat yourself to something from the bake sale. You deserve it!

If you're looking to meet people or do something with your friends, you can make each other presents and cards at the DIY Valentine's event. The Nugget is also having a pitch meeting on Valentine's Day, and it's a great way to meet people. Check out [OoksLife](#) to see all the upcoming events. Don't forget to RSVP!

Start something new

The suggestions so far sound a little high energy. Maybe you don't want to

socialize or go places. That sounds like the perfect excuse to pick up that hobby or project you've been meaning to get into. Start learning that thing you've been wanting to learn. You could also start a new book, movie or show you haven't been able to binge yet.

Work for community (or cash)

What better way to celebrate the day of love than by helping others? Try going out and volunteering your time. Or if you want some quick cash, see if any of your friends with kids need a babysitter. Give them a chance to go out on that romantic escapade they've given up on. You'll be doing them a huge favor and get paid. A win-win!

Do absolutely nothing

If all that sounds like too much effort (I feel you on that one), why not just stay home and be a couch potato? Get comfy, have a good binge watching sesh, order some amazing food and treat yourself to a day without any commitments or responsibilities. The Greater Edmonton Area has a hugely diverse food scene, so why not take advantage of it?

Or you could be sad (and that's okay)

Tired of explaining how Valentine's Day is a capitalist scam and you're single in defiance of it and definitely not for other reasons? I get it. That's why I'm upset too, definitely NOT because I'm single. Well, whatever your reasons are, they're valid. And it's okay to be sad. Hopefully, this list has something you want to try, and that makes you feel a little better.

And that concludes the Nugget's ultimate guide to what you can do if you're single on Valentine's Day. I hope you have one that's filled with self-love, laughter and loads of fun!

Dude in the nude: Exposing my body for art class & what it exposed in me

By Evan Dowling

I first decided to pursue life-modelling as a hobby at the tail end of the COVID-19 pandemic. I sought to answer if I could be in front of a group of strangers while confidently wearing nothing. I know that I've felt, or maybe imagined, that the world seems to say that male bodies are not meant to be displayed, not meant for beauty or adoration. That men's bodies are meant for utility, but those same bodies, naked, should be shielded from view or laughed at. Those voices, whether real or imagined, have often justified a sense of personal shame and unkindness about my body. This felt compounded by social movements such as #metoo, which at times, felt like confirmation that male bodies are often tools of aggression, sexual or otherwise. Why would anyone want me to present what might be triggering or hurtful to some? It turns out that life-modelling was more healing than I thought it could be, and that in a position of unobstructed, unfiltered vulnerability, there is a healthy and respectful strength.

My first nervous steps after researching how to become a life-model led me to Harcourt House, an artist-run studio in downtown Edmonton that welcomes all skill levels to work on their medium by offering multiple life-drawing classes weekly. I scheduled my first "tryout" sitting and prepared by looking up and practicing different poses. Turns out there is a tremendous discipline in holding a pose. There's an intentionality in choosing poses that are exciting and challenging for the artists in the class, while also selecting shapes you can hold for a long time. When you enter a studio, it's important to know that there are always standards and strict rules of how to engage with the model, as well

as behavioural expectations for students taking classes. You arrive early to see the space and prepare any props, then you are given privacy to remove your clothes and prepare before re-entering the studio in your robe or towel. Classes tend to have a warm up phase of short 10-30 second sessions, then one minute gesture drawings to warm up the artists, followed by longer poses of five minutes, then 10 and 30 minute poses. We break, then return with two 45-minute poses, or the dreaded hour and a half pose.

The very first thing you notice when dropping whatever cover you have is that there is a group of people looking at you who are so interested in what you are, not what you look like. I could feel the appreciation from the artists as I tried to place my limbs in different positions to increase the difficulty of capturing the pose. There is a tremendous technical element to the process; honestly, you don't even feel naked after a while. I mean, you tend to remind yourself as you move to a new position and happen to look down, but overall, the nudity is secondary and serves a purpose. The intense focus from the artists instantly shifts your feelings from self-interested nervousness to a desire to sustain a muscle position. Now, you're not thinking about being naked, but how if you move an inch you could destroy what they might have thought was their greatest work. There was such utility, strength of body and mind and freedom in the whole experience. I was truly taken aback when I got off the podium at the end of a three hour session and had a few artists excitedly show me what they'd worked on. They had turned my body, deemed by society as something to cover up, into a work of art worth adoration and kindness.

Love across borders: dating customs around the world

By Fernanda Rocha

Culture can have a powerful influence on how people link passionate love and sexual desire. In some countries and regions, many men, for example, are taught to separate sex and love, while many women are taught to connect the two. At least, that's what I experienced and grew up listening to.

But regardless of the culture we are talking about, people have always been involved with each other even when they do not speak the same language. As writer and researcher Heather M. Champman explained, "love is a universal and biologically based emotion. When two people are in love, they know it instinctively, without words. Cross-cultural and language barriers don't matter to them. Verbal and non-verbal communication made it possible."

As I have friends of different nationalities and backgrounds, finding someone who maintained a relationship with someone from another culture and was willing to open up a little of their intimacy with The Nugget was easy. Jennifer Lucchetti is Brazilian and immigrated to Canada in early 2023. She met her Filipino boyfriend, Vergel Pagalilauan, on Facebook six months ago and appreciated how he treated her since the beginning.

"Our first date started very different from any I've ever had. He drove five hours from Fort McMurray and picked me up with a beautiful bouquet and chocolates. In Brazil, we are not used to guys being this thoughtful and romantic. Usually flowers are on special days only," said Lucchetti.

"The biggest difference I noticed is that Filipino guys are very romantic and respectful. When they care about you, they will go out of their way to make you see that. Unlike Brazilians, who will try to make a physical move on you right away on the first date."

To get a better sense of how people interact, we researched common dating trends in various countries. Keep in mind that these are generalizations, and every individual may have their own preferences when it comes to dating and intimacy.

Brazil

According to Sylvia Halter, who researches international dating and cross-cultural relationships, Brazilian dating culture is about affection and openness. In her book "How to Date a Foreigner," she explained that "public displays of affection are so natural and shared that there is not even a particular word or expression to describe it in Portuguese."

Philippines

Chara Scroope is an expert on cultural and religious diversity and a contributor to The Cultural Atlas, where she said that Filipinos tend to be conservative and public displays of affection like kissing or hugging are pretty unusual.

On the other hand, an article about courtship in the Philippines said that when they are with each other, Filipinos are very affectionate and can sing romantic love songs, recite poems, write letters and give gifts to each other.

South Korea

Rachel Premack, a journalist based in Seoul, said that romantic relationships are taken very seriously in South Korea. "Relationships are considered an all-consuming affair, complete with celebrations every 100 days, constant boasting on social media and almost monthly holidays dedicated to romance. Couples wear matching outfits to show the world they are in love."

India

Although India created the well-known Kamasutra and its ancient writers



Jennifer, pictured with her boyfriend Vergel on their first date.

Photo supplied

spoke openly about sexual pleasure, this is not exactly how it happens today. As data website Statista explained, "[the Kamasutra] has been grossly misinterpreted and even stigmatized to the point where it elicits shame and embarrassment. This is also one of the primary reasons why sex education in India is fundamentally non-existent."

China

"While in the West, we might try to play it cool and not be in constant contact with someone, in China, it's common to text or call multiple times a day, even if the relationship isn't even remotely serious yet," said a Chinese language learning website. "The man is generally supposed to handle all the decision-making in Chinese dating, and some girls take this very seriously."

