

VISIT

LETHBRIDGE.CA
CAMPUSMEDIA.CA

For additional news, videos,
photo galleries and more!



QUOTE OF THE WEEK

"When it's a key moment and you sink a bucket, you feel a huge rush."



See KODIAKS ON THE HUNT FOR NATIONAL TITLE Page 7



endeavour



Whoop up drive

A third bridge is back up for discussion, with a petition running around to speed up the process.

By Stephanie Savage Page 2



Type one diabetes

Liam Scheurkogel just wants to be a normal kid; besides living with diabetes, he's making the most of his opportunities.

By David Selles Page 5

Kodiak action

The Kodiaks are eyeing the national title after falling just short last year

By December Burgess Page 8



November 3, 2017 Vol. 53, Issue 1

Winter is coming



PHOTO BY GREG BOBINEC

Kevin Hanna clearing the front entrance to the Lethbridge College to welcome the future students at the open house on Nov. 2.

Lethbridge College honoured with new name Ties with Blackfoot community strengthened

GREG BOBINEC

@gregoryallanb

Lethbridge College was presented with a traditional Blackfoot name for its dedication to indigenous education.

The name "Stone Pipe" or "Ohkotoki'aahkkoiyiiniimaan" was given to the college by Elder Peter Weasel Moccasin who explained the stone pipes are used in scared ceremonies and keeps the Blackfoot people at peace.

As a representation of a straight and good path between the college and indigenous communities, a stone pipe was presented to the college at the naming ceremony.

The stone pipe was created from the elements found behind the college including a stone and a piece of wood for the pipe stem.

In its creation process, the stone becomes refined and smoothed out while the wood is made to be unbreakable.

Dr. Paula Burns, President and CEO of Lethbridge College received the honor saying that the college is grateful to receive the

name and acknowledged this is a big step towards connecting to indigenous communities.

"We recognize the importance of Indigenous education and we will respect our name with a promise to continue on the straight path to improving the lives of our students and the communities that we call home," said Burns.

Shanda Webber, Lethbridge College manager of Recruitment

"We will respect our name with a promise to continue on the straight path"

DR. PAULA BURNS

and Indigenous Services says that it is an incredible honor for the college to acknowledge the traditional land that the school sits on and the commitment it has for indigenous education.

"It shows that it is a partnership and Lethbridge College will really show its commitment of making indigenous education a priority," said Webber.

She also believes this is a good foundation to start on for strengthening relationships and that the college is always looking into more ways they can connect with the indigenous population.

"We are looking at partnerships to grow with our other post-secondary institutions. We are also looking at doing a research project to strengthen our ties with the high schools," said Webber.

Lethbridge College has been creating a stronger relationship with the indigenous community by permanently flying the Blackfoot confederacy flag and building the Founders Square area which features the history of the traditional land the school sits on.

Over eight per cent of the college's student population is Indigenous. This has made the connection a priority for the institution.

Making efforts towards serving indigenous students in and out of the college earned the college a bronze indigenous education of excellence award in May.



Bridging the gap for better balance

Lethbridge residents are hopeful for a third bridge.

PHOTO BY STEPHANIE SAVAGE

STEPHANIE SAVAGE
@steph.d.savage

A two-year old petition urging city officials to re-examine another bridge crossing is again gaining momentum.

Lethbridge entrepreneur Karl Airey created an online petition urging Mayor Chris Spearman and Alberta Minister of Infrastructure Brian Mason to take action on the long debated third bridge crossing.

Airey believes the steady growth of our town demands an additional route for commuting.

In November of 2009, a third bridge aptly named Chinook Trail River Crossing was officially endorsed by Lethbridge City Council.

Planning to connect Scenic Drive with University Drive, this new crossing would provide additional routes for those people traveling from West to South Lethbridge.

Many of those who travel across the bridge daily are faced with only two options. Crowsnest Trail and Whoop-Up Drive.

According to the official 2016 census, more than 40 per cent of Lethbridge residents live on the west side of the city. In 2006 west Lethbridge had a population of 27,000 residents. That number has since jumped to 38,000.

Earlier this year a \$5 million preliminary study for design and environmental approvals was sanctioned by city council. The research is tentatively scheduled

to begin in early 2025.

Experts and officials will examine costs, logistics, environmental concerns and other pertinent factors before construction begins.

The bridge construction is temporarily slated to begin 2032.

Lethbridge Resident Eric Martin believes that there are more important things than the third river crossing for the community to be focused on.

"Rather than petitioning for a third bridge we should be petitioning for a proper council that should have allocated funds for it by now. What we need is proper management," said Martin.

Martin says the key to bettering our city lies in tighter control

over city budgets and reduced spending by council members.

