

# NAIT NUGGET

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## TUITION INCREASES ON HORIZON

MEET THE NAITSA EXECUTIVE  
COUNCIL FOR 2025/26

NAIT GRAD FINDS COMMUNITY  
IN EDMONTON DRAG SCENE



# NAIT buzzing with new furniture across campus

By Amy St. Amand

No more hunting for somewhere to charge laptops or study between classes—new furniture is rolling out in several locations across main campus with a focus on better access to power and better spaces to work from.

After hearing from students that they wanted more seating and more places to charge their devices, NAITSA VP Internal Brayden Shopland advocated to NAIT's Campus Planning department in their monthly meetings.

NAIT found a surplus in December and allocated some of it to upgrading furniture in key areas. "It's an ongoing cycle to have the furniture renewed," said Stacy Nyholt, Manager of Campus Planning and Architecture. Some of the areas are "well overdue" for an upgrade, like W building, where Nyholt shared that much of the furniture had been there since the building opened in 2006. "So, we're coming up on 20 years. It was well past its lifespan."

The new furniture is from the same line as those replaced in 2023, featuring durable finishes meant for long-term use.

Some of the areas slated for upgrade include:

- **W building:** the seating on the main floor along the windows has "doubled," said Nyholt. There are new couches in the study lounge on the second and third floors, along with furniture better suited to studying. "[It's] less lounge with coffee table, and more sit and work at a table," she explained.
- **CAT200:** While on a walk-through, Shopland and Nyholt noticed that many of the existing furniture in the second-floor CAT study lounge was blocking available electrical outlets. "It's not that NAIT needs to install new outlets, it's just, move the booth three feet to the left," said Shopland. The CAT 200 installation was done in two parts because it was a "massive installation," Nyholt said. "Again, more power, more seating to support working at."
- **Hallways in Y and X-building:** Many of the hallways featured electrical outlets but no seating nearby, said Shopland. "There [are] hallways with electrical outlets every 10 feet, but there's no furniture there. So, are you supposed to sit on the floor and charge your laptop?" questioned Shopland. Seating will be added in these areas, giving students more effective places to work and lounge.

Both Nyholt and Shopland are excited about how the new furniture will impact student life.

"This is where the community comes together, in these sort of informal

spaces that support group work, they support us just hanging out, they support us working," said Nyholt. "It's a really important piece to have enough and to have the right kind of stuff."

"It's not something big and grandiose thing, but it is advocacy," said Shopland. "It's something we heard from students, and now it's something that we're bringing in and trying to make a little bit better for their day-to-day experience."



Some of the new furniture in CAT Crossing (above) and W-building.

Photos by Skylar Boissonnault

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# Tuition set to increase in 2025/26, no planned increases in mandatory fees

By Amy St. Amand

NAIT has proposed a two per cent domestic tuition increase for the 2025/26 year. The tuition increase, along with NAIT's 2025/26 budget, was approved by NAIT's Board of Governors at their meeting on March 4. The budget still needs to be approved by the Advanced Education Minister.

The two per cent increase is in line with Alberta's tuition framework, which specifies that "unless an exceptional increase has been applied...an institution-level cap is set at no more than two per cent at most public post-secondary institutions."

"We do pass some of that back on the students, particularly when we're in a very resource constrained environment," said NAIT's VP Academic Peter Leclaire. "Just keeping in line with all institutions across the province from what I understand, but mindful of the fact that we're trying to provide a great polytechnic education for those students."

Jenna Luczak, NAITSA's President, said that NAITSA was "very satisfied" with the proposed numbers.

"We understand that the institution is under a lot of financial strain right now, with the government decreasing funding and stuff like that. So we were reasonable and understanding that they [NAIT] do need that 2 per cent," she told the Nugget.

International tuition is also planned to increase by an average of 2.9 per cent. Some programs will see higher increases, like Petroleum Engineering Technology, which according to NAIT's tuition and fees webpage, increased by 34 per cent from \$39,858 in 2024/25 to \$53,655 in 2025/26. Other programs saw a marked decrease, like Denturist Technology, which decreased 28 per cent; in 2024/25 international tuition was \$101,166, and in 2025/26 it will cost \$72,930 to complete the program.

International tuition is not subject to the same regulations as domestic, but NAIT did also consult with NAITSA on the proposed increases. "We don't need to be in consultation for the international students, but we really appreciated that," Luczak shared.

## Meaningful consultation ongoing

As a requirement of the Post-Secondary Learning Act, NAIT must meaningfully consult with NAITSA on new domestic tuition increases, with a

minimum of two meetings per year.

In 2022, after NAITSA filed for a judicial review of NAIT's tuition model, the Court of King's Bench ruled that "the Board did not engage in meaningful consultation with the Students' Association before making the Decision."

In this year's consultation, Luczak said that NAIT "met the minimum required two consultation meetings for tuition and MNIFs [mandatory non-instructional fees]."

Leclaire believes that NAIT met their requirement to meaningfully consult. "We provided all the necessary information as well as how it would impact each individual program."

"Would we like to have more dialogue on it? Yeah, you know, we do. But I think we met the standard on there and that's why they [the students] were comfortable in supporting it."

## No new mandatory fees

Due to missed timelines, NAIT will not increase any MNIFs or introduce new ones in the upcoming year. The institution is legally required to seek approval for new MNIFs, according to the Post-Secondary Learning Act and NAIT's policy SR 4.2, Student Consultation on Mandatory Non-Instructional Fees. The policy states that "consultation meetings will be held during the fall term (up to four meetings, as required, but no less than two meetings)."

"Within the procedure itself, we were supposed to share information in September and then start the dialogue in the new year. We didn't share that information on those timelines," said Leclaire. "When we got into those conversations, the students didn't feel comfortable. The Board felt like we didn't follow our own policy and procedure, so we made the decision to not increase those fees."

Currently, NAIT students pay:

- Athletics and recreation fee: \$132.88 per term, \$8.66 per week for apprentices
- OneCard support fee: \$6.46 per term (fall/winter), \$3.32 per term (spring/summer) and \$0.54 per week for apprentices
- Student technology fee: \$186.34 per term (fall/winter), \$26.73 per term (spring/summer) and \$12.53 per week for apprentices

# NAITSA approves bursary for Indigenous students

By Amy St. Amand

Indigenous students at NAIT will have access to a new source of funding starting in Fall 2025, thanks to a new bursary approved by NAITSA's Senate. \$225,000 has been "placed into an endowment fund with a target annual return of 4%, funding multiple \$1,500 bursaries each year," the announcement said.

This is the first NAITSA bursary specifically for Indigenous students, and NAITSA President Jenna Luczak is excited that the students' association has a new way to show their commitment to Truth and Reconciliation.

"Land acknowledgements are a great thing if they're acted upon...I really felt there was a gap in an actual tangible support that is specifically for Indigenous students," Luczak said.

"I think NAITSA and the NAIT community, we do have a long way to go for Truth and Reconciliation, and this is definitely the beginning steps of our Truth and Reconciliation. And we definitely look forward to working and collaborating with the Nísôhkamâtotân to make sure that our efforts stay true to what the

student body needs going forward."

The Nísôhkamâtotân Centre did not respond to requests for comment.

The bursary will be managed by NAIT's scholarships and awards committee; NAITSA and the Nísôhkamâtotân Centre are still finalizing the eligibility criteria, but it will be targeted towards returning students. Some Indigenous students receive funding from their bands or national resources, but that funding is often targeted to first-year students, Luczak explained.