USA

Sabrina Hartley was born and raised in the USA, and her travels throughout Europe and Asia enriched her life story. A contributing writer for Dating Across Cultures, she said Americans are motivated more by individual desires and less by social or parental influences when finding their ideal romantic partner.

"This freedom allows for a diverse range of dating styles and relationships, from casual flings to serious, long-term commitments."

Europe

Hartley added that Europeans, in general, tend to take time to build relationships as they enjoy the process of getting to know someone. "It's a culture that values authenticity, patience and the joy of shared experiences," Hartley explained.

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A 'labour of love': Team NAIT wins silver at IKA Culinary Olympics



The 2024 team poses in their chef uniforms.

Photo courtesy of NAIT

By Alleah Boisvert

Days before the IKA Culinary Olympics in Germany, NAIT's first all-woman Community Catering team of Culinary Arts professionals are ready for anything. The team of seven Culinary Arts students and recent graduates would go on to bring home a silver medal in their category after competing on Feb. 4—but they already anticipated a spot on the podium. According to Crystal Higgins, the team's captain, their last practice before heading to Stuttgart "couldn't have ended on a better note."

They did a final test of the menu the team would end up presenting during the competition. It's full of fresh Alberta ingredients that rendered the team's coaches speechless during the team's final menu run-through, even though they've tasted it before.

Higgins has waited years for the IKA Culinary Olympics, which occurs every four years. After spending most of her career as a Project Accountant in oil and gas, she enrolled in culinary school at 35. "I said screw this, I'm going to do what I love to do," said Higgins. She remembers seeing the photo of the last culinary team during her first day at NAIT.

Two years later, after graduating with honours in 2021, Higgins jumped at the chance to be on the team when she saw the application open. The first round of candidates went through a rigorous selection process; the coaches needed to ensure the team worked well together and was ready for the level of commitment necessary to compete. On top of working full-time jobs, the final team was putting in around 40 hours per week into preparing for the six-and-a-half-hour community catering service.

As numbers got smaller, seven women remained. Crystal Higgins, Miranda McElwain, Veronica Martens, Suzanne Boulet, Danielle Parjan, Aimée Rossetti and Jillian Sampson.

"The fact that we're all females was really just a coincidence," said Higgins. The women don't necessarily want this to define who they are as cooks but are still determined to break down stereotypes.

"Being in industry, being a sous chef, and as silly as this may sound, being someone who likes to wear makeup and be a certain way every day, there's definitely been stereotypes and judgements put on me that I've had to show

through my hard work and determination that I'm not just a face. I'm here to do well and be the best and bring the best out of everyone around me."

As a sous chef at the Royal Glenora Club, Higgins is used to working in a fast-paced environment. She hopes her leadership at work and with the NAIT Culinary Team can show newer generations of cooks that a stressful environment doesn't mean there's no love and respect.

"It's not the Gordon Ramsay, you know, yelling at each other, screaming at each other—what everyone wants to see on the TV, and that's even what I'm trying to bring out into industry. I get a lot of females now that are very broken down, feel beat up, that they love to cook and they love to be in it. But every day they go to work, it just sort of swallows them up, and that makes me really sad," she said.

"And so, if this team can show that, you know, we can do this, we can be respectful. We can treat each other with integrity." As recent culinary grads, the women still have the passion to make changes in the industry—though it can be difficult to hold onto when older generations are "used to behaving and learning in a certain way."

"If we can shed light on how it's a new age for the culinary industry, then all the power to us and I'm proud to be a part of that."

Leading up to the team's community catering silver medal win, Higgins admits it hasn't been easy. The team is not unfamiliar with disagreements, tears and hugs—that's just how it is, she said. But the team's ability to communicate and ask each other for help when they need it would help them stay calm under the pressure of a global competition with thousands of people around. "We've done this 100 times. We know what we're doing. We just need to have faith in ourselves," said Higgins.

"These are six of the most talented, most badass girls I have ever met in my life, and we do have a different way of working in the kitchen," said Higgins. "We're a well-rounded, extremely knowledgeable team that can go into anything and crush it."

(Spoiler alert: They crushed it.)

Dating in the age of technology

By Lesley McGhee

Oh, how things have changed since our parents were in college. Do the new tech-entwined methods of getting into a relationship make the average person want to swipe right or swipe left on what it takes to find your S/O in the 21st century? Many people would agree that dating apps have made it much easier for individuals to find that special person. Getting finely dressed up and spending Friday night out on the town is no longer necessary when searching for their forever mate; instead, the energy has been shifted to what I would like to refer to as the big three: Tinder, Hinge and Bumble. But have dating apps really helped us, as young people, to achieve what we truly desire? NAIT students have a lot to say on the subject.

Ashleigh Yelland, a 26-year-old Interior Design student, believes that the real thing can happen when phones are matchmakers. “There is a lot of really beautiful love stories that have happened [because of dating apps],” she said. Not everyone is so optimistic—NAIT student Ren Wenrik (20) said, “You know, men go out and say, ‘Oh I hope this girl I’m going to see isn’t a catfish,’ [while] women go out and say, ‘Oh, I hope I don’t die, I hope I don’t get murdered.’”

Wenrik brings up some important questions: can dating apps be trusted? According to a 2019 study, 35 per cent of online daters have experienced meeting with someone from a dating app who did not resemble their photos or description (this term has commonly been referred to as catfishing in the age of internet dating).

Although there is always a serious safety risk present, unfortunately, dating apps haven’t been around long enough for accurate statistics to be presented, said Nicole Doria of Dalhousie University. For Yelland, the safer way to meet potential partners is organically through mutual friends, or at a common ground, such as a party. “[It] definitely was a safer situation than other situations I put myself in, like meeting people at bars,” Yelland said while talking

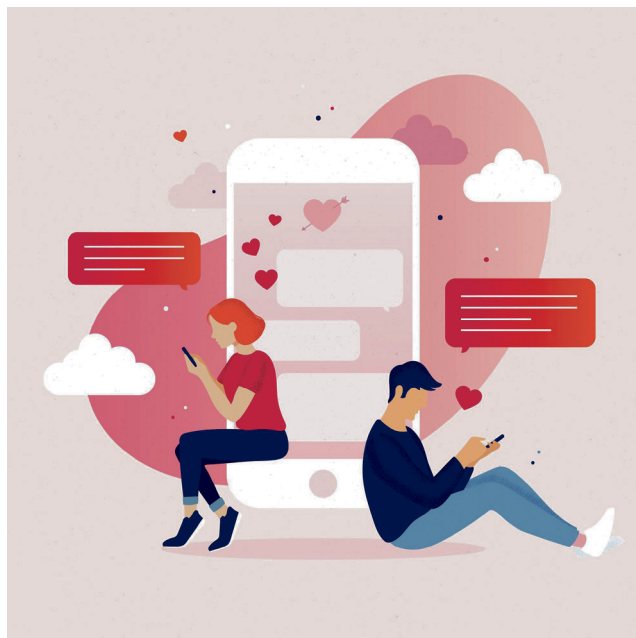
about how she met her boyfriend. “So many things could have gone wrong.”

This stirs up another question—are dating apps really to blame? Whether a person is using an app, a bar or the gym to approach a potential love interest, the intention that they have going into the encounter is what matters the most. In other words, if a person is looking for a long-term relationship, chances are they are going to take a lot more time to analyse the person before meeting at a not-so-neutral ground. If a person is only looking for a short-term situation-ship, they could end up being in a vulnerable place with somebody that they shouldn’t.