The outspoken Lethbridge Resident Eric Martin believes that there are more important things than the third river crossing for the community to be focused on.

"Things become a little more complex when the city has to fork out reasonable money for a section of private property. And that becomes expensive. Expensive means more taxes. We get taxed enough as it is," said Martin.

Lethbridge Mayor Chris Spearman took to his personal social media account to provide his take on the matter.

"Just so everyone fully understands the issue. A series of provincial governments have taken the position that another bridge

across the river will be a local improvement, therefore must be entirely paid for by local taxes. The estimated cost is \$200 million which is a 14 per cent tax increase, just to build the bridge. Traffic on existing bridges is not overwhelming. Nothing like traffic in Calgary or Edmonton. Traffic most days crosses the river valley in less than 2 minutes," said Chris Spearman.

The resurgence of the chatter surrounding Chinook Trail River Crossing does not appear to be slowing as more conversations pop up online every day.

At this time, no official statement has been made by the Lethbridge City council or the Alberta Minister of Infrastructure in regards to this matter.

Lethbridge residents take stand against inequality

DECEMBER BURGESS
@decemberburgess

A roar of passion sounded in downtown Lethbridge as men, women and children marched for the safety of their mothers, sisters and friends.

Citizens of Lethbridge proudly clutched their handmade signs, braving the rain, to literally confront oppression and combat violence.

The Young Women's Crisis Association held Take Back the Night as an initiative to protest societal and social inequality between the sexes.

"Men can go out at any time and walk on the street and it's not an issue," Maria Fitzpatrick, the MLA for Lethbridge East said.

Fitzpatrick is a reverent supporter for women's rights, and has been for her entire life.

"Women should be able to go out at any time if that's what they choose to do."

She worked for the federal government for 32 years and signed the original pay equity complaint in 1984.

"It took 15 years for our complaint to be processed and settled."

Fitzpatrick said that for some companies [like the post office], it took even longer to process and settle the complaint. Some of the women waiting for the settlement died before they had gotten their share.

Fitzpatrick said that while society has made some great strides in an effort to create a sense of equality, more must be done.

"We hear two thousand women have been sexually assaulted," Fitzpatrick explained with an example. "We don't hear the active voice: Two thousand men have sexually assaulted women."

Fitzpatrick described this language hurdle as toxic masculinity.

"It's when males talk about women in a demeaning fashion. They may not mean to do that, but they do."

The MLA said this could range from demeaning names to flat-out objectification, such as treating women as pieces of meat.

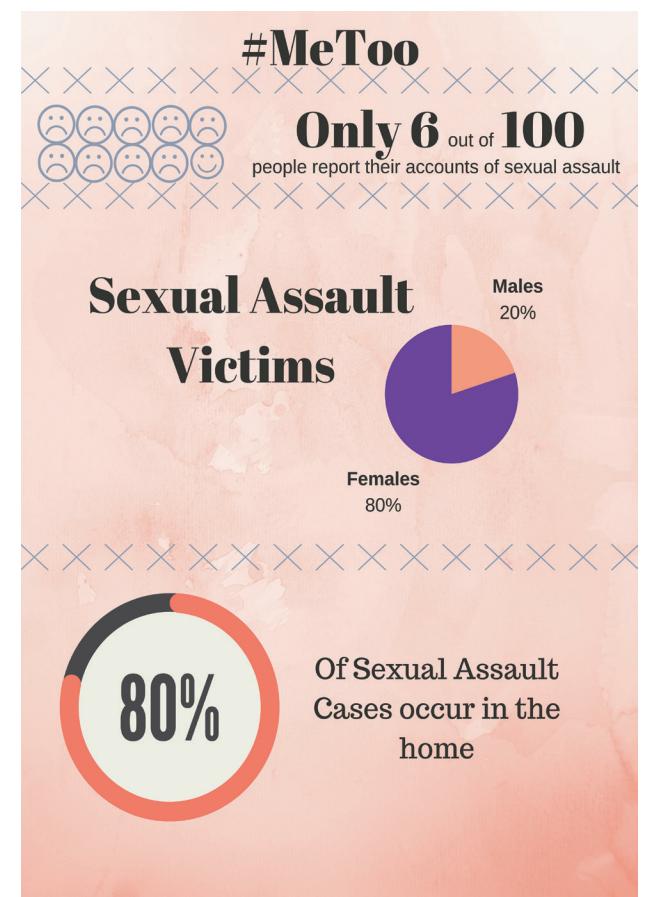
This year's theme for Take Back The Night was "We Believe The Survivors."