"Returning students are at a bigger disadvantage, especially if they have families or people that they're supporting at home."

More details will be announced when the criteria has been determined, but Luczak didn't have a timeline on when.

NAITSA thanked the student body "for their continued support in making NAIT a more inclusive and supportive learning environment for all" as they wait to share updates.

# Meet the NAITSA Executive Council for 2025/26

By Amy St. Amand

The results of NAITSA's Executive Council (EC) election have been confirmed, and it was a historic election for several reasons. The voter turnout was record-breaking at 41.3 per cent, which NAITSA has never seen before. In a NAITSA Senate meeting, current President Jenna Luczak estimated the last record was at approximately 20 per cent.

The U-Pass, a program that provides students access to discounted access to transit, was up for a referendum. Students voted overwhelmingly in favour to continue the U-Pass, with over 6000 students and 89.7 per cent of the voters choosing yes.

But perhaps even more exciting: an entirely new group of students will take office on May 1. None of the incoming Executive Council members have served in EC before, which hasn't happened since the 2016/17 academic year. The EC-elects are busy shadowing their current counterparts, so here's what NAIT students need to know about the student representatives that will be advocating on their behalf next year.



## Robin Murillo

VP External-Elect

Robin is an international student taking Business Administration with a focus in Human Resources. Robin was elected in the third round of voting.

### Duties:

- represent students to municipal, provincial and federal governments
- collaborate with other student leaders across Alberta
- advocate for NAIT's satellite campuses



## Salinderjit Kaur

VP Academic-Elect

Salinderjit is an international student also taking Business Administration. She was elected in the third round of voting.

### Duties:

- amplify students' voices in NAIT policies and decisions
- work with NAITSA's Student Academic Rights Advisor to address academic challenges
- act as Deputy Returning Office in NAITSA elections and referendums



## Teaira Current

VP Internal-Elect

Teaira's been at NAIT since 2020. She is enrolled in Business Administration with a focus on Marketing. Teaira received 70.3 per cent of 6974 votes.

### Duties:

- support NAITSA's Campus Life department
- collaborate with ECs to make sure they are accessible to students
- work with NAIT community departments to provide student perspective



## Lilly Houcher

President-Elect

Lilly is taking her Bachelor of Business Administration. She received 59.3 per cent of the votes at 2751.

### Duties:

- act as spokesperson for the student body
- lead the Executive Director to align daily operations with student interests
- coordinate advocacy efforts with VP External
- prepare agendas, write reports and support EC members as needed

## What is Executive Council?

NAITSA's Executive Council is a group of elected student representatives that work to advocate for and represent the student body. They are governed by NAITSA's Senate, who is also elected by NAIT students.

Each term lasts one year, starting on May 1 and ending April 30. In March and April before they take office, they must commit to 10 hours of training per week. This includes shadowing the current EC in their role. For example,

current VP Internal Brayden Shopland is responsible for training incoming VP Internal Teaira Current. In Robin Murillo's case, he'll be trained by current President Jenna Lucza, as there is no current VP External.

## Perks and limits of the job

Being on executive council is a demanding role; the EC works full-time and are required to take at least one, but no more than three, credit classes during their term in office. There are also quite a few perks, according to the 2024/25 election information package:

- a monthly salary, prorated to include the 10 hours of training in March and April
- reimbursed tuition for up to three credit courses in fall and winter and two in spring and summer, up to the domestic tuition maximum
- their own office, a parking spot and access to professional development and networking
- the ability to give back to NAIT "in a way very few students get the opportunity to do"

Also included in the election information package is a series of questions and answers on what EC *cannot* do, like improving the food options on campus, lowering tuition or "[doing] something about parking."

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# NAITSA seeing increased misuse, misunderstanding of Emergency Food Centre

By Amy St. Amand

Unexpected situations like a laptop suddenly breaking or getting sick and missing a week of work can have a dire impact on the already tight budgets of many students. That's why NAITSA's Emergency Food Centre (EFC) exists—when students don't know where their next meal is coming from because of an unforeseen circumstance, once a month they can apply for an emergency food hamper with 5-6 days' worth of non-perishable goods to help them focus on the situation at hand.

However, in recent years, NAITSA has seen an increase of students misusing, or misunderstanding, the purpose of the centre.

"The purpose of the program is to support students who are going through an unforeseen emergency," said Alley Medeiros, NAITSA's Service Hub Manager. "Something that would derail someone's budgeted expenses and financial forecast for that month...it can be anything from my computer broke, I need to fix it, or I need to buy a new one this month, I'm short \$300 because of that."

"Unfortunately, we have seen that some students...assume that it's just a right that they have, to come because they paid the NAITSA fee. It is not."

In September 2024, NAITSA started asking students who received an emergency food hamper to fill out a survey indicating the nature of the emergency they are facing—the intent was to use that information to help advocate on students' behalf to NAITSA's Executive Council, said Medeiros. However, some answers didn't match the intended use of the EFC.

"They listed inflation is going up, I have too many dependents in my family... [but] food and groceries are expensive to absolutely every single person in Canada. It's not something happening to a few students. It's happening to absolutely everyone and anyone living in Canada, and honestly, around the world."

Medeiros' biggest concern is the sustainability of the EFC. The centre relies on donations from the NAIT community to provide hampers, but with the increased cost of groceries, she worries the centre will reach a breaking point if misuse continues.

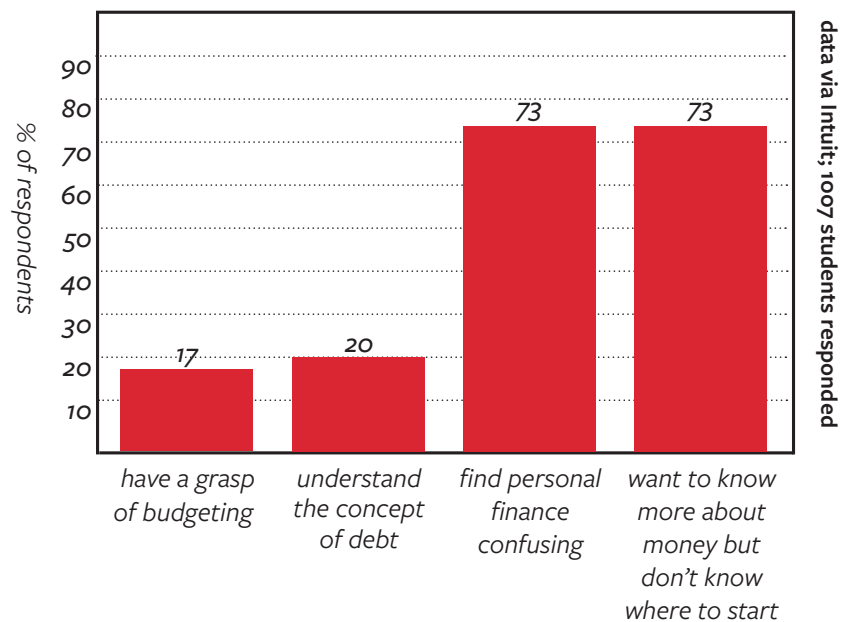
**"It's not a sustainable model. It will get to a point that we just don't have enough money to groceries, we don't have enough donations to support absolutely everyone," she explained.**



Food storage in NAITSA's Emergency Food Centre.