Dating apps aren’t the only way that the internet has affected the world of relationships. Fiddell Weed, 20, feels that social media has played a role in people taking bad relationship advice. “People [are] like using social media as relationship therapists when no one is qualified for that,” said Weed. “[They] have no idea what these people are like or what this is about.”

Just like everything on the internet, it is important to ensure the information that we are reading is coming from a trustworthy source. While following relationship experts on Instagram might seem like a good idea at first, it is important to check the owner’s credibility. It is also important to take the information being shared online as a general message, not as personal advice.

So...what’s the end verdict? It seems that there are both good and bad things to say about technology being the third wheel in our relationships. Dating apps might bring more available partners, but the quality of our connections could be threatened. Dating wisdom might be at our fingertips, but it is important to take things online with a grain of salt. All in all, it appears that the Age of Tech is only as invested in Happily Ever After as the individual couple happens to be in their own relationship. What can ya do, right?



Single, not ready to mingle

Editorial by G. Mara Killian

I had a conversation with my mom about relationships over dinner the other night. I’m single and have been for the past six years. The conversation wasn’t about grandchildren (a joke she throws around) but instead about happiness. I reassured her I’m the happiest I’ve ever been. Sure, my stress is high. I have a part-time job while taking on full-time schooling. But I feel accomplished and happy with where my life is going. That said, I don’t see romance in the near future.

A study done by the University of Michigan took a look into the lives of 7000 people. The point of the study was to determine if people were, in fact, happier in a relationship. The study found that married people were happier, but only marginally. With those results, the researchers concluded that happiness is influenced more by your overall life than just one aspect of it.

Another study from 2016 suggests romantic love can make us happier. But so do positive experiences. And even though we often associate positive experiences with having a romantic partner, you don’t need a date to have good times. What I’m getting at here is that when people say you need to be in a relationship to be happy, they’re really talking about needing a community.

While it’s different from romantic love, platonic love can be just as rewarding. And there’s no doubt being part of a healthy community makes you a happier person. A study done by the National Library of Medicine found that participating in your community led to a greater amount of happiness. When you’re loved by others, even only in a friendly manner, it makes you feel more valued.

Heck, some people don’t feel romantic love. Aromantic people exist and are

just as valid as anybody else. It doesn’t mean they don’t want close relationships or that they’re not happy. Being aromantic just means that you don’t experience romantic attraction. Claiming that you need to be in a romantic relationship to be happy ignores the existence of these people.

So how can you find a community? This sounds like an odd question, but it needs to be asked. During the pandemic, many of us lost our sense of community. Isolation made us feel disconnected or more socially anxious. If we want to heal, that needs to change.

As a NAIT student, you’re surrounded by opportunities for communities. There are classrooms full of potential friends everywhere, and all you need to do is talk with them. Make plans to meet up after class. Go to a bar or find a place on campus to hang out. You’ll find that not only are you forming a network of people in your field, but you’re also forming potentially lifelong friendships.

The next thing you could do is find opportunities to meet other people. Go to a meet-up, or if you’re on campus, join a club. Pride @ NAIT is a great safe space for members of the LGBTQ+ community, or you could go to the Board Game Club if you want an activity. Whatever you pick, you’re bound to find at least one person who shares your interests.

To quote the film *Love Actually*, “General opinions started to make out that we live in a world of hatred and greed. But I don’t see that. It seems to me that love is everywhere.” So while you may be single, you’re not alone when you’re part of a community. Get out there and claim your place in one.

Professing to a Professor

The complicated dynamics of student-teacher relationships

By Sanjiyven Alfred Joseph

It always feels over the moon when you fall in love, especially if you end up tying the knot with an astronaut. You might be feeling like the stars have aligned and the planets seem to be working in your favour. But what if that astronaut was once your lecturer?

Some might find this disturbing, while others would passionately argue that love is blind. Well, this situation occurred in Malaysia, where their first astronaut married his former student. Since then, they have welcomed seven kids into this world, just one shy of the number of planets in the solar system.

There are also numerous examples of teachers and students falling in love (or lust) when we look to Hollywood. Some end up in happiness like the astronaut and his student, but others show a more realistic depiction of the potential consequences. Regardless of the entertainment value, the phenomenon of lecturers and students getting together requires further scrutiny.

Harvard University introduced a total ban on relationships between professors and students, with History professor Alison Johnson stating, "We wanted to emphasize that the central characteristic of any relationship between a professor and an undergraduate in the College should be pedagogical."

Closer to home, article 15.3 of NAIT's Code of Ethics and Conduct states:

"It is not a contravention of this Code for a person to engage in an intimate relationship with another member of the NAIT Community so long as one party is not in a position of direct or indirect authority over another party (such as a student/instructor or employee/supervisor relationship). Further, in the event of a student/employee relationship, a disclosure shall be made to the supervisor of the employee to ensure appropriate arrangements are made to eliminate the existence of a position of direct or indirect authority."

Essentially, people on equal footing are allowed to be in relationships, but instructor-student relationships are not allowed because of the difference in authority.

According to Tanya Spencer, Lead of Student Counselling and Chaplaincy at NAIT, policies like this are common "not just at post-secondaries, but all kinds of workplaces."

"If everyone follows it, I guess we are happy as an organization because we know that everybody is healthy and happy. I think what this policy doesn't really get into is not everybody is going to follow it," Spencer explained.

When asked about her personal thoughts regarding student-instructor relationships, she shared an anecdote where her childhood school bus driver ended up marrying one of the kids that used to ride the school bus.

"So, you do hear of these types of situations where someone in authority ends up together with somebody under their care. On paper ... it's probably not a good idea because things could go badly."

Spencer feels rules have been developed due to numerous situations where people have felt exploited or that they were not equal partners and these rules are to keep people safe. "Most of my family is from Saskatchewan and we have a reputation for believing that rules are there for a reason."

There are numerous potential pitfalls that could arise from instructors and students dating. Spencer explains that ethically, instructors know they are not supposed to date students. Therefore, they are making a moral choice and as employees of NAIT, they have just broken the rules.

Consent is also dubious when dealing with instructor-student relationships. These types of connections can harm a student, Spencer said. Students may only consent because they believe they will get in trouble or their grades will suffer if they don't. "If I agreed to date my instructor because I want to get a good grade on this test ... you know, that's not really consent." However, as Spencer points out, there is a flipside to this: it is also entirely possible that some students have sweet-talked instructors into dating, cozying up to them to try and get better marks.

Whatever the reasons for starting the relationship, there could be



A photo from the show "Pretty Little Liars," where the main character marries her teacher after starting a relationship whilst a student. Photo via IMDB

big consequences for both parties. The instructor may be investigated or fired. "We are getting into really dangerous territories here because again at any time, even if two people went into that relationship with good intentions, either of them could say this is not good and end up it would be like a misconduct case."

These types of relationships can also impact reputations. NAIT may face consequences on a professional level, but the student or instructor could also be the target of gossip. "We call it the rumor mill, right. Someone's reputation might suffer, but it might not stay at the informal level either, people might make formal complaints about it too."

But it's not always that easy. "On an emotional level, the heart wants what the heart wants," said Spencer. She encouraged anyone at NAIT, especially students, to talk to someone about things like this, including with NAIT's counselors. "I'm not here to judge anybody, I don't think less of those people ... we all do our best in life, and we make our choices, and so if we can assist anybody with that, we would be happy to."