The CEO of the YWCA, Jennifer Lepko said this event empowers survivors and brings awareness to the community about the struggles women still face today.

"It starts the conversation; it gets people talking," Lepko said.

She also commented that because these issues are reoccurring and happening to this day, this topic needs to be addressed.

Lethbridge took part in the internationally held event on Friday, Oct. 20. The protest began in Galt Gardens before they marched to the YWCA.



Lethbridge College brands bathrooms non-binary

ALEX GROGER
@AlexGroger

Gender neutral bathrooms have been assigned within Lethbridge College and will act as a safe zone for all students regardless of gender identity.

This is the college's first step toward creating parity after battling with gender inequality for many years.

Avery Follett, a member of the transgender community, believes the college taking this step will have a huge impact moving forward.

"Gender neutral bathrooms will allow for a safe, private place for individuals to go without scrutiny or inquiry," said Follett.

According to Follett, a lot of non-binary individuals are often afraid to speak up about the issues they face and that may have played a factor in why it took so long for the college to make this transition.

"I do think it's a step in the right direction, it will be great for anyone who needs a private bathroom space," said Follett.

Education in schools, more commonly used gender



PHOTO BY DECEMBER BURGESS

Soon these signs will be replaced by transgender signs in some of the washrooms around Lethbridge College.

neutral language and promoting a more welcoming atmosphere towards the transgender community are important steps that must be taken, says Follett.

They also say further education within the school system and more use of gender neutral language will go a long way to promoting inclusion for the transgender community.

According to bustle.com, transgender individuals have been proven to have a higher risk of bullying, harassment, and even police violence than the average individual.

They also report every individual has the right to both safety and security, so transgender people shouldn't have to deal with those issues on a daily basis.

School Teacher Nancy Tamblyn says that more gender neutral bathrooms are required in public schools.

"The non-binary group is a group that is certainly on a rise, and it is only fair that they receive equal treatment," said Tamblyn.

Tamblyn also believes gender neutral bathrooms will play a big role in the safety and privacy of all individuals.

"The installation of these bathrooms will go a long way in ensuring that the individual is more confident and comfortable in their environment," said Tamblyn. The college has installed gender neutral bathrooms in both the Andrews and Paterson buildings.

Sisters stand in solidarity to support fallen friends

GREG BOBINEC
@GregoryAllanB

Citizens of Lethbridge honoured the memory of the missing and indigenous women throughout the community at the 11th annual Sisters in Spirit Vigil in a heartfelt attempt to bring change to the issue.

Joey English is one of the missing murdered indigenous woman whose body was found in an area of Calgary in 2016.

The 25-year-old suffered a fatal overdose when Joshua Wise chopped up and disposed her body. Police were never able to find all of her missing limbs.

Louise English, Joey's Grandmother spoke at the vigil to tell her story of loss and to give hope to other people who have experienced the pain of losing a loved one.

"It's a very sad world we're living in."

JOEY ENGLISH

"It's almost two years now that my granddaughter has been gone, not only her but I have two other grandchildren that were murdered. I ask every one of you that have lost a child to ask the creator to give us that strength to carry on because it is a very sad world that we are living in," said English.

Explaining the loss and torment she's endured from the tragic loss, English wants people to understand what a big problem this is.

"These local towns are becoming to be so awful so watch your little ones because you know what is happening today," said English

Charlene Bruised Head Mountain-Horse, a community volunteer with Sisters in Spirit, says not enough is being done to help improve the amount of violence and murder.

"Our women are suffering as a result because we are not taking action .. if there are political leaders who want to discuss strategies to implement, we would be happy to meet," said Mountain-Horse.

Racism and discrimination go along with the issues in the indigenous community which Mountain-Horse wants to see change within the city and country.

"We don't want to be abrupt and abrasive in our approach, there is a lot of progress that can be made very significantly, wholeheartedly and to be positive and impactful on our community."

Faceless dolls were made by families of lost individuals and people in the community to show the