Photo via NAIT Content Collective

2024 survey of Canadian high schoolers



## Education is key to avoiding misuse, Medeiros says

Currently, the EFC staff are intentionally trying to educate students about the intended purpose to curb misuse or misunderstanding. "We are making very sure that we share the purpose with every single client that comes in the office through our doors," she said.

While they aren't at a point where reducing the size of hampers is necessary, Medeiros worries about a future where they will need to consider other options. And as prices increase across the country, situations that may not have necessitated an emergency hamper two years ago, can now have a dire impact on a student's ability to make ends meet.

"When things were cheaper, maybe the two days of work you missed, it's not a big deal...but in the financial scenario that we are in right now, missing two days of work will impact, and we understand that. So, it's even more necessary that we make students aware," she explained. "We want you to use the service, but we want you to use the service if you really need it."

## Young people struggle with financial literacy, data shows

A 2024 survey showed that 70 per cent of Canadian high schoolers find personal finance intimidating. 20 per cent said they understand what debt means, while only 17 per cent said they understood budgeting. Similarly, a 2023 survey by CIBC showed that 49 per cent of Canadians wish they knew more about resources to "get a better grip on their finances," and 60 per cent "wish they had a stronger level of financial literacy."

Through NAITSA, students have access to KOFE, which stands for Knowledge of Financial Wellness, where they can access financial planning tools, interactive courses and even financial coaching. Medeiros encouraged students to empower themselves to take the lead on their finances and adjust lifestyle habits where needed in times of strain.

"As annoying as it is, commit to one week and write down everything you spend. Take a look at it. Do I really need all that? What are the other options?" she proposed.

"Because that will be for their whole life. If they create those habits, they will change their whole life ... we want them to feel empowered, to take charge on understanding their financial circumstances."

# A guide to Edmonton's goth scene

By Sara Sheydwasser

Edmonton may not be known for its alternative scene, but if you know where to look, you'll find a close-knit community of goths in our city—and they've been hiding in plain sight for decades.

## A short goth history

With the goth movement first appearing in the 1970s with youth in England, it quickly spread to North America. "We have a couple of members in our scene who were doing this in the late '70s and early '80s, which is when the whole goth scene worldwide really came into existence," said Steve Kelcher, organizer of Condemned Edmonton, a monthly club event dedicated to dark subculture. "The goth subculture embraces the dark aesthetic, so that's reflected in our music," explained Kelcher.

It's important to understand the difference between goth and other alternative subcultures. "I think a lot of people kind of conflate what goth actually is," said Éleine, a local goth and frequenter of Edmonton's alternative scene. Goths are often confused with emos, another alternative subculture, but the two differ in aesthetic, attitude and music.

Bands like Bauhaus, Siouxsie and the Banshees, and Joy Division are staples in the early traditional (trad) goth movements. As the culture evolved, industrial and goth dance music also became a popular fixture in the subculture. By the turn of the century, goth had been split into a number of different stylistic subgenres. The movement is still evolving today, with the internet bringing goth to the new generation.

## Edmonton's goth scene

A historic staple in Edmonton's goth scene was New City, Edmonton's only brick and mortar goth club, which closed in 2013. "[New City was] one of the really big community building aspects of the Edmonton goth community," said Kirstie Nightroad, organizer of STÖMP, an industrial-themed dance night. "It was a place [where] all of the different...sub-genres within the goth community were able to congregate."

Edmonton's goth scene saw a peak in the '90s and 2000s, but interest seemed to dwindle after 2010, causing New City's closure. "We went through a pretty big slowdown," said Kelcher. "It was hard to get enough people to come out just for a monthly club night."

But in recent years, many have noticed a resurgence. "It seems to be more popular again," said Nightroad. She continued, saying Edmonton now has "four or five" regular goth club nights running monthly. According to Kelcher, the club organizers have seen a "surge in interest" from alternative folks in their twenties. "We're happy to see that our scene is growing so, so strongly," said Éleine. "Events are getting bigger, and the word is being spread around."

## What local goths want you to know

"The goth scene in Edmonton is very welcoming" said Nightroad. "When you



New City was a hub for goth and alternative Edmontonians.

Photo via Yelp

come to a goth event [for the first time] it feels a little intimidating, but most people are actually super friendly."

"Just be a cool person," said Éleine. "[I've] found goths and the community to be ... the most accepting and welcoming people I've ever met." Éleine continued, saying "goths are a fairly political group, [we] keep our people safe and accepted, especially queer people."

"We're always looking for new people," said Kelcher, encouraging interested students to "come down to an event."

## Local goth events

Think you're ready to join Edmonton's goth community? Here's how you can cement yourself as a part of the city's goth club scene.

- STÖMP is a monthly club night at Rendezvous Pub on the west end. It focuses predominantly on the industrial subculture and dance music.
- Condemned is another recurring goth club night. This event blends goth subgenres, so you can expect to hear a mix of industrial, dark wave and trad goth artists. Condemned happens monthly, downtown, at Dive Bar.
- 9910 hosts the Dark 80s Dance Party and Sex, Death & Eyeliner. These events are less regular, but both happen at least a few times a year. 9910's goth events mostly focus on trad goth and dark wave subgenres, so expect to hear classic 80s goth tunes.

"I think Edmonton is really kind of coming up as a little goth hub," said Éleine. "I haven't really heard of many other cities that are like this."

The city's alternative scene is ever changing, and the younger generation seems to be driving a resurgence in Edmonton's goth scene. Whether you take part in our city's counterculture community or not, local goths just want you to know they'll always be here with open arms.

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# Financial tips for students without a vault full of galleons

By Sukhamjit

Financial discipline is the Severus Snape of the Muggle world. It can seem like a villain, but under the surface it's a crucial aspect to your story—especially if you're a young worker. Many students are already starting in their careers and soon many more will be. It's important for students to celebrate this new accomplishment, but without maxing their credit card limit after experiencing a steady paycheck.

In the words of Craig Grubisich, a Personal Finance Instructor at NAIT, "You need to have a good idea as to where your money is going, especially when you start out."

Doing this is not exactly rocket science. You don't need to learn financial modeling; a simple Excel balance sheet and a pinch of discipline should suffice. It's likely that some big decisions are coming your way and as Grubisich explained, "You want to be able to really analyze the decisions that you're making, especially with respect to discretionary purchases."

"You may look at it and be like, I'm spending \$400 a month on lunch. Is there a way I can get that down to a hundred?"

Sometimes the heart screams ice cream or even craves an overpriced car. To reduce impulsive purchases, Grubisich proposed an exercise by "seeing what you've spent your money on and then really evaluating whether you got benefit out of it. Then analyzing what [you were] unable to do because of that."

## Set your goals and stick to them

Goals can come in handy in this exercise. Grubisich suggested using visual cues as reminders to save, like changing your computer's background to the destination you want to save up to visit. "It allows you to say, 'Do I really need to spend \$20 at Subway, or can I find a way to spend \$5 instead, and the \$15 that I saved goes towards my trip?'" Grubisich explained.

"Your money will go a lot further for you, because you will see what you really enjoy, and you won't feel guilty when you spend money on things you enjoy."

## Know your investments

While starting out, a tax-free savings account (TFSA) may be a better choice for students in the lower tax bracket. But when you get into a higher

tax bracket, you can start contributing more towards a Registered Retirement Savings Plan (RRSP).

It is also important to understand your investing personality—and the earlier you understand it, the better. "Don't invest in things that you don't know," cautioned Grubisich. "If I invest in crypto, I only invest in what I'm prepared to lose, because I don't know it well enough."