In the end, love may be blind, but people should have the ability to see and judge for themselves. Being a teacher's pet might have many different meanings in this era, but educators and students alike must consider the consequences of pursuing these relationships and be prepared to deal with questions not typically found in the classroom. As Spencer said, "that little voice on someone's shoulder that says it might go very well, but it might not."



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See yourself through a different lens with boudoir photography

By Alleah Boisvert

If you've ever Googled something along the lines of "romantic gifts to get your partner for Valentine's Day," there's a good chance boudoir photographs were one of the top suggestions. Boudoir photography, a style that captures intimate and sensual poses, is often used for the purpose of private enjoyment by romantic partners. But there's more to boudoir than that. To many, it's a source of individual empowerment.

Taylor Cannard, a NAIT Photographic Technology grad, claims that seeing yourself through someone else's lens can provide a whole new level of confidence. The models, both accomplished and everyday, can rest easy knowing there's a professional like Cannard capturing the intimate moments experienced during boudoir sessions.

Through her business Tay's Photos and Beauty, Cannard captures a variety of personal moments, such as weddings and engagements, but has "always loved a little bit more risqué stuff."

"When I realized [boudoir] could actually not just help women feel sexy and beautiful, but it also empowers them in literally so many other ways, I was like, 'this is amazing.' And yeah, I just really, really leaned into it after that," said Cannard. Since then, she has built her brand by helping her boudoir clients (known as Tay's Boudie Babes) feel appreciated and safe.

"Trust is huge in boudoir photography. I think that's the number one thing, like the important thing, is knowing and trusting your photographer before you dive in because it is such a vulnerable, intimate scenario," said Cannard. Personal branding and connecting with clients are a huge part of this—something Cannard excels at.

Nearly every morning, she posts coffee chats to the Instagram account @taysboudiebabes, sharing snippets of her personal life and business while preparing coffee in her housecoat. The goal is to make the audience feel like they are listening to a friend.

"I've had lots of girls that come in for a session who say coming into their session was so much more comfortable because they felt like they knew my voice already, they knew how I spoke already, so that's why I do that now," she explained. "People have a sense of who I am before they even come into the studio. I think that is super, super important."

Although she'd been practicing photography since 2012, Cannard wanted a formal education to set herself apart. Two years after she started her business in 2020, she decided on NAIT's Photographic Technology program. The program covered technical photography, but also professional business skills.

"Having that online presence and talking to people ... I think has really helped my business in general. And that's something they taught us at school too, was you need to show up. You need to show people who you are in order for them to trust you," said Cannard.

Inclusivity is also an important factor in developing client trust. Cannard wants women of all sizes and body types to feel empowered through boudoir – something she showcases through her portfolio. She said a lack of representation should be a red flag for clients. According to Cannard, not only is it "very discouraging to your bigger size clients," but it can also make them question the photographer's skills.

"They're like, 'oh, she's only sharing little, tiny girls. Is she going to be able to direct and make me feel good as a plus-sized person?' So, showing that you're capable of doing all body types and you're accepting of all body types is so important," she explained.

Along with checking out the photographer's portfolio beforehand, Cannard said reading Google reviews can also help get a sense of who to trust with a boudoir session. The photographer's website should appear professional. With photography, you get what you pay for, said Cannard.

"Boudoir photography is a luxury and it can be a very large

investment," she explained. But if you end up booking a cheaper session with a photographer not willing to put in the same effort and trust, the impact could be severe. "That could be more damaging to you mentally than paying \$1000 could be damaging to you financially," she explained.

Boudoir is more than just sensual photos; Cannard believes the photographs and experience has a lasting impact on her clients. "Just being able to come into the studio and play dress up in a bunch of cute lingerie and feel really feminine and beautiful for that hour ... it kind of carries out through the rest of your life, honestly. It just brings a whole new level of confidence," she shared.

Looking at photos of yourself can be an emotional experience. Especially for those who aren't outwardly confident in their appearance, there's often an initial surprise upon seeing the final shots. Cannard's clients are often surprised to see the final shots. "when they see their photos after, they're like 'holy sh**, that's me!' And they can't even believe that it's them, but it is," she said. "Seeing yourself from someone else's lens is crazy. Even for myself, like when I look in the mirror. Sometimes you don't love what you see."

"But then when you're looking at a photo of yourself, you're like, hmm, you know, that's not actually that bad," she laughed.

NAIT students can view Cannard's portfolio through her website, taysphotosandbeauty.com, or follow @taysboudiebabes for boudoir photography and morning coffee updates. Her advice for budding NAIT photographers?

"Find the one thing that sets you apart. The one thing that nobody can do better than you, is be you – so use that to your advantage."

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WHY NAIT STUDENTS LOVE THEIR PROGRAM

Words and photos by Muhtasim Shams

There's a lot of things that students might like about NAIT. There's a wide range of programs and disciplines. Or maybe it's the hands-on approach of the institute and how our classes aim to set you up for real-world challenges. But don't take it from us; we asked a few students what they think and why they love the program they're in.

FERNANDO CABRERA, WIRELESS SYSTEMS ENGINEERING TECHNOLOGY

"I applied because it looked interesting and I felt there was a lot of career opportunities. It's been pretty good so far. I like the people here, such as him [Aaditya]. I like learning all these new things, so it's been really good and interesting."



AADITYA SHARMA, WIRELESS SYSTEMS ENGINEERING TECHNOLOGY

"The thing I like most about it is, because I'm an international [student] here, is that it's a whole new thing. NAIT and its environment is new, so I'm liking everything. I like living here, I like this new way of learning things like doing things in a more practical way instead of in a theoretical way. Because in India, we're used to learning things in a more theoretical way, and I'm loving this way more."



KEEWATIN NEPINAK, BUSINESS ADMINISTRATION- MANAGEMENT

"So far, so good. I like looking into the different parts of business, exploring the concepts and interactions."

Originally, I wasn't sure what I was going to take. But after doing a bit of research, I decided that management was going to be the best program for me to get into a position that I want to in my life. Also, I like the location of NAIT a lot."



LEAH GAILIUS, COMBINED LAB + X-RAY TECH (CLXT)

"I'm in the CLXT program and so far the instructors are really supportive and the equipment in labs are really good, like the microscopes and stuff like that."

It's a very busy program, but the instructors are very good at keeping us on track with the homework that we need to keep up with. There's a lot, so the instructors help you stay on track which is super helpful."





EMMA LUKEY, ARCHITECTURE TECHNOLOGY

"Prior to taking this program, I took Interior Design Technology. I wasn't quite ready to be done with school, so I decided to take this program as it will complement my other certificate, as well as round out my knowledge of the industry."

"There's a lot I enjoy about this program. But one of my favourite aspects is the fact that what we learn are things that we're guaranteed to use in industry. I feel a lot more motivated to do well in the classes when I know that I'll actually be using what we're taught. Another great thing is the teachers; the ARC and IDT programs have incredible teachers, who have been so helpful over the past couple years!"

BAILEY PERRY, ANIMAL HEALTH TECHNOLOGY

"I've always had a passion for animals and knew that being a vet would be a long, long journey, and this was kind of a way to get into a similar process."

"I love the people that I work with and what I get to do in clinic. It doesn't feel like a job anymore, it just feels like a hobby."



OWEN CASAVANT, CULINARY ARTS

"I'm part of the cook apprenticeship program. I chose this course because I started from a dishwasher at a restaurant, and I started cooking and I just love it. I wanted to take my career to the next step, so I came to school for it."