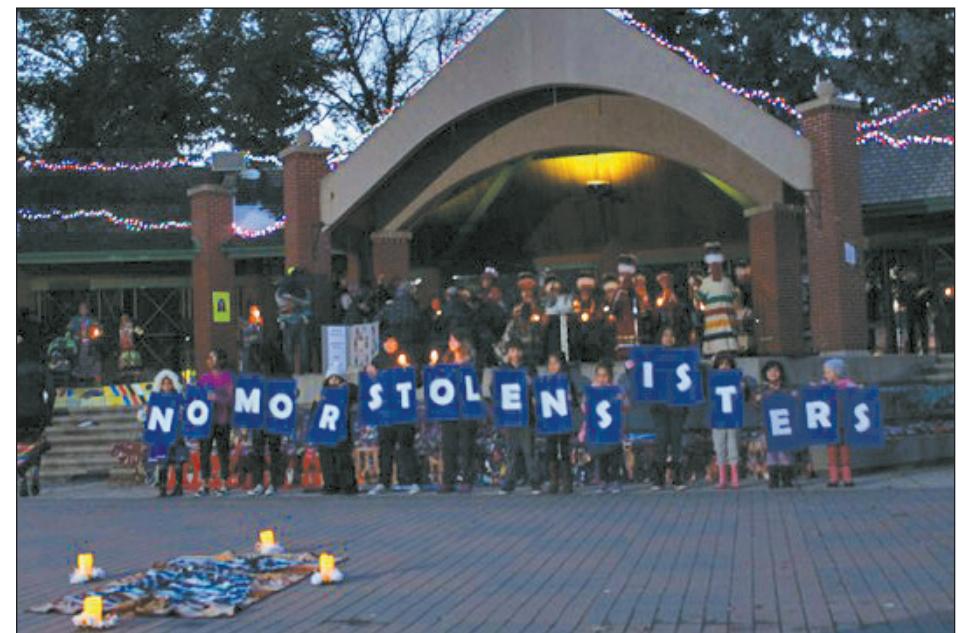


PHOTO BY GREG BOBINEC

Young indigenous women taking a stand against the violence and murder in their community.

public the amount of indigenous women have fallen victim to the violence.

Over the last decade, thousands of indigenous women have gone missing due to violent circumstances. Indigenous women in Canada are three times more likely to experience violent victimization and five times more likely to be murdered than non-indigenous women.

The Sisters in Spirit continue to fight for the voices that are unheard and missed.

STUDENT ACTIVITIES

Long Night Against Procrastination - Drop in between 4 - 11 p.m., Tuesday November 7th. The library is here to help you deal with the accumulating stress of assignment loads by providing research and writing support, stress management strategies, and wellness information. Plus you could win some great prizes.

Get your Flu shot - 8:30 a.m. - 3:30 p.m., in the following locations: Nov. 6th in PE, Nov. 7th in IB, and Nov. 8th in Centre Core.

Last day to withdraw is November 3rd.

Wondering what else is going on around campus? Visit the Student Activities Calendar on myhorizon. Check often, win prizes.



 Lethbridge
College



OPINION

Editorial Staff Fall 2017-Winter 2018

Stephanie Savage	Houston Garinger
Greg Bobinec	Dominique Charles
December Burgess	David Selles
Kent Zurek	Alex Groger

Advertising Sales &

Production Staff Fall 2017-Winter 2018

Josh Mackenzie	Ryne Mock
Garrett McGowan	Keaton Baker
Brandon McGraw	Bethany Conrad
Taylor Bloodworth	Desirae Hewitt-Anders
Adin Dingwall	Libby Mcmenamon
Nathan Telke	Shereese Morrison
Ryan Grove	Kashe Woodlock
Publisher	Technician
Martina Emard	Paige Thornborough

Advisors

Martina Emard
Kris Hodgson

The Endeavour is produced 10 times during the academic year by students in the Digital Communications and Media program at Lethbridge College. Stories, photos and advertisements are produced as part of the academic program and are not representative of the opinions of the Board of Governors of Lethbridge College, its directors, officers, employees, agents or representatives.

The Endeavour newspaper, eNews television and Kodiak online radio are part of LethbridgeCampusMedia.ca.

LETHBRIDGE CAMPUSMEDIA.CA   

Advertising

For advertising rates and information, please call or email our office. Advertising rates can also be viewed online at lethbridgecampusmedia.ca/advertise-with-us/

Advertising Inquiries:

403-320-3301
ads@lethbridgecampusmedia.ca

Letters to the Editor

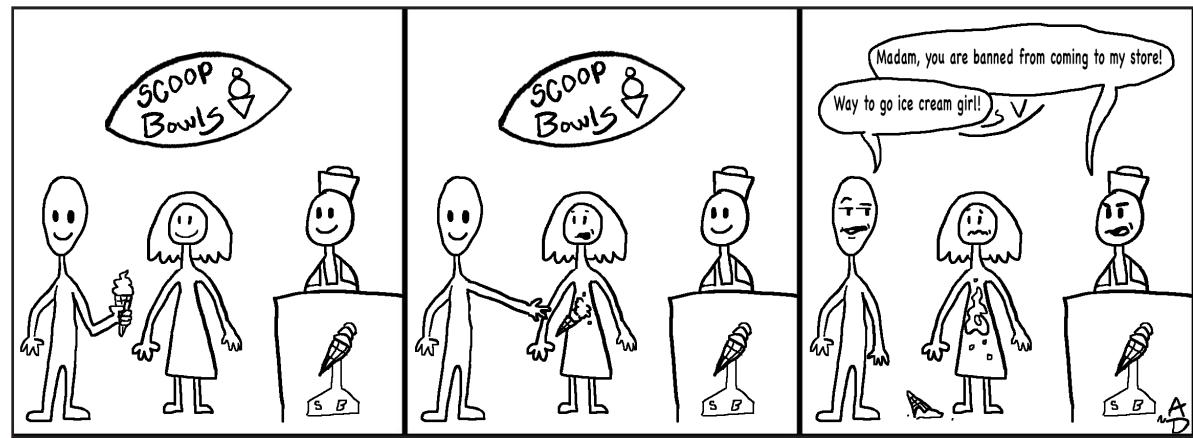
Submissions to Letters to the Editor should be exclusive to The Endeavour. To submit a letter, include name, address and daytime phone number. Keep letters under 250 words. The Endeavour reserves the right to edit for length, taste and clarity.

E-mail: news@lethbridgecampusmedia.ca

Fax: 1-888-520-6143

Mailing Address:

Endeavour Newspaper - TE3225
c/o Lethbridge College
3000 College Drive South
Lethbridge, AB T1K 1L6



Tomato vs. TO-MAH-TO

Gender disparagement in our modern world

Ever since Janet Jackson was infamously banned from performing at the Super Bowl and the fact Justin Timberlake is coming back demands one simple question: how much are we responsible for giving men an advantage in their lifetime?

The glitz and the glamour that comes with celebrity status isn't usually treated differently.

Most recently Justin Timberlake, the one responsible for exposing Janet Jackson's breast to the world was asked back to the Super Bowl almost 15 years after that notorious night.

He was praised for his fairly lax apology in response to that night, while she was barred from attending that year's Grammys, which aired the following week.

Her music was banned from a vast majority of radio stations; his played on.

Though it was Timberlake who exposed the pop icons breast on national television, he was treated like the man who wasn't there and she was turned into a pariah.

With this news comes a backlash from women all over the world who are claiming Timberlake's white male privilege was responsible for his return.

Jackson was unfairly forced to pay a far higher price than he ever faced for that breast-baring "wardrobe malfunction" at the big game in 2004.

Timberlake is now going to be performing for the third time, with this show bringing him to Super Bowl hall of fame by performing the most out of any performer ever.

Where a man exposing a woman's breast to over 145 million people brought one of them infamy and fame beyond their means, it also trashed the career of the exposed woman at the same time.

Where society decided to embrace one person's mishap as a wardrobe malfunction on behalf of Timberlake, Jackson was absolutely demolished in the press with headlines painting her as

some sort "fame whore" and "harlot."

Janell Hobson, an Associate Professor of Women's, Gender, and Sexuality Studies at the University at Albany and the author of 2012's "Body as Evidence: Mediating Race, Globalizing Gender," says it is interesting that news of Timberlake's return comes at a time when pop culture is dominated by headlines about misconduct by prominent males like Harvey Weinstein and Bill Cosby.

Hobson said as Jackson was the one who was blamed and punished.

It is the same thing that happens to women dealing with sexual assault or rape in this turbulent society we exist in today.

"It's always women's bodies that are the problem."

JANEL HOBSON

"It's always women's bodies that are the problem. So, whenever we talk about rape or we talk about sexual assault, it always goes back to, 'So what was she wearing? Was

she walking sexy? Was she being flirtatious?' As if men have no part to play," Hobson said.

It's been known for years that Timberlake has used the backs of others to get ahead in life, and sure this is his fault, but unfortunately as a society, it's also ours.

We gave him the complex of his skin colour and his gender that made him think that we as a society don't need an apology from a man who exposed a woman to the world.

We showed Timberlake it's okay to call black people ethnic and accept invitations to play a half-time show where his more experienced and female counterparts were banned; and we also taught him that it's absolutely fine to not take a stand for the people out there who need it.

People like Jackson, our sisters, girlfriends and sexual assault victims need our support, not our judgment.

It is now important more than ever in a world that doesn't even give women a fighting chance, just because they were born one way and not the other.



eLIFE

New technology helps those living with diabetes

DAVID SELLES
@DavidSelles97

The new and difficult challenges that type one diabetes brings can seem daunting and overwhelming to some families.

For one family, they were able to take most of the changes type one diabetes bring in stride.

Having a child diagnosed with type one diabetes can be a scary thing for some families to deal with.

Liam Scheurkogel was diagnosed with type one diabetes when he was eight-years-old.