## Your job has benefits, too

When starting a new job, it is crucial to read and understand your total compensation package. As boring and dry as that document might look, it often has benefits that are as significant as the actual pay, like wellness credits or health spending accounts. Many employers provide RRSPs, but many require manual enrollment.

Grubisich recommends making contributions to plans that are matched by the employers—if you add \$5000 to an RRSP, your employer will match it, and then you have double what you started with.

"You never want to leave any money on the table from your employer."

## Balance is key, says Grubisich

Financial maturity does not mean deprivation in the name of saving. As Grubisich explained, "I don't think you should limit yourself. I think it should be a matter of can I make reductions where I'm still enjoying life?"

"Don't deprive yourself of going out to a nice restaurant and having a nice meal because that \$200 could go towards extra savings...you gotta enjoy life too. It's a balance."

Financial discipline can get a bad rep. It's not about stopping spending, but saving for the things that mean more to you. Usually, this means the big purchases like houses or other assets—but it doesn't have to be.

I love a certain drink from Tim's that I drink every day. I could probably save \$50 monthly by making coffee at home, but I work hard, love to drink it and it completes my day. So, after all this time, will I still spend my money on a treat that protects my peace, even if it delays my car purchase by half a year? Always.

# Cannabis 101 from a certified weed sommelier

By Matthew van Erp

If you're looking for the best kind of marijuana you can buy, you might be tempted to go into a dispensary and ask for the highest THC product the store carries. However, this is like going into a wine store and asking for a bottle of grain alcohol. Instead, take my advice as a certified cannabis sommelier on the steps you can take to ensure you are getting the best product possible.

Marijuana can be grouped into two types. The most common are broad leaf (aka sativa) and narrow leaf (aka indica). Both are drug-type plants that get you high, but there are other forms of cannabis that don't. We'll be focusing on sativa and indica for this article.

## What to consider

There are many attributes to look at other than THC levels. The terpenes produce the odour of the plant, and the flavonoids help form the taste of the cannabis. All combined, this is where we get flavors like fruity, spicy, wood, flowers, or combinations like Cookies and Cream, Pedro Sweet or a strain like Charlotte's Web.

## What to buy

The best way to experience cannabis is to get dried herb as a whole cluster. Not distillate, vapes, or pre-roll, but a full bud that you grind yourself. The first, and maybe most important reason, is that buying dry herb means you know

what you have. You don't need to worry about mixing strains or cultures.

Buying dried flower also means you can inspect the herb; look to see if it's soft (not moist or dry), the flower to stem/leaf ratio and inspecting the trichomes—the crystallized sap that the plant produces, which holds the THC. There are three stages to look for: clear (immature), cloudy (mature), and amber (over-matured).

## What to taste

Tasting cannabis is very much like tasting wine; there are a number of steps that you take to analyze of your product.

You can do a burn test (what the ash looks like) or a taste test for smoothness (how it feels to inhale). Taste tests for endurance (how long the flavour lasts) or flavor finish (the after taste) are also helpful.

While most criteria are personalized and are subjective to the individual like wine tasting, these are the key elements to focus on for a truly dialed-in experience.

If you just want to get stoned on the couch after a long day, maybe this advice isn't for you. But if you want to elevate that experience and get the best high you can, do a bit more digging before grabbing whatever has the highest THC or is on sale at your local dispensary. Happy smoking!

# Feeding the grades

By Matthew van Erp

As students, we are busy with attending classes, studying and completing projects, working and self-care. Taking care of yourself affects performance, grades and your ability to learn. But mealtimes can sap your precious time away, and only eating convenient junk food is not good either. Here are two methods to maximize your time and maintain healthy eating.

## Eat when you are hungry, not by the clock

The morning, noon and evening meal is a product of the industrial revolution as farm hands started to work away from home. The names of our mealtimes have meaning as well. Breakfast is breaking the evening fast, lunch (or luncheon) means a lump of food at noon, and supper is a “supplement of food.”

Instead, try intuitive eating, where you listen to your body’s needs. Identifying the need to eat and your individual needs for fuel is a more mindful way of eating; instead of listening to arbitrary guidelines or eating when you aren’t hungry, you base meal times on your own personal needs. Intuitive eating is not a restricted way of eating, but it follows a simple rule: eat when you are hungry, stop when you are full.

Intuitive eating impacts learning in many ways:

- Your body uses energy to digest food. Ever wonder why you need that post-meal nap? Instead, you can use that energy for the brain activity required for studying.
- A scheduled mealtime can be an interruption when you are in the learning state.

A number of other health related benefits, so each person should do their own research on what their body needs.

## Meal preparation

To save time, prepare your meals in advance and refrigerate or freeze them. Once completed, all you need to do is grab a prepared meal, heat it (if needed) and you are ready.

There are several styles of doing this. One way is to make several portions of

one large meal and divide them into as many meals as you need—you can even do this with a family-size take-out meal.

However, my favorite way involves making a large meal but storing each item separately. This does save time in preparation, but also allows you to mix and match your ingredients and prep quick meals based on how hungry you feel.

Here is my four-day meal prep recipe that I do on Sunday nights for the week ahead. You can change the core ingredients to whatever you like. All the listed prices are from Walmart, mostly because there is one across the street from NAIT and groceries are typically less expensive. Get yourself:

- 3 cups of white rice (4.5 cups cooked)
  - around \$15 for 8kg, or \$0.19/100g
- 3 lbs ground beef
  - around \$18 for 3 lbs, or try NAIT’s Artisanal Market for inexpensive meat!
- 500 g frozen vegetables of choice (half of a 1kg bag)
  - \$4.38 for a 400g bag, but they are often on sale for 3/\$10!
- 6 hard boiled eggs
  - you can buy 18 for \$6.38, so each egg is \$0.35

Stock up on your favourite canned goods when they are on sale, and add any of your favourite toppings or seasonings, like spicy mayo, teriyaki or even cheese. Cook everything, then store each individually in large containers.

When it is time for a meal, you pick what you want and need. For example, with the above, you can make egg-fried rice, beef stew, beef and vegetable stir fry, eggs and beef, cheeseburgers, cheesy rice or even a poke bowl in under five minutes.

In my experience, incorporating intuitive eating and meal preparation has enhanced many aspects of my life as a student. By listening to your body’s hunger cues and preparing meals in advance, you can save valuable time, reduce stress and ensure you’re fueling your body with nutritious food. This approach not only supports your physical health but also promotes better mental health and self-care.



Illustration by Macy Jackson





# NAIT grad finds community in local drag scene

By Alleah Boisvert

Post-secondary is often viewed as a place to find a community or find out more about yourself, but between balancing classes, part-time jobs and a new lifestyle, finding belonging at school can be difficult.

For GabiiByMinorah, who graduated from the Business Administration program in 2022, that fulfillment didn't come until after graduation when she found her community in Edmonton's thriving drag scene. And on March 10, Minorah returned to campus to perform at NAITSA's Pride Drag Show—something she never would have anticipated as a NAIT student.

"I really didn't have a plan to go into drag. I didn't even know what drag was at the time," said Minorah. Before getting into drag, Minorah was passionate about singing and dancing, crediting some of her skills to a NAIT community. "I think the dance club at NAIT elevated my performance skills," she said.

After graduation, Minorah started spending time at Evolution Wonderlounge, Edmonton's only club that serves the LGBTQ+ community. "This one person who happens to be my drag sister now told me, 'Oh you look like a drag performer,'" said Minorah. "And that was how I started doing drag."