"And I've been so thankful I made that decision. The apprenticeship has lots of fantastic opportunities when it comes to financial aid and scholarships and stuff like that, as well as all the learning and the teaching and that part of it."



Chain smoking

or how I learned to stop white knuckling and love mountain driving

Editorial by Nicklaus Neitling

It's nine p.m., and we're 24 minutes outside of Whitehorse. On the road, all we see is snow falling in the pitch black. I'm not driving; it hasn't been my turn for hours. I check my phone, and I have service—a luxury on this trip. As I lift my head to tell Josh the good news, I see the flash of oncoming headlights. With a puff of snow, the only other car on the road starts to spin.

The car is too close, the road is too icy, and if that car enters our lane one thing is abundantly clear: we do not have time to stop.

Two days earlier, my roommate made a plea as Josh and I left for our trip. "Please don't die." I wasn't sure if he was joking, but I gave him a wink and a hug as I told him, "No promises."

Chicken, Alaska was our destination, a place we picked simply because "we'd never been." The road was clear, the weather was clear, and my car, a 2023 Mazda3, drove perfectly. Everything pointed towards a smooth trip.

About an hour north of Whitecourt, not even two hours into a three-day journey, a fog settled over the road. It was thick. I had enough visibility to see several feet around the car, but not much else. My ability to take long-haul drives has always been a source of pride for me. In my early twenties, trips to my hometown in Saskatchewan were easy. Eight-hour drives with no sleep in a car were second nature. Moving back to Edmonton, I drove 29 of the 36 hours straight from Ottawa, stopping only to sleep in my car. This time was different. I know Saskatchewan roads and I got to know the Ontario highways. I don't know B.C. I don't know the mountains. And I do not know how far this car will last on this road. I clutched the wheel tight. I needed something to take the edge off, and the music and Red Bull were not helping. I reached for my vape sitting in the center console, taking near constant drags and hoping that something in the nicotine would calm my nerves.

It didn't.

The road only gets windier, the fog only gets thicker and the day only gets shorter. I knew I had to make it at least another four hours to Dawson Creek, where Josh and I agreed to switch off driving. My fingers are starting to hurt, but I don't regret taking the trip yet.

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Was it dangerous? Yes, but I don't have anything that I can't leave behind. I'd rather spend my life celebrating the things that I did, rather than lament about the things I could've done. You should too.

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The fog does not clear until a few hours south of Fort Nelson, B.C. I take a break from smoking and Josh takes over driving. On this road even the passenger seat is stressful, but at least we can see the road. Or we could, for a few short moments. Our respite was short-lived, and after what felt like just moments of clear driving, we drove straight into a blizzard. No visibility, no traction, and no ability to see wildlife. Josh, like me, shared my nicotine remedy for stress relief. Josh, like me, also found it ineffective.

Finally, we see the lights of Fort Nelson. A relief settles in knowing that the day's driving is done. We got a hotel, grabbed a pint at a bar, and called it a day. The car needed a break, our lungs needed a break, and sleep could be useful.

The next morning, we got on the road and decided Whitehorse was the day's stopping point. The Alaskan Highway showed us an inch of mercy, and the fog had dissipated. In its place, however, were blind corners, blind hills, constant black ice, rolling snow flurries, and the near-constant threat of hitting wildlife. Coffee, Red Bulls, and smoking got us through the day. The night was a different story.

I've never been much for divine intervention, nor am I a firm believer in luck. But 24 minutes outside of Whitehorse, something kept that lone car from crossing over into our lane. The out-of-control car spun twice, hitting snow banks on their side of the road with each spin. After braking and seeing our lives flash before us, we slide by completely unscathed. We pulled over to see if

the other driver was okay, but the car sputtered away before we even opened our doors.

"Not like this," Josh joked. There was an air of frustration to it though. We didn't drive 30 hours through a snowy and icy hell, just for a careless driver to take us out 20 minutes before our destination. We got back to driving through the snowy dark, spending the next 10 minutes in silence, passing my vape between us.

We made it to Whitehorse well after our expected arrival time. As much as it hurt, we decided we wouldn't go any further. Too much had happened, and in retrospect, I don't know if our lungs could have handled the nicotine. I guess we'll still be able to say "we've never been" to Chicken, Alaska. Josh and I spent the next day away from the smoke-scented interior of the Mazda3, actually enjoying the space we were in. It was hard to feel relaxed, knowing the drive home started tomorrow. But Whitecourt is a lovely city, and I highly recommend you go. Maybe go in the summer, and fly if you do.

Early the next morning we left for our two-day trek home, picking Fort Nelson as a good halfway point. Fortunately for our lungs, the drive back was the polar opposite of the drive there. The roads were clear, the skies were blue, and my vape spent most of the day in the center console, untouched.

I should have known things were going too well for too long.

We settled in for the evening at the hotel in Fort Nelson. We were exhausted but optimistic. Finally feeling some peace, we started to get ready for bed. I went to the bathroom to take a shower.

"What does a bed bug look like?"

Josh was standing over the bed he was supposed to sleep in, staring a dead bug.

After a day of listening to our favourite songs and the sounds of the road, the silence was stifling. We sat around for 20 minutes, contemplating our next move. That's it, we're going home. Not to another hotel, not to another town, we are driving back to Edmonton. Tonight.

Josh said he can drive, and adrenaline and frustration fueled us for three hours until we switched off. As soon as I took the wheel, my vape found its way to my hand again. Chain smoking was the only thing keeping me awake and sane.

We reached Grande Prairie at dawn during a complete white-out blizzard; the worst I've ever driven in. Josh and I had driven from sun up, to sun down, to sun up again. As a 20-year-old, I could do drives like this without issue. Now, as a 27-year-old, I am forced to accept that I have limits. No amount of caffeine, nicotine, or adrenaline can keep me on the road.

We parked in a Walmart parking lot and I reclined my seat. For the first time in three days, I closed my eyes and immediately fall asleep. I woke up three hours later to clear skies. I reset my seat, refilled my vape, put the car in drive, and went home.

When we got back to Josh's house, I gave him a big hug and said goodbye. We made it. All of our friends told us that we wouldn't make it and that we were foolish for even attempting this, but we did it anyway. Were they right about the foolishness? Yeah, who in their right mind drives to the Yukon in the winter unless they have to?

Was it dangerous? Yes, but I don't have anything that I can't leave behind. I'd rather spend my life celebrating the things that I did, rather than lament about the things I could've done. You should too.

So next time you get some free time, grab a friend, pick a random destination and just drive. Road trips mean nothing unless you have someone to share them with. Driving down the highway with your windows down and having a smoke while your friend establishes the playlist for the day soothes the soul. The time you have with good company will always be fleeting, so enjoy the ride while you're on it. Smoking may be a bad habit, and I know I should probably quit soon. But as Luke Doucet told us numerous times through the speakers during our drive, "I may stop for a smoke. Yes, I know these things will kill me, but my dear, so might the road."

4 sports romance movies to watch this February

By Mohamed Jama



A still from the 2000 film, *Love & Basketball*.

Photo via IMDB

With Valentine's Day just around the corner, you might be looking for something romantic to watch. Well, as an avid sports fan, I'm here to tell you that there are more options than the same five romantic comedies you've already seen. Here are some sports-themed romance movies to check out this season of love.