This diagnosis came as a bit of surprise to Liam and his mother, Teresa Wall.

Wall says the difficulty of dealing with type one diabetes lessened as they got more comfortable with the process.

"It was all brand new and I was like, wow, we have to do this for the rest of our lives! But as time went on it gets easier for sure," said Wall.

The most difficult part of her son's diabetes is that it fluctuates daily she said. "Every day is different. No two days

"Liam can live his life just like every other kid."

are the same. There could be activities that he's doing or he's not feeling well. Everything and anything can affect his blood sugars and the way his body absorbs the insulin. Every day is unpredictable," said Wall.

Liam has been able to live a normal life despite his diabetes. The only thing making him different than the other



Liam was diagnosed with type one diabetes when he was eight-years-old.

PHOTO BY DAVID SELLES

kids you see running around outside is that Liam gets tested a minimum of four times a day and monitors his diet carefully.

If he does those two things, Liam can live his life just like every other kid.

He continues to be an active kid that enjoys dirt biking and playing football.

Liam is able to go through his daily tests with less pain now that he has a new device which doesn't require the old method.

Liam says he likes about his new device is because it doesn't take nearly as long to test his levels.

"I like this device because when I had to prick my finger, sometimes it would take more than five minutes because there were times that it didn't read properly the first attempt," said Liam.

His new device uses a scanning system checks the blood sugar levels without Liam needing to draw blood.

This new system is able to provide

people like Liam with accurate results quicker and more comfortably. With this new device, Liam is able to get back to being the active kid he wants to be without waiting for results.

Liam is determined to be crowned champion in this fight.

Having diabetes is a daily battle for many Canadians.

But with new devices and further improvements, the battle is becoming easier to win.

Hittin' the slopes gives rush to local skier

GROGER'S GUIDELINES

Alex Groger

I think it's about time for the ground to be littered with snow.

It may sound crazy to some, but with heavy snowfall brings along one of the things I love to do most. Skiing.

I have been skiing since I was about six-years-old, so I guess you could say it's been a pretty huge part of my life.

I wasn't instantly in love with the sport, as it took some getting used to.

My grandparents own a timeshare at Panorama Mountain Resort, and they have been bringing my sister and I

there for as long as I can remember.

When I first started skiing, my grandparents decided the best way to learn would be to take lessons, but I resented that.

"It was that rush that I fell in love with."

Each year I hated my instructors, they had to force me to stay on the mountain. I spent three years going there, complaining about having to go on the mountain, and wishing I was eating pizza in the hot tub. But one day that changed.

My grandparents had finally had enough of me and decided to pull me from lessons. As stubborn as I am, I

then decided I'd give it one more shot.

I went up the mountain with my sister, and then we raced to the bottom. It was simply amazing. I'm pretty sure I never went more than a minute without falling square on my face, but it didn't matter.

I was simply in love. I didn't care if I was in pain. I had never been allowed to just fly down as fast as I could and it was that rush that I fell in love with.

To this day that hasn't changed and I hope it never will. Whether it be sweeping through the trees, hitting some jumps, or racing my friends down, each aspect of the sport is amazing.

Panorama is now without a doubt, my favourite place to be over the holidays. This winter, I am set to head to Fernie over the winter break with my cousins in what should be a very action-packed trip.

All I know is, as long as I'm on that mountain nothing can take my happiness away.

Misconceptions of media and mental health



When I was in grade nine, I had my very first anxiety attack.

A coil of panic squeezed my chest so hard I thought it would burst. Nausea churned within me. I felt hot and light, but also chilled and heavy.

I was drowning and thrashing. I couldn't breathe, and I didn't know why. Time seemed to slow, but the world tilted with speed and strength.

And all I could think was: I don't want to die.

It makes me laugh in an almost bitter way now that I'm older. It's funny, but it also stings a bit of my soul.

I obviously didn't die. My panic didn't harm me in any way. I'm still alive and well. Yet, I think about that day sometimes.

Not sometimes, all the time. Every time I have another attack.

I think about it because I always have the same thought in the midst of it. "I don't want to die."

Rationally, my brain tells me I'm not going to die because I have to do a presentation in front of my classmates the next morning. Rationally, my brain tells me I'm not going to die because a person touched my arm without asking first. And rationally, my brain tells me I'm not going to die because I didn't recognize that girl from school at the grocery store.

Despite the small reassurances I tell myself, it's always

the first thing I think when I'm spiraling.

I never really thought that I was scared of death. I still don't, actually.

Now, whenever I talk about my continuous battle with anxiety, I try to stay as blunt as possible.

I was taught in school that mental illness is stigmatized and to me, this meant that I should open dialogue in an attempt to destigmatize it.