Minorah already knew how to sing and dance, but other drag artists helped her reach a new level of performance. She also got inspiration from other artists and is now a member of two local drag families: the Haus of Minorah and the Haus of Ebonii.

"It's a very cute haus," she said about the Haus of Minorah. "My drag mother physically styles most of the wigs in the city. Any drag queen you see with big hair, know that she's probably the one who made it."

After noticing Black drag performers continuously supporting each other at drag shows, Minorah was inspired to form the Haus of Ebonii, Alberta's first all-Black drag performance group, last March. Mx. Jackson, a member of the Haus of Ebonii, expressed how "Black performers are often underestimated, undervalued and underrepresented" in a CBC article from December 2024.

During Black History Month, the demand for Black performers increased. "It's sometimes crazy because like, well you had a show in January and you didn't book me for that, but now it's February and you're booking me," said Minorah.

She explained how one venue repeatedly spelling her name wrong made her feel disrespected, so she ended up dropping out of the show. "They called another Black performer to replace me and I'm like, right. Make it make sense."

For many artists, drag goes beyond performances—it's about becoming the person you want to be. "Ever since I was little, I've always envisioned what I would look like. And especially as a plus-size performer I wanted to envision that we can also look good, as well."

"Basically, my drag is physically who I am," said Minorah. "So, this is just who I am and now I get to do it in front of people."

For 2SLGBTQIA+ individuals who feel like they can't be themselves, drag is a symbol of hope and expression.

**I** "I'm doing this for people who can't express themselves. You never know who you're helping, empowering or inspiring," said Minorah, who moved to Canada from Nigeria.

"Drag is an expression, right? For me, it's things I couldn't do when I was little back then, and now I have the opportunity to," she explained. "Ever since I was a kid, I knew that I wasn't straight, I wasn't cis. So, it's like, when am I finding my lover? When am I finding my person? When am I finding my community? It was really difficult back then because I think in Nigeria, being queer is a jail time," she said.

According to the Immigration and Refugee Board of Canada, homosexuality



GabiiByMinorah, a local drag performer and NAIT grad, returned to perform in NAITSA's Drag Show on March 10. Photo supplied

is criminalized in Nigeria. Sexual minorities, including transgender individuals, face social stigmatization from their communities and families. "I barely speak to my family here. They don't even know I do drag," Minorah said.

She realized the attitude towards the queer community was different in Edmonton after going to the gay bar for the first time. "I was like, 'Oh my God there are a lot of gay people here that I didn't know about.' It was just more welcoming, and it's just like a family you never knew you had," she said.

Even though being queer isn't criminalized in Canada, 2SLGBTQIA+ individuals still face social stigmatization. "Even though you're trying to be yourself, there are people out there thinking and believing you shouldn't exist because you're mentally ill or something, which is crazy."

Outside of doing drag part-time, Minorah is an administrative assistant at a seniors' home. "There are some seniors who don't like me because I'm Black and because I'm queer," she said. But even in communities where support for queer individuals might be unexpected, it's still there. "Some seniors will come to my shows, which is really cute," said Minorah.

For NAIT students, sometimes all it takes is showing this same type of support when you think someone else might need a bit of community. "If you see someone in your classes who you think might be queer, try to be friends with them. Be yourself."

This is a sentiment Minorah said she wishes she would've followed. "I wish I came out earlier, while I was at school...I didn't get the chance to socialize a lot in school, which I think is really great to do." She said this is especially important during campus Pride events. "That's the time to be an ally, or that's the time to find your people."

NAIT celebrated Pride Week from March 10 to 14, and GabiiByMinorah said she's excited she got the chance to perform at NAITSA's sixth annual Drag Show extravaganza after seeing similar performances when she was a student. "[I want NAIT students to know] how proud I am to be coming back to perform at NAIT as an alumni."

# A students' guide to making money online

By Sukhamjit

There are seemingly infinite ways to make money online, so it can be hard to know which methods are safe, profitable and realistic. For students who are unfamiliar with these spaces, diving into the world of e-commerce or affiliate and influencer marketing may seem unapproachable or impossible. But according to Dale Schaub, Lead Entrepreneurship Consultant at the Mawji Centre, students already have access to the biggest tools they need to get started: time and creativity.

**“With whatever you’ve got in your pocket, a smartphone or a camera on your computer, you can create content,” Schaub shared. “It does, however, require a whole hell of a lot of time to slowly roll stuff up. A lot of creativity to experiment to see what’s going to work.”**

But finding success online is about more than good ideas; any type of social media business is all about engaged followers. “You can have a million followers who don’t comment on anything you do, don’t reshare, don’t post, will never buy a thing from you. And that’s way worse than having a thousand people who comment and engage and will buy things from you,” explained Schaub.

But getting engagement is not as easy as it sounds, especially when the internet is flooded with people trying to build their audience. In 2022, there were “more than 882,000 active influencers on Instagram, TikTok, and YouTube in Canada” according to a Neilsen Canada report.

For Charlotte, a NAIT student with 1.9 million TikTok followers, the secret to success is only creating content she enjoys. Charlotte found success unintentionally; a story about working in retail went viral, and as she continued to share her life, she landed profitable brand deals with big name clients.

“If you force yourself to make videos, people are not going to like it,” she told the Nugget. “Following trends and stuff is good, but if you’re able to have your own identity that is different from anybody else that can catch people’s attention, I think people would thrive.”

Schaub agreed, saying that no matter the product, you need to stand out. “All of the internet is fairly saturated at this point, but there’s always room for innovation, there is always room to break in different spaces,” explained Schaub.

Finding a niche also helps you move away from the crowd of competitors. “One of the most important things that students need to do is differentiate, so find a specific target audience or narrow group of people that will really appreciate what you’re building and aim it at them,” Schaub elaborated. He gave the example of frisbee golf, a niche sport with a growing audience. While it may be a small market in Edmonton, online businesses mean you can send your product anywhere.

“There might be thousands, tens of thousands, hundreds of thousands of people across North America...don’t overlook these small tight markets. You’re going to be way more likely to find traction to people who are really dedicated to their chosen activity.”

Another thing to note is that influencers won’t go very far by treating their followers like money machines. The right intentions are important, according to Kevin Valani, a NAIT alumni who found success in affiliate marketing on YouTube. He started his channel to share his life as an international student and has since grown to 119,000 subscribers. “If you are helping people, if you are bringing some value to the people from your content, they are automatically going to be engaged,” he said.

E-commerce, on the other hand, is different. Having an audience helps, but it isn’t necessary. “You can start a business without the same level of interaction by selling something that people want,” said Schaub.



Photo via Freepik

Since e-commerce requires an actual good or service, its initial investment can vary considerably based on what the product is. Schaub explained that there are ways to reduce initial investment, like drop shipping, pre-sales and crowdfunding, but these can only be used if your business model allows it.

Regardless, some costs, like the \$200-\$300 fee for having an operational e-commerce site are unavoidable. In e-commerce, sales is the most significant metric. “If you’re discovering that there’s a lot of people going to your website, but they don’t complete the sale, something’s wrong with your process,” said Schaub.

Needless to say, online businesses aren’t easy, and Schaub guessed more people have failed at e-commerce than have succeeded. However, there are a few key things hopeful digital entrepreneurs can keep in mind to stay safe and create a lasting source of income.