***She's the Man* (2006)**

The movie's main character, Viola, would do anything to avoid going to pageants with her mom. She also loves soccer, and after the girls' team gets eliminated at her school, she pretends to be her brother at his school while he takes a trip abroad. But after a few weeks, Viola gets caught in a love triangle with her brother's ex-girlfriend, soccer star teammate and the stuck-up girls at the boarding school. This movie is one of my favourites because it shows somebody trying to change themselves to please others, but realizing people like her for her personality and who she is, not her fake persona. If you're looking for a comedy romance that also involves some sports, *She's the Man* is the perfect choice.

***Love & Basketball* (2000)**

Love & Basketball is a movie about two childhood friends who both aspire to play on the biggest stage in basketball. But as both get the opportunity to play at college level at the University of Southern California, they find out that they want to be more than friends. Their personal life and playing careers clash as they try to find a way to manage their love life and their basketball career life all at the same time. *Love & Basketball* is a must-watch because it has all the things

that make a great story: characters that face hardships, life decisions that will shape the rest of their lives and a struggle to balance life and love.

***Just Wright* (2010)**

Just Wright is a movie about a physical therapist, Leslie Wright, who gets her dream job working with star NBA player Scott McKnight. But during McKnight's rehab sessions, Wright begins to catch feelings. However, McKnight doesn't realize, so he pursues her friend Morgan, who would love to be an NBA trophy wife. I love this movie because it shows you that you should put your intentions out there and let that special someone know you are interested. Will Leslie's feelings get through to Scott or will he pick the friend who is only there for her own gain? You'll have to watch to find out.

***What Men Want* (2019)**

This movie follows a sports agent, Ali Davis, as she navigates the world of being a professional sports agent as a woman. But after being passed up for a promotion, she takes a girl's trip that changes the course of her job forever. During the girl's trip, she drinks tea from a psychic that gives her the ability to read men's minds, and she would use this to her advantage. I enjoy this movie because it shows an aspect of sports that I'm really interested in, which is the dynamic of how women are treated in a male-dominated industry and how they navigate it.

These are just some of my favourite sports movies to watch. It doesn't hurt that most of them have an aspect of love or someone chasing love in them. If you're looking for something to watch this Valentine's Day, give these a chance.

A new era of women's basketball

By Geono Aloisio

It's been almost two years since the Oaks women's team lifted the trophy at the CCAA National Championships in Nanaimo. The win had felt like a distant thought for these underdogs. But after scrapping their way to second in the North Division, they overcame the odds and scored their first national title in the program's history.

Things are different now. There are new names, new numbers and a lot of new faces.

After losing six players to graduation and having long-time head coach Todd Warnick stepping down, the Oaks went into 2022-2023 featuring a roster of first and second-year players, with eight players returning from the previous year's championship squad.

Kiera Lyons was named the new Head Coach to usher the Oaks women's basketball team into a new era. Lyons—a NAIT alumnus—previously worked as the Oaks strength and conditioning coach before being promoted to the team's bench boss.

The roster overhaul gave Lyons a unique opportunity: creating a new culture from scratch.

"I wanted our culture to be one of positivity and competition, intensity, but I wanted the feeling in the team room, no matter if we won or we lost. I wanted that feeling to be united," Lyons explained. "At the end of the year, that was my goal. It didn't matter [about] wins and losses, it was, 'how does my team feel?' In the team room at the end of the day, like, do we love each other? Are we competing? Are we working hard?"

"We didn't win a ton of games, but the ones that we did, we celebrated hard, we were very happy for each other. And those girls showed up every day, and they battled, day in and day out."

And while the Oaks would go 5-15 under the guidance of Lyons last season and miss the playoffs, the 2023-24 season has brought a shifting tide.

Under Lyons' new system, one player has stood out amongst all others and emerged as a leader: guard Payton Neilson.

"Having a leader like Payton is amazing ... she wants to win probably more than I do," joked Lyons. "She works the hardest every single day. She went home for Christmas, and I talked to her parents, like I've never seen her work so hard over a Christmas break, she wants it so bad. So, having her being able to set that tone all year is amazing."

In her third year with the program, Neilson is one of only two remaining players from the 2022 championship team.

Averaging 11.6 points per game, the guard has significantly contributed to NAIT's success this season. And while the Bachelor of Business Administration student is now flourishing with the Oaks basketball team, she never originally planned on playing the sport out of high school.

"I actually didn't really think about playing basketball past high school," Neilson said. "I was going to go to Edmonton for school because my sisters were there ... I didn't really know what I wanted to do for school."

"Ultimately, I just wanted to play basketball, so then I was like, ok, I'll go to NAIT."

After averaging just 11.7 minutes in her rookie year, Neilson blossomed into a core piece in the team's rebuild, scoring the second-most points on the team and growing to play an average of 31.2 minutes a night as a sophomore. The expanded role for Neilson brought unique challenges, but it was something the guard learned to embrace.

"It was definitely a different role for me because I went from playing a decent amount of minutes in my rookie year, getting in every game ... to playing, basically, the whole game for my team," explained Neilson.

"We all knew we were gonna lose quite a few games ... we knew we weren't going to be the team that we were last year, obviously. So, I just kind of went



Payton Neilson, pictured above, has been one of the leaders since the team won Nationals. Photo via NAIT Oaks

into every game thinking how I can play my best game for myself and my team, win or lose, just be the best I can for my team."

And this season has demonstrated Neilson's best is something to be reckoned with. The Calgary, Alberta native has played 13 games with the Oaks this season and accumulated a whopping 151 points. But while her tenure with the blue and gold has been one of highs and lows, Neilson is confident the team is heading in the right direction.

"We have a better record than last year, and games have felt not so hard to win. All games we won last year were like a grind [to] win," she said. "If we just keep peaking before playoffs, we have a good chance."

The team is in a good position to secure their first playoff spot since the 2021-22 season. They're sitting in sixth in the North Division with a 7-9 record. While time will tell if it's in reach this year, Lyons believes that one day the team will once again raise a trophy on the national stage.

"Next year, I want to be an ACAC contender. I want us to be a bit of a force. You know, after this year, being young isn't going to be an excuse," Head Coach Lyons said. "The year after that I want to be going to nationals ... I want to be a national contender, with [Payton Neilson] in her fifth year, [Sadie Nysetvold] in her fifth year and then, a bunch of girls in their fourth. I think that if we have the experience and the confidence, that will take us so far."

NAIT Athlete soars to the top of ACAC

By Mohamed Jama

If you've kept up with the Oaks in the last year, you've likely heard the name Kaitlyn Slator a few times. Slator is the Oaks women's hockey team goalie, and in the past year, she's been chasing ACAC history. She started the season only four wins away from the ACAC record for all-time wins, and on January 13th, with her 47th win, Slator cemented her name in the history books. This isn't her first win, either. She set season records in the past for most saves (570), most games played (24) and most wins (19).

Slator started her hockey journey at a young age, and it's been part of her life ever since.

"I started playing with my childhood best friend when I was about five and never looked back from there," she explained.

"Hockey is my biggest passion in life and is the reason I am the person I am today. It has given me my best friends, my career, my hobbies and I don't

know where I would be in life without it."

In sports, achievements can't be accomplished by yourself. The people you are with daily play a big part in your career as a player and person. Slator is no different; she gives credit to her coaches and teammates for helping her achieve this piece of history.

"I couldn't have reached this goal without my teammates and coaches pushing me to be better every single day. My teammates are the biggest part of the wins as I couldn't have done it without them. I am very thankful for my hockey family."