This brings me to my topic: social media and mental illness.

I recently logged onto my Tumblr – for old times' sake and maybe a laugh – and found that quite a few of the blogs I used to enjoy were engaging in behaviour that I found a little concerning.

They were talking about mental health and suicide,

"I like hearing that people are tearing down those walls of hatred and fear to find a system of support."

but not in a way that discussed it objectively.

They were romanticizing it.

Now, I would like to take a moment to emphasize that mental illness should be talked about. I encourage having open discussions about triggers and symptoms. I like hearing that people are tearing down those walls of hatred and fear to find a system of support.

I'm sure you've all come across media like this. The ones where tortured souls meet one another, but can only truly connect once they reach their definite and inevitable end.

Like Romeo and Juliet (though that play was meant to be a storm of satirical bull crap; bless William Shake-

speare's heart) except with cell phones and more misery.

There is a Youtuber named Dodie Clark that recently came under fire because her audience thought she was oversharing her struggles with depersonalization.

On the surface, Clark didn't seem to be doing anything overtly harmful. She was simply talking about her experiences on an online platform.

Over time, her viewers commented that they had to stop following her because of how this oversaturation of negativity was affecting them.

Clark said that she was still learning how to walk the fine line between oversharing and sharing. She didn't mean to portray her mental illness in a way that could romanticize it.

Celebrities and online personalities are hard offenders of oversharing and incidental promotion. The majority of times, it pans out the same way that it did with Clark.

She obviously did not mean to harm or trigger her audience in any way, nor did she want them to wish her problems on themselves. It is because she is in the spotlight and people look up to her that this happened.

They want to be like her – mental illness and all.

So where's the line? How do we as a society distinguish between sharing, oversharing and promotion? How do we destigmatize a subject without subjecting it to glorification and glamorization?

Over time, we've begun to normalize some of the behaviours that can be rather damaging. People self-diagnose, make light of and desire mental illness.

Next time you see a quiz on what mental illness you may have on Facebook, acknowledge it. You don't have to police people who engage in these quizzes, but think about it.

Acknowledge that, yes, this is glorifying mental illness. We shouldn't do that. The more aware we are as people, the more aware we become as a society.

Local film maker learns to break rules

HOUSTON GARINGER
@GaringerHouston

Krista Loughton is an expert when it comes to creating films, but managing her time and putting in the effort and dedication is what she strives for.

Loughton first started off in the wedding business where she would create films with her then boyfriend for couples saying "I do."

One sunny day at a wedding, she was told that the company needed a second camera person.

As soon as her hands touched that camera she was filled with love and excitement and she didn't put the camera down for the next six months.

Loughton has been creating films for quite a few years and explains that creating a film is "100 per cent a collaborative art form" and that it "takes a lot of people to do it and so much talent comes in to play."

When asked about her newest film, *Us and Them*, Loughton said it wasn't a normal film. She said it actually "came out backwards in a lot of ways" and that's what made it unique to the audience.

Loughton explains how the process of creating a film is neither easy or quick and can feel like you're stuck on repeat for years while working on a film.

She explained that in her experience, it's easy to abandon a project and quit just because they can be very difficult. She

also says that you have to be really be passionate about what you're doing for feature films to be successful.

"I didn't go to film school or anything but I don't know... maybe that was a mistake. I could have done some weekend classes to just even learn how to edit and stuff like that," said Loughton.

She said that to be successful you should read a lot of books and try to educate yourself and be your own teacher as she had to.

Loughton also said that she would sit at home on her comfy little couch under a warm blanket watching other film makers that she idolized, and would read books about directing such as "Directing the Documentary" by Michal Rabiger on how to dissect scenes.

As Loughton went back to her new film she explained how it all came together.

"In the end we went back to more of a traditional structure and that films are sort of like math and there are formulas that do work. You need to know the rules before you break them and its all about story, story, story," said Loughton.

The rookie feature filmmaker is really excited about her latest work.

Loughton said inside she was jumping for joy and was so happy to release it.

"For everything to work out things have to come together such as characters, music and the pacing," said Loughton. "It's a Rubik's cube for sure."

Loosen Up

Work out your knots at the

Lethbridge College Student Massage Therapy Clinic



De-stress, unwind, revitalize, help out your fellow students!

The clinic experience provides the Massage Therapy students the opportunity to:

- practice their therapeutic massage skills
- cultivate client-therapist relationships
- develop business expertise

To book an appointment call 403-329-7274
Or in the Office PA2123

Prices are \$20.00 for ½ hour and \$30.00 for a full hour

Located at TE2220





eSPORTS

Kodiaks on the hunt for national title

STEPHANIE SAVAGE
@steph_d_savage

There is no hibernating for the Lethbridge College Kodiaks as they claw their way toward a national title.

