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*"Hanna has changed my life, she has
shown everyone that a disability
will not stop her."*

See FLYING HIGH ABOVE THE HARDWOOD Page 10



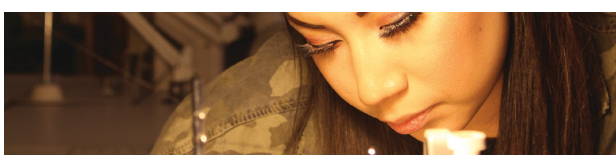
ENDEAVOUR



Making moustaches matter

Lethbridge College comes together to
support men's health initiatives.

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Fashion preview

Tiara Crow Flag talks about her passions,
inspirations and goals for the future.

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Sisters stay strong

Kodiak player and her sister are proud to
see scholarship honour their mother.

By Greg Bobinec Page 10



November 24, 2017 Vol. 53, Issue 2

Creating clothing for a cause



PHOTO BY GREG BOBINEC

Emily Taman and Contessa Tran from Lethbridge College's fashion program showcase their dress for the Condom Couture show for HIV awareness on Nov. 25.

(Trans)spire

DOMINIQUE CHARLES
@whatsdomdoing

"Living life as trans is never easy, we are continually having to defend and justify our own existence."

This quote was taken from a speech by

Jayne Wilson, a transgender woman using she/her pronouns who attended Lethbridge's Transgender day of remembrance on Nov. 20.

A day in honour of transgender people from all over the world who have died at the cause of hate crimes or bigotry, an unfortunate circumstance around the world, which has seen a rise recently in this new political climate.

According to its info page, the Transgender Day of Remembrance serves several purposes, mainly raising public awareness of hate crimes against transgender people by reading their names aloud to a slew of allies and bystanders alike.

TDOR's website supports not only self-identified members of the transgender community

— that is, as a transsexual, crossdresser, or otherwise gender-variant, but others as well.

According to Mara Kiesling from the National Centre for Transgender in the United States, the characteristics often found in the stereotypical victim share a lot with the characteristics of a

"We are continually having to defend and justify our own existence."

Jayne Wilson

trans person.

"These are all characteristics of people in the United States who are more susceptible to violence, of people who are more marginalized economically and educationally, people who end up having a bulls eye on their back," says Kiesling.

Kiesling says many of these crimes are not only pushed away, but completely uninvestigated.

"A lot of jurisdictions report zeroes, even in places where we know there are hate crimes," said Keisling.

She adds that numbers are often misreported too. Incidents

may not be determined to be hate crimes because there was no investigation.

Nearly 80 per cent of transgender people reported experiencing harassment at school when they were young. Bustle reports that as adults, some report being physically assaulted in public places in front of bystanders.

With the rise in hate crimes being seen, not just around the world but right at our doorsteps, Wilson says that for her, the most important

thing is people showing up in support of not only trans people in Lethbridge, but those who have been affected by this discrimination all over the world.

"To see so many of my trans siblings wanting to come out, wanting to read names (was meaningful)."

In regards to advice for young trans people who might feel a sense of fear coming out during this rough time around the world, Wilson says "You are not alone, and when you are ready, reach out."

For support, call the trans hot line Canada at 1 (877) 330-6366.



This is a typical scene Chris Eelhart would witness while on one of his two missions.

PHOTO SUBMITTED BY CHRIS EELHART

Local soldier and his mom recall harsh realities of war

DAVID SELLES
@DavidSelles97

Most people only remember the soldiers and veterans who were involved in the war.

But another aspect so often lost is remembering the parents of soldiers all around the world who had to watch their son or daughter go off on a mission not knowing if they would see them again.

Elsie Eelhart was one of those parents on two separate occasions.

Her son Chris joined the reserves in 2000 while still in high school.

This was the start of a journey that would lead him to serve on two separate tours.

His first tour was in Bosnia in 2003 and he would later go to Afghanistan in 2008.

Both times he left for duty, there was a sense of doubt whether or not he would be coming home.

Luckily for the Eelhart's, he returned home both times. Chris was mainly involved with peacekeeping missions on both of his tours and says that his experience was one he won't forget and one that forced his hand.

"It was a good experience. You become really close with the people you are deployed with. But I joined when I was young, so it made me grow up really fast."

And while serving isn't always a happy topic to discuss, one of Chris' stories from Afghanistan shows the lighter side of serving.

"There was one time where we were in the middle



PHOTO SUBMITTED BY CHRIS EELHART

Chris Eelhart snaps a shot while on one of his tours in the army.

of nowhere. We were sitting out there baking in the sun for 30 days. We were headed back to camp and were travelling in the dark and we were following a convoy. One of the tracks on my vehicle broke and we got stuck. We tried to radio for help but our radios weren't working. Eventually another convoy found us and helped us get out. It was an interesting experience."

But for Elsie, the uncertainty of what Chris was doing made it difficult for her while he was on tour.

"It was scary when he was in Afghanistan not hearing from him for days and not knowing the danger he was in. We are so thankful that he came home safe and sound. A lot of people were praying for his safety and our prayers were answered."