With the milestone being in the rearview mirror, Slator wants to focus on bringing the ultimate goal back to NAIT: winning the championship. The team came close last season, but didn't bring it home.

"The main goal in sight is for us to win the championship this year. That is the award I have always wanted most, so I hope this year is the year."



Kaitlyn Slator, above, broke the ACAC record for all-time wins.
Photo via NAIT Oaks

Who cares about the Cinderella story?

Editorial by Nicklaus Neitling

Billy Beane, Oakland Athletics General Manager, once said, "no one [cares] unless you win the last game of the season." It served as the thesis of the film *Moneyball*, which was largely based on his time as General Manager at the Athletics. It's a bitter sentiment, but one I struggle to argue against.

Let's start with a story:

In 1993, a highly skilled player joined what was, for all intents and purposes, a super team. That year, he won the NBA MVP award and led the team to a franchise-best regular season. The team makes it through the first three rounds in dominating fashions. They reach the finals, and play the hardest six games of their season and ultimately lose.

That was the story of Charles Barkley, widely considered one of the greatest power forwards to ever play in the NBA. Except it comes with a disclaimer: Barkley never won a championship. He was a great player that could never win when it mattered the most. He is now a well-respected panellist commenting on the game and was inducted into the Basketball Hall of Fame in 2006.

As of writing, the Edmonton Oilers are on a 16-game winning streak—the second win streak since the firing of Coach Jay Woodcroft earlier in the season. I have no doubt this team can make the playoffs. It is an understatement to say they have two of the best hockey players in the world. The better question is not if, but how far can they go? Even better, how many years can Oilers fans keep saying, "Well ... we gave the cup champions their hardest series," or blame the refs or the league? Who can fans blame for the Oilers not having a cup under McDavid's tenure? But unless you're an Oilers fan, these questions are met with an apathetic, "Who cares? They didn't win the last game of the season," which highlights a much larger problem in sports culture.

Sports fans don't remember the runner-up. Most fans could tell you who won the trophy but would be hard-pressed to remember second place. Cinderella stories only matter to fans of Cinderella. You remember Shaq and Kobe and the absolute dominance they had over the NBA during the late 90s and early 2000s, I doubt you actively remember Shaq and Hardaway. Are Connor McDavid and Leon Draisaitl destined to be added to the conversation of Patrick

Kane and Jonathan Toews, or are they going to be the next Henrik and Daniel Sedin?

I genuinely want to see the Oilers succeed. I want to see everyone on the team lift the cup above their heads. But I don't want Connor McDavid's legacy to have an asterisk attached to it. In 20 years, when commentators are talking about players who were great but never won a championship, I don't want to hear Draisaitl mentioned.

To further my point, let's revisit that 1993 NBA finals story from the other side:

Michael Jordan leads his dominant Chicago Bulls team to a third straight championship. Michael Jordan would later go on to win another three championships. He is widely considered the greatest player of all time, with no caveats to add to the conversation. I'd argue this is what people know about the NBA finals from that year. In fact, I'd be lying if I said I didn't have to Google who the runner-up was that year.

I'm not saying that people should only support the champions and that the story of the second place should be forgotten. Rather, sports are exciting because of these underdog stories. I love the teams that barely make it into the playoffs, go on to the finals and are one goal away from glory. It's these stories that humanize sports. Movies are made about Cinderella stories because they make you truly believe that anything can happen. An underdog team is always more interesting than an allstar team. But outside of a shrinking sect of sports fans, it seems people don't believe this. Michael Jordan was celebrated with *The Last Dance* documentary on Netflix, and Charles Barkley is still a commentator on TNT Sports.

I want the Oilers to win, and I'll still be their fan if they don't. It will be heartbreaking, but as a sports fan, that's what I signed up for. With all the passion in my heart, and all the cries to care about the underdog, that talent, this city, these fans... they deserve our praise, regardless of how it turns out at the end. But deep down, I know most people will simply say, "no one gives a shit unless you win the last game of the season."



THE SHUFFLE

breaking up overseas



By G. Mara Killian

Does it seem like everybody has a partner but you? Well... I'm in the same boat. So let's listen to some breakup songs together. Anybody could put some Simple Plan or The All-American Rejects in a setlist and call it a day, but heartbreak is a global experience. So we're going overseas to find something a bit more original.

AYA by MAMAMOO (Korea)

Starting with something empowering, *AYA* is about ending a toxic relationship with someone who only loves you for your appearance. It's an example of how some breakups can be a good ending to a bad chapter in life. After all, the final lyrics are "This isn't a sad ending, it's my fault for meeting you."

Turn Back Time by Aqua (Denmark)

Turn Back Time is Aqua's most reserved song. They use funk-inspired instrumentals and smooth vocals instead of Nystrøm's iconic squeak. In contrast to *AYA*, *Turn Back Time* is about understanding when you've done something wrong; you hurt someone, leading to a breakup. It was one of the singles released leading up to the release of *Aquarium*. And while it didn't see as much success as *Barbie Girl* or *Doctor Jones*, it's one of my favourites by them.

Everything in the Fire (princess's song) by Hi-Fi (Russia)

This song is about using a breakup as inspiration for a song. At least, that's my interpretation of the lyrics. The song is romantic, remembering the good and bad in a relationship. It places blame for the relationship ending on the

protagonist, who didn't have the patience to get through a rough patch. In the end, he longs for the initial connection.

Plastic Love by Mariya Takeuchi (Japan)

Though it was originally released in 1985, *Plastic Love* rose to fame in 2017 when YouTube started recommending it to everyone. Its rise to popularity introduced Westerners to the Japanese genre City Pop. But why is this on a list of breakup songs? Despite the groovy tune, Takeuchi sings about feeling like she'll never be able to love again after a bad breakup. She treats each relationship like a game, only seeking hedonistic pleasure and never true intimacy.

Ölürüm Sana by Tarkan (Turkey)

Known for his song *Şımarık (Kiss Kiss)*, most of Tarkan's music is about romance. But *Ölürüm Sana* is about going through the stages of grief in a relationship. The tone is a lot more aggressive than a lot of the other music here because it ends on angry, never truly getting to acceptance.

Tunak Tunak Tun by Daler Mehndi (India)

You probably know this song more from its music video, where Mehndi stands in front of a green screen in a bunch of different coloured outfits. But the song itself is about somebody who breaks up with their partner because she's not willing to open up to him. If you don't know the lyrics, the tune is catchy and the music video is fun to watch.



Art by Scarlett Hunter

31h79

SUDOOKU

5286

EASY

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

MEDIUM

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

HARD

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

THE ANSWERS YOU NEED, ON THE NUGGET ONLINE.
(if what you need is answers to sudooku or the crossword)



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Quiz Quarter

Kinky Companions



By Fraser Sockett

Baldur's Gate 3 has many companions you can romance by personality. But which one is best for you based on your kinks? Take the quiz, and add up the points to find out.