- **Keep an emotional distance from the comment section.** “It’s easy to get caught up in the comments and constantly read the comments and then that’s all you’re doing, that’s all you’re thinking about, and that’s so terrible,” said Charlotte. “You delete it, and you move on. That’s how you have to be.”
- **Only promote products that fit your brand.** “If [influencers] are starting to promote bad products...then their viewership is going to suffer,” said Schaub. Instead of taking every brand deal that lands your way, find creative strategies to endorse content. When Charlotte got a brand deal with alternative vape company, Ripple, she made a video of her dad trying it because she doesn’t smoke and he was trying to quit.
- **Be prepared for rejection.** When Valani started exploring affiliate marketing, he reached out to phone providers, hoping to arrange a deal to sell SIM cards to Indian students coming to Canada. But finding the right contact took time. “When I was at the initial stages, I reached out to everyone because I knew no one. I sent about 40 to 50 emails ... [but only] four or five people replied,” he said. “Most people whom you reach out, they are not directly in a position to help you ... it is about reaching the right people.”
- **Find what works for you.** Charlotte hired a manager to source brand deals, and she felt the process helped her better understand TikTok and helped make social media her main source of income. But Valani finds his partnerships on his own, preferring to find the right contacts through trial and error and online research. There’s not one set way of making money, so experiment with what method you prefer.

Online businesses can surely be challenging, but according to Schaub, people repeat the same mistakes. If you learn from other people’s mistakes, know what to expect and have a good idea, you can make it work. And if not, guidance and support are always available at places like NAIT’s Mawji Centre.

# Smoking my life away

Editorial by Sanjyven Alfred Joseph

South Indian movie buffs know the warning featured at the beginning of many films: “Smoking causes cancer, smoking kills.” I’ve seen the warnings in the movies and heard the cautionary tales from friends and family. Despite it all, I still chose to smoke, and I’ve been doing it for almost six years now. It is not something I am proud of, but it’s time I share my story.

When I was younger, I hated smoking. I scolded all my friends who did it, telling them how unhealthy and gross it was. “It’s not worth it, why are you harming yourself?” I’d tell them over and over.

Before my dad passed, he used to be a heavy smoker. Although he died from different reasons, the number of cigarettes he consumed would have put a smoke factory to shame.

I hated smoking. I was very active in sports, so my family were never worried that I would pick up smoking. And because of my vocal hatred of it, they also knew that I would never be peer pressured into smoking.

But even though I hated smoking, I did eventually pick it up on my own volition. I remember the reaction from the friends I used to scold. They’d taunt me with the things I used to say to them. “I thought you told us to stop, is it suddenly worth it now?”

I had no answer for why I started or what changed. I do know that I started a few years after my father’s death. I wouldn’t say that that was the reason, but somehow, the smoking cycle had been passed down from father to son.

Back in Malaysia, I used to smoke a pack a day. Now here in Edmonton, the amount varies depending on the social setting and the amount of stress that I have to deal with. Not that smoking cures stress.

But ask smokers and they’ll tell you that the number of sticks inhaled a day is proportionate to the stress levels they’re facing that same day.

From lighting a cigarette to the slow puffs, the whole process temporarily takes your mind off things.

***I’m not trying to romanticise smoking, but for those few minutes, it’s you, a cigarette and nothing else.***

The clouds in your mind move away as you form clouds of smoke. Honestly, the nicotine buzz is calming, and as the cigarette slowly dies, you take a deep breath and go ahead with the rest of your day, waiting for the next cigarette break where the same process is repeated. That moment of calm, of forgetting, is why smokers are willing to endure frozen fingers during winter, all for the sake of a quick puff.

My best friend Tristan, who only smokes when he is out of vapes, said that a cigarette or two is a form of stress relief. It’s a short break, especially if you are busy the entire day.

Michael Brant, another friend of mine and a fellow NAIT student who has been smoking for about 30 years, agrees that smoking does help with stress in some ways. “We have to smoke outside; it can remove you from the issue and give you time to think. It gets you outside in general,” he told me. He did warn that smoking causes other stress, especially on health, finance and odour, adding that a smoker will get a “negative reaction from the general public today.”

That reaction is why I still, even though I am 31, haven’t told my mum or family that I smoke. I’m pretty sure she knows; she lived with a smoker for 25 years. But I still deny it, because the thought of her knowing for sure makes me feel sad, embarrassed and disappointed.

She has noticed the signs though, from the smell, to darker lips and the number of lighters that I misplaced all over my room. I remember her asking my uncle why I had so many lighters.

***“Is he using them to light up his life, Christie?”  
No, Ma, but my soul flickers every time I light up another cigarette.***

It’s not an exaggeration, but it does make me feel better. And mum, if you ever come across this article, this is my admission, my confession, that you were right. I do smoke. I’m sorry, but it is something that I’m dealing with personally.

I’m not encouraging you to lie or to smoke, and although I’m lying to my mum, I know I am not lying to myself.

I know that smoking will ruin my health and worry the people around me. I also know that it is expensive. But it is my way of coping with certain things in life that talking, writing or sharing can’t help with.

So, if you do smoke, be true to yourself and do not blame others for any consequences. Be responsible with your dirty habits. Don’t litter, and do not smoke where you are not allowed to.

And for me?

I have come to terms that my health might go up in smoke, and I may die from it. But for now, I am a smoker.

And whichever comes first—the end of my smoking habit or me—I wholeheartedly accept it, even if my lungs don’t.

# Cocktails on a budget

Photos and recipes by Skylar Boissonnault

When you think of cocktails, you probably think of super expensive fancy drinks you get at a bar. Well, I challenged myself to come up with four cocktails using ingredients that you may already have. All four drinks use similar ingredients, and everything cost a grand total of \$37.60, including the alcohol. You can make at least 12 drinks, so each drink works out to less than a dollar. With summer around the corner, these drinks will have you daydreaming of beaches and sunshine!

## Uncle Earl's Vacay

### Ingredients

- 2 oz vodka
- 2 oz tropical fruit juice
- 0.5 oz simple syrup
- 0.5 oz lemon juice
- top with Earl Gray tea

### Cost per serving

- vodka: \$0.56
- juice: \$0.14
- simple syrup: \$0.03
- lemon juice: \$0.04
- tea (1 bag): \$0.19

### Total cost: \$0.96 per drink

Traditionally tiki drinks use rum and fruit juices, but for the challenge, I used vodka. Experiment with the tropical fruit juice; anything with pineapple works best! This drink makes you want to be sitting on a beach with, or maybe without, weird Uncle Earl.



### Simple Syrup

Mix equal parts sugar and water in a medium saucepan and bring to a boil. Stir until the sugar has dissolved. Use once cooled.

## Tropic Fizz

### Ingredients

- 2 oz vodka
- 1 oz tropical fruit juice
- 0.5 oz lemon juice
- 0.25 oz simple syrup
- top with soda

### Cost per serving

- vodka: \$0.56
- juice: \$0.07
- lemon juice: \$0.04
- simple syrup: \$0.03
- club soda (half can): \$0.29

### Total cost: \$0.99 per drink



Want something that is hinting at summer and beach days? This tropical fizz lets you dream of sunny days but still keeps your feet on the ground.

## Strawberry Sunshine

### Ingredients

- 2 oz vodka
- 0.75 oz simple syrup
- 1 oz lemon juice
- 2-3 strawberries (frozen or fresh)

### Cost per serving

- vodka: \$0.56
- simple syrup: \$0.04
- lemon juice: \$0.08
- strawberries: \$0.11

### Total: \$0.79 per drink

This strawberry lemonade is sure to have you ready for summer. I love this recipe because you can super easily have different flavours. Feel free to use other berries like blackberries, blueberries or even raspberries! This drink also is great blended with ice!