While this was a difficult time for the family, Elsie says it was made easier by the ability to have conversations while he was gone and also says the base in Lethbridge was helpful through the process as well.

"We kept in touch with him, but you never knew when he would call or how long the conversation would last. The connection could end at any time. Conversation was difficult as he couldn't tell us where he was or what he was doing as the military never knew if the lines were tapped. We sent care packages through the base here in Lethbridge and they were so helpful and supportive during the whole time he was on tour."

For Chris, he said the most difficult part of being on tour was the time spent away from family, but that they were also very reassuring of his decision to serve.

"The most difficult part was not being able to see them. It's a big sacrifice you have to do. You miss things that your family does while you're away. But my family understood what I was doing and supported me. I didn't feel guilty about what I was doing."

But serving is still something that Chris took very seriously and he felt proud of what he was doing.

"You're doing what needs to be done. Being part of a mission like that, you definitely have a sense of pride. Not a lot of people are willing or able to do something like that. Knowing what soldiers in the past have fought and died for, you feel a great sense of pride being able to be a part of something like that."



PHOTOS BY GREG BOBINEC

EMT students have a taste of their future profession during the mock disaster. (Left) Lydia Langille gets checked out by EMT students. (Centre) EMT students remove one of the actors from the damaged vehicle. (Right) EMT student Blake McCullum assess Karie Laenen inside the college's mock hospital.

Mass casualties at Lethbridge College's mock disaster

Children and canines among the victims

DECEMBER BURGESS
@decemberburgess

First year EMT students at Lethbridge College had to keep a clear head during a multiple patient simulation involving two children and a canine Nov. 17.

This mock scenario was planned by Simulated Patient Health Environment for Research and Education (SPHERE).

The group is a collaboration between the EMT and Nursing programs that creates simulations where students work cohesively as a team to provide service to their patients.

Sheri Wright, Chair of SPHERE, said that multiple patient scenarios are meant to teach students the parts of the career that cannot be shown in a textbook.

"We work to provide high quality, high fidelity simulations so they can put into practice what they learn in the classroom," said Wright.

Marie Laenen, a SPHERE instructor, added elements like children and dogs adds layers students otherwise wouldn't have an opportunity to deal with.

Multiple patient scenarios teach students how to critically think through what they have to do and decide who to give care to first.

The instructor also said they try to centre the disaster around what the students are currently learning in their textbooks.

"They've only been in the program for three months," she said in reference to the EMT students.

SPHERE also takes past learning into account. If the student learned about diabetes, for example, in their first month of school – SPHERE will circle back in later simulations to reinforce knowledge.

Wright said connecting the gap between theory

"It's different to actually apply it, learn it and have that meaningful learning experience and have that emotional connection that they have in these situations."

SHERI WRIGHT

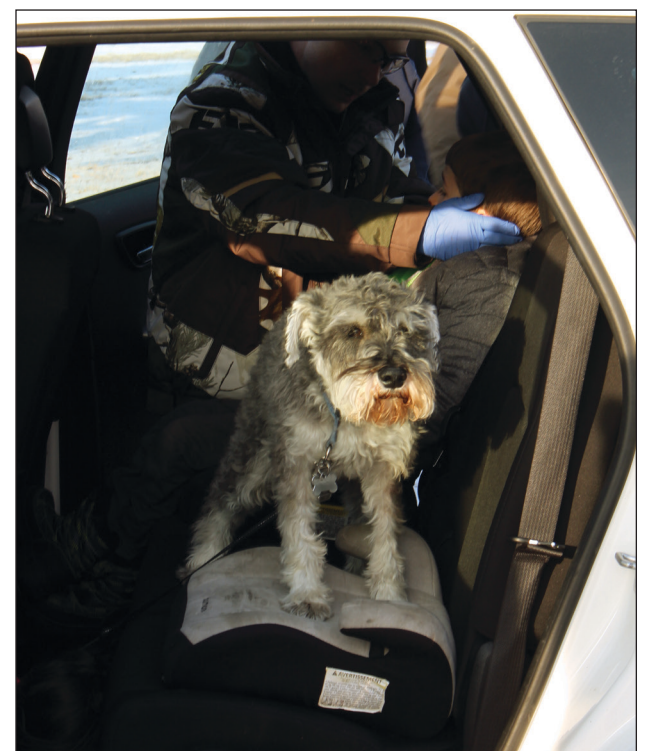
and practice is very beneficial to the students in their future endeavours.

Laenen added having a connection to their patients will help them remember the information they need to know.

"Just because you're seeing it, feeling it and touching it – it helps you remember it."

SPHERE used to be a mannequin-based program, but has now become more realistic to help students understand the conditions they will be fighting through in their field of work.

This year is the first they added children and dogs to the roster of factors their students have to deal with.



(Above) The Garber's dog, Cooper, keeps a close eye on his family as the EMT students assess the situation. (Below) Isiah lays on a gurney getting ready to be transported to the mock hospital.



"We work to provide high quality, high fidelity simulations so they can put into practice what they learn in the classroom."

SHERI WRIGHT



OPINION

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