1. You are invited to a CFNM party. Do you know what sort of event you are going to?

- Church Friendly Neighbourhood Meetup (1 point)
- Chicken Fried...something? (2 points)
- The 'N' means nude or naked? (3 points)
- I hope it is not a sausage party this time (4 points)

2. Pineapple belongs...?

- Not on pizza (1 point)
- On pizza (2 points)
- In my diet 24 hours before a date (3 points)
- Upside down (4 points)

3. It's a Saturday night, and you and your partner decide to go out. Where do you go?

- It's 9:15 p.m. so straight to bed (1 point)
- To the movies (2 points)
- A fun new club on Whyte Ave (3 points)

To Intimate Times (4 points)

4. When you hear the term munch, what do you think of?

- Did you mean mulch? I need some for my garden (1 point)
- Edvard Munch, a Norwegian painter (2 points)
- A quick bite to eat (3 points)
- Oh! I ran into one of my classmates at a munch (4 points)

5. You are going to West Edmonton Mall. What is your first stop?

- Mini golf, to improve on your last game (1 point)
- Bourbon Street, to grab a bite to eat (2 points)
- Shooting Range, to improve your aim (3 points)
- Fantasyland Hotel, to book a theme room (4 points)

6. It's Netflix and chill night. What do you do?

- Find something on Disney+ and get your favourite ice cream (1 point)
- Get a blanket and cuddle while watching a documentary (2 points)
- Put on a rom-com and makeout halfway through the movie (3 points)
- Go to chill and make a movie that will not be on Netflix (4 points)



all photos via Larian Studios

0-8 points: Karlach

You are sweet and innocent. You would never hurt anyone. This firey tiefling with an infernal forge heart of gold would be perfect. Treat her right, and she will treat you right.

9-13 points: Gale

You have some spice, but not much. You occasionally bring something extra for bedroom fun, like magic or toys. Essentially, you are as vanilla as a human male wizard in a video game.

14-18 points: Lae'zel

You sometimes like to be dominated in the bedroom. She will show you love, but she will be the top damage dealer in the bedroom.

19-23 points: Astarion

Oh darling! You are as kinky as a tangled hose in a storage shed. But even you think a safeword is wise, especially when you enjoy the occasional bite. There is a reason why Astarion is best at switching from range to melee, after all.

24 points: Minthara

You wanted the vampire but were not careful enough. You are powerful enough to handle her but will end up on the bottom. You are the perfect match for each other; you both like to be pushed to the edge and test your limits. Resist the Dark Urge.

“Gooney Centres”

by Evan Dowling

Across

- 1. Where you might find relief from the sun
- 6. Extra prd. if a hockey game is tied
- 8. Opposite of spend
- 12. The stuff of life
- 13. Three letters that appear beside the signal bars on your phone, maybe
- 14. “Wayne’s World” actor Carvey or “Heroes” actress Davis
- 15. (Said about a princess) “She _____ descent.”
- 17. To hint at
- 18. Channel known for its coverage of hockey, football, and other events
- 19. *Rhyming words for pen & bike in the language of love
- 21. Type of energy efficient bulb which can replace traditional linear fluorescent bulbs
- 23. Hello
- 24. Type of hardwood-loving mushroom that grows in shelf-like formations
- 26. *Daily Planet headline after Superman fought a feather-fingered monster?
- 29. Rapper who wrote a song claiming you forgot about him that features Eminem
- 30. What leads you to “W”
- 31. Infamous president, best known for his part in the Watergate scandal
- 33. *A clear way out
- 37. What the devil may try to do to you
- 38. Mr. _____ ‘lggins’ according to Eliza Doolittle
- 40. utilise
- 43. *A painter who finds a unique style that appeals to a specific market, eg.
- 47. Include a professional rugby association in your list of references
- 49. @
- 50. Hydrogen, Fluoride, Molybdenum, and Erbium, minus “or”?
- 51. *A line from any song in the horror/musical movie from 2008 about a worker who takes back the organs of those who can’t make their leasing payments
- 53. Opposite of BCK
- 54. “Your options are to use the shower or to take _____”
- 55. “...to sing _____ us, just follow the bouncing ball!”
- 58. Cousin of the monkey, named Zoboomafoo, maybe
- 59. A promise to pay later
- 60. Pal
- 61. Take (from)
- 62. Pa’s partner
- 63. Digital storefronts for handmade items

Down

- 1. Swap
- 2. Irritations
- 3. The relationship of a character trying to pay for their crimes and the story they are in.
- 4. Rock n’ Roll’s _____ Leopard
- 5. “To _____ is human; to forgive, devine”
- 6. “Yes” according to the little rascals
- 7. Admits to a Taylor, Berkley, or Banks
- 8. Less out of one’s mind
- 9. Getting attacked at the joint that connects the foot to the leg.
- 10. Bravery
- 11. Suffix for Japan or Chin
- 13. Suffix for “cata” and “thrombo”
- 14. one who discovers the location of ramshackle

1	2	3	4	5		6	7		8	9	10	11
12						13			14			
15					16				17			
18					19				20			
21			22		23			24				25
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	30					31				32		
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40	41	42		43				44	45			46
47			48				49			50		
	51						52				53	
54						55			56	57		
58						59			60			
61						62			63			

- buildings then posts those details publicly online
- 16. Popular manga “_____ no Ko”
- 20. An occupational therapist’s computer program install file name, maybe?
- 22. Disbelief
- 25. The name I call myself?
- 27. Command to a smart device to transfer money to a department in your company?
- 28. Computer scientist and mathematician who authored “The Art of Computer Programming”, Donald
- 32. Second last place in a ten person race.
- 34. Declaration by a flour producer who works in a wind powered building
- 35. Redditor accusation of an article author’s complicity in starting a digital attack, maybe?
- 36. Walking carnivorous plants from John Wyndham’s 1951 novel
- 39. Way of indicating the date in a dcndng order, maybe.
- 40. A PASSWORD USUALLY REQS ONE LETTER IN THIS STYLE
- 41. Way of informally addressing Kingsley, the knighted actor known for playing Ghandi and Salvador Dhali
- 42. The boss’s favourite digital group compared to the other twenty-five groups
- 44. In no particular order, these sometimes include “y”

- 45. Acronym for the program which focuses on training medical professionals stationed at hospitals to help patients that have experienced severe grief or injury, physically and/or mentally
- 46. Moon of Saturn named for a Titan
- 48. gesture between two music lovers fighting over the same record, maybe?
- 52. Acronym written by a union rep explaining an employee’s prescribed time away from work
- 54. Neurological nrvs system disease which experienced a research fundraising boost as then-facebook users nominated eachother to take the “ice bucket challenge”
- 56. An Initialism of an English order of chivalry
- 57. “Huh?” in memes

NEED SOME ANSWERS? HEAD TO THE NUGGET ONLINE FOR CROSSWORD AND SUDOOKU SOLUTIONS



BUSINESS

INNOVATION

APRIL . 10 . 2024

SHOWCASE

SHOW OFF YOUR:

- ★ Student-run business
- ★ Capstone
- ★ Group Project
- ★ Case Competition Solution
- ★ Innovation

Apply by April 1 to host a booth at the NAIT Business Innovation Showcase on April 10.

You'll get \$250 to spend on your booth display and be eligible for prizes!

BIG PRIZES



\$2,000

Most Innovative Solution

\$2,000

Best Community Solution

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\$2,000

People's Choice Award

\$2,000

Most Engaging Booth

5 Reasons To Have A Booth

1. Showcase your hard work and ideas
2. Gain experience networking and pitching
3. Meet senior business leaders, funders and innovators
4. Receive mentorship and feedback
5. Earn a chance to win PRIZES

Also, you'll get hands-on training to host a successful booth

- » March 20 - Trade Show Booth Strategies (Don Crothers) 4-6pm
- » March 27 - Effective Networking (Mike Schoenberger) 4-6pm
- » April 3 - Refining Your Pitch (Hubert Lau) 4-6pm

*Invitations to these exclusive workshops will be sent to those registered for a booth.

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