## Bubblemint

### Ingredients

- 2 oz vodka
- 0.5 oz simple syrup
- 0.5 oz lemon juice
- 5-10 mint leaves
- top with soda

### Cost per serving

- vodka: \$0.56
- simple syrup: \$0.03
- lemon juice: \$0.04
- mint leaves: \$0.05
- club soda (half can): \$0.29

### Total cost: \$0.97 per drink

I love a good bubbly. They are just so light and refreshing. Combining the light mint with the sour lemon gives this drink a much needed zing. Then the bubbles come in to create a refreshing seltzer that's perfect for patio weather!



# Weed: It's not what you think

Editorial by Blair Garneau

My blazing take? Cannabis is actually boring. All weed-related discussions boil down to two things: morals or ethics. The morality of weed is discussed by religious folk, recovering addicts or those heeding warnings of peer pressure. Ethics was left to the potheads and scientific community. Debates rage over topics such as whether or not weed makes you creative or can improve your sleep. This article steps beyond whether getting stoned is “good” or “bad,” or under what circumstance it’s okay for others to consume cannabis.

**Here’s a high thought: what if cannabis is an intelligent species using humans to secure its own evolutionary agenda?**

How would this consideration change one’s relationship with being stoned? Think about it: weed is not a source of protein or carbohydrates, so for its own survival, another adaptation was selected. The “fruit” of cannabis gets humans high. If cannabis is enjoyed, cannabis is sought after. Therefore, by establishing a symbiotic relationship with stoners, weed secures its goal of propagation.

Being high is described as sensory amplification; as one author put it, “the senses seem more sensitive.” Tastes taste better, sounds sound better, that sort of thing. However, weed isn’t always fun and relaxing. For me, weed worsened my anxiety, and I know I’m not alone. But for some, the downsides seem tolerable enough to continue consumption. Taken together, the positive and negative effects of weed appear to create nature’s version of “variable reinforcement.”

In other words, weed’s effects work similar to social media notifications. There are some stakeholders out there who want us to keep scrolling (or smoking, in this case) because it benefits them—even though these dopamine hits impact our health.

With enough popularity, humans gained the political will to legalize weed. Pothead corporate-types realized that their consumer base values cheap highs. A genetic engineering arms race commenced and strains were pushed to the limits of science. The marketplace was optimized for the highest potency at the lowest price.

**It’s like the Olympics, but where everyone is performance enhanced and all the competitors are strains of weed.**

Humans are spiritual creatures who stumbled upon capitalism. Those who could care less about profit may find interest in the mystical aspects of existence. You simply need to look at how weed’s psychic effects have allowed it to be inserted into spiritual movements around the world for thousands of years.

Weed also has the power to consume a person. For a pot dealer, weed is the thing they think about, talk about and regularly consume. It’s how they make money, it’s how they pay bills, it’s all encompassing. Weed, therefore, becomes parasitic; exercising a form of coercive control over the dealer’s life.

For the regular consumer who uses weed to decompress, chill out, have more fun with friends or a dozen other reasons, the relationship similarly becomes controlling.



Had a bad day? Smoke. Need to fall asleep? Smoke. Need to escape from reality? Smoke. In the extreme, cannabis exploits.

Humans should be cautious that weed may insert its hooks into their psyche. Some believe that since weed is not heroin, it’s non-addictive. But, cannabis offers a habit-forming value proposition: the things you love or hate doing while sober will feel better if you’re high.

Consciously, weed makes pizza taste better. Subconsciously, weed may resemble a mother’s love for her infant. We do not know the extent to which weed’s effects will soothe our forgotten traumas. We will simply be driven by craving, impulse or social pressure to enjoy more pizza whilst stoned.

To the majority of users, weed embeds itself into some elaborate configuration of neurosis. While technically not a mental health issue, nor addiction; a gray zone exists in everyone’s mind. This is where cannabis lays roots.

Regardless of what humans think of cannabis, from the perspective of weed, it doesn’t care about us. It cares about its own agenda. Is it evil? I don’t know. Is it harmful? I can’t say. Is it transactional and playing to win? Absolutely. People will debate the morals and ethics of cannabis, missing the point entirely. It’s silly to be unaware that weed—or the industry that backs it—is using us for its own ends.



## HAVE SOMETHING TO SAY?

WRITE FOR THE NUGGET AND GET PAID TO SHARE YOUR VOICE.  
EMAIL [INFO@THENUGGETONLINE.COM](mailto:INFO@THENUGGETONLINE.COM) FOR MORE.



# New coach, new vision for men's basketball



Peter-McNeilly, middle, speaks to the team during a game.

Photo via NAIT Ooks

By Abdul Abdulkadir and Alleah Boisvert

The men's basketball team has had an interesting tip-off this year. Beginning the season with first-year Head Coach and former Edmonton Stinger Adika Peter-McNeilly and only a single player returning from 2023/24, the team experienced a lot of change before they first touched the court in October.

During the offseason, Peter-McNeilly got to work constructing the team's roster. However, the Head Coach had to utilize his coaching staff to help find potential players.

"I'm not originally from Edmonton," said Peter-McNeilly. "I had to lean on a lot of my Assistant Coaches knowing the lay of the landscape, going out watching high school tournaments throughout the summer. And then obviously we did a lot of open gyms in the summertime and that's how we got four of our best players."

One of those players was Peter-Aluk Deng, an unknown to Peter-McNeilly before he was recruited through the open gyms. "He just came to our open runs, and he was playing really good and we were like, 'Wait a minute, are you in school?'" Peter-McNeilly explained.

But nearly an entirely new roster of players didn't come without challenges. "[The] biggest obstacle of preseason I think was trying out a rotation...our preseason games, new people rotating in and out just to see different matchups," said Peter-McNeilly.

As a new Head Coach with a new crew of Ooks, Peter-McNeilly is focused on creating his own form of coaching. "I think that's the beauty of basketball, you kinda take a little bit of everything [from] every coach and every player that you played with...having all my success as a basketball player, playing all over the world...I just took bits and pieces of this coach or this player and just kinda of [thought], 'Alright, this will be my identity.' And that's all I've been doing with

the guys so far and we have a little bit of success with it."

Starting out with only one returnee player and little idea of what the season had in store for them, Peter-McNeilly had to use the unknown to his advantage. "I'm a person that likes taking a lot of risk, I think that's how you should live life, calculated risk," said Peter-McNeilly. He explained "a lot of our first-year players [knew] this is going to be a risk. Like we're going to take you, we're going to develop you into the best player you can possibly be."

Fortunately, the new Ooks are in good hands with the former professional international athlete, who won a championship with the Edmonton Stingers in 2021 and was named the 2021 Canadian Elite Basketball League's Sixth Man of the Year. "Obviously I want to put the same effort that I was a player into coaching," said Peter-McNeilly.

***"I think that's the beauty of basketball, you take a little bit of everything [from] every coach and every player that you played with...having all my success as a basketball player, playing all over the world...I just took bits and pieces of this coach or this player and just kinda of [thought], 'Alright, this will be my identity.'"***

He hopes to use the drive he once had as a player to inspire and expand NAIT's basketball program. "We're gonna live and learn. Win or lose, we're gonna use it for the experience for next year...[they're] just a special group of guys that are willing to work hard, no matter the situation."