First year recruit from Quesnel, British Columbia, Cole Crick brings his previous experience to the Kodiaks this year and hopes to inject some more magic in to the well-established core roster.

"One of the reasons I came to Lethbridge College was because I respected the way the Kodiaks play. I love the coaching staff and the atmosphere here," said Crick.

Making his debut in the Kodiaks blues, Crick posted 10 points and helped secure a dominating win for the men in Friday's home opener against the Briercrest Clippers.

Returning all-star Cory Richardson kicked off his second season with the Kodiaks securing 13 points in the season opener.

With the off-season behind him the Kodiaks guard has his eyes securely fixated on his golden dreams.

"My ultimate goal is to get to nationals in Montreal, take the title and come back here to design a really nice national championship ring," said Richardson.

The proud Kodiak says for him basketball not only gives him a sense of freedom he can't find anywhere else it also helps channel his energy into positive outlets.

"It's a way to express myself in a way no one else understands. I just find myself in this zone where the only thing that matters in that time is playing basketball," said Richardson.

Crick mimics that sentiment.

"When everything is going right and you get into that groove on the court there is no better feeling," said Crick.

Both Richardson and Crick know a thing or two about being in the groove.

Both men are key players on the Ko-



PHOTO BY STEPHANIE SAVAGE

Cory Richardson, a second-year guard for the Kodiaks, tries to evade a Briercrest player during the season opener at Lethbridge College earlier this season.

diaks starting lineup.

Richardson says for him the game isn't about the numbers posted on the stats sheet but more about getting the job done.

"When it's a key moment and you sink a bucket you feel a huge rush. But when you score any other time it's almost the feeling of, well I've done my job here now I have to do it again for the team," said Richardson.

The Australian born sensation credits a lot of the team's success to the supportive staff.

"The coaches here are great. Ryan Heggie is one of the best coaches I've had. Tyson and Taylor are great guys off the court and even better on the court.

"When it's a key moment and you sink a bucket you feel a huge rush."

CORY RICHARDSON

They are a great support system," said Richardson.

The Alberta College Athletic Conference (ACAC) championships will be hosted in March by the Kodiaks, giving them a shot to punch their ticket to nationals at home.

Last year the men's team claimed third place in the ACAC south division before

toppling the top-ranked Medicine Hat College in play-offs, earning a conference silver medal.

They then capped the season by finishing fifth at the national championships in Prince Edward Island.

The Kodiaks have a chance to write a different ending this time around when the nationals take place in Montreal.

To Hab or not to Hab: Montreal Canadiens in hot water



GO
BE-ZUREK
Kent Zurek

in 28th place in the NHL.

Everyone knew they had scoring problems, but the issues were to be resolved with the signing of Jonathan Drouin.

Matched up with the likes of a healthy Alex Galchenyuk and Max Pacioretty, they were supposed to be dominant.

Pure embarrassment. That's all I can say about the Montreal Canadiens at this very moment.

Before pre-season started, Montreal was considered one of the front runners in the race for the Stanley Cup.

They are currently sitting

Obviously, that's not the case.

They would be better off letting me play first line center if they want the odd one goal a month.

This has not been the only problem for the "Bad News Bears" on ice. The former MVP/Vezina winning goaltender, Carey Price, couldn't make a save if a beach ball was shot at him.

It's hard for me to criticize my #mcm (man crush Monday), but I have to speak the truth.

His play right now contradicts his title as arguably the best goalie in the world. Price is currently sitting in 24th position.

Does that look like a number one goalie to you?

There are only 31 teams in the league. Back-up goalies are supposed to be the 3-4 range for goals against.

This is where Price is sitting; in with the back-up goaltenders.

That's just a little of what made me go Be-Zurek this week in sports.

Smashing Kodiaks Games



Photos by
December Burgess



Kristine Ward (11) jump serves to the Red Deer Queens during the first set at the Kodiaks vs. Queens game on Saturday. Ward secured 12 points for the Kodiaks in total.



Ashleigh Noel (3) tries to block a kill from Niaome Jardine (10) at the Kodiak vs. Queens volleyball game on Oct. 28.



Dax Whitehead (12) spikes the volleyball to the Red Deer Kings at the men's volleyball game on Saturday. This spike resulted in a kill for the Kodiaks.



Marcus Bisheuvel (2) sets the volleyball as Michael Svab (3) prepares to spike back to the Red Deer Kings at Lethbridge College on Saturday. Svab is a middle on the Kodiaks, and Bisheuvel is a setter.