# SUDOOKU



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

## THE ANSWERS YOU NEED ON THE NUGGET ONLINE.

*(if what you need is answers to sudooku)*

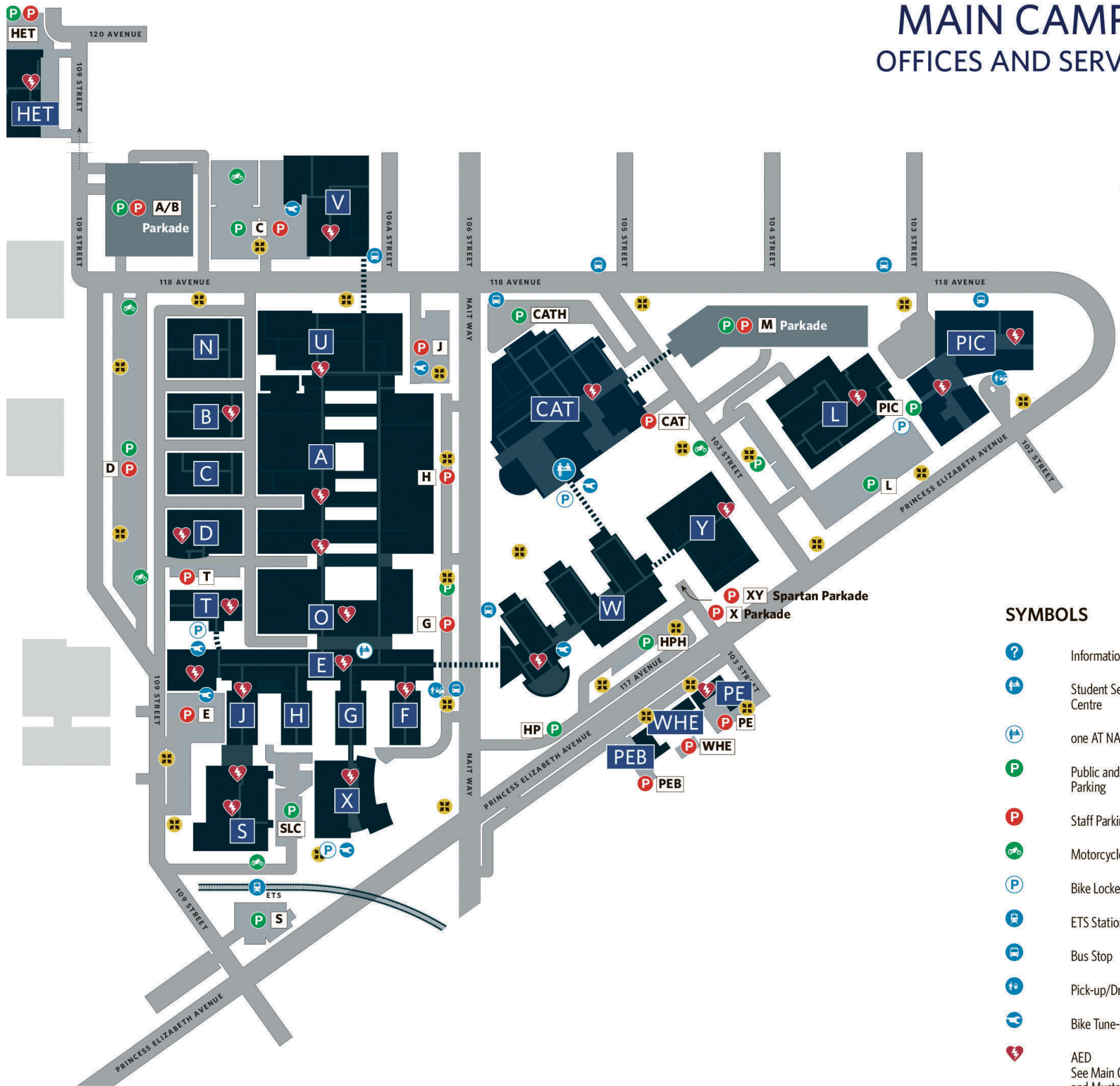


I'm retiring on March 19! Who will give the NAIT community cuddles when they need them?

Don't worry, Flynn! NAITSA has lots of dogs to pet and cuddle. We've got your back!



# MAIN CAMPUS OFFICES AND SERVICES



## SYMBOLS

- Information
- Student Service Centre
- one AT NAIT
- Public and Student Parking
- Staff Parking
- Motorcycle Parking
- Bike Lockers
- ETS Station
- Bus Stop
- Pick-up/Drop-off
- Bike Tune-up Station
- AED  
See Main Campus AED and Muster Point Map for detailed locations

## CATIONS

- ONTON**  
Campus  
- 106 Street nw
- ia Campus  
4 - 149 Street nw
- h Campus  
Gateway Boulevard nw
- Distribution Centre  
- 120 Street nw

## BUILDINGS

- |  |   |
|--|---|
| <b>A</b> Industrial Building                               | <b>PE</b> Human Resources Building            |
| <b>B</b> B-Building  | <b>PEB</b> Princess Elizabeth Building        |
| <b>C</b> Gateway Mechanical Services Centre                | <b>PIC</b> Productivity and Innovation Centre |
| <b>CAT</b> Feltham Centre                                  | <b>S</b> Activities Centre                    |
| <b>D</b> Services Building                                 | <b>T</b> Administration Building              |
| <b>E</b> Technical Building                                | <b>U</b> Learning Resources Centre            |
| <b>F</b> Medical Wing                                      | <b>V</b> Industrial Technical Building        |
| <b>HET</b> Heavy Equipment Technology Building             | <b>W</b> hp Centre                            |
| <b>J</b> J-Wing  | <b>WHE</b> Western Hog Exchange               |
| <b>L</b> Continuing Education and Industry Training Centre | <b>X</b> South Learning Centre                |
| <b>N</b> Sandvik Coromant Centre                           | <b>Y</b> Spartan Centre                       |
| <b>O</b> Central Building                                  |   |

## OFFICES AND SERVICES

- |   |  |  |
|---|--|--|
| <b>E-131</b> Athletics                            | <b>E-134</b> NAIT International Administration   | <b>CAT-180</b> Student Service Centre            |
| <b>O-117</b> Campus Recreation Services           | <b>W-203</b> NAITSA Computer Commons             | Admissions and Enrolment Support                 |
| <b>CAT-215</b> CAT Computer Commons               | <b>O-108</b> NAITSA (NAIT Students' Association) | Advising and Career Development Service Services |
| <b>W-111</b> Computer Training Centre             | <b>E-121</b> Nisohkamátotan Centre               | Funding and Financial Aid Services               |
| <b>L-217</b> Corporate and International Training | <b>T-409</b> Office of the Registrar             | Pre-Admission Immigration Advising               |
| <b>S-105</b> Health Services                      | <b>O-112</b> one AT NAIT                         | Student Payments                                 |
| <b>W-101</b> International Centre                 | <b>CAT-180N</b> Parking Office                   | <b>U-210</b> Student Study Lounge                |
| <b>U-310</b> Library Services                     | <b>D-104</b> Protective Services                 | <b>O-117</b> Student Well-being and Community    |
| <b>L-142</b> NAIT Assessment Centre               | <b>X-114</b> Shop at NAIT                        | <b>L-159</b> The Welcome Centre                  |
|   | <b>CAT-180</b> Student Awards                    | <b>U-210A</b> Tutorial Services                  |
|   | <b>W-111PB</b> Student Counselling               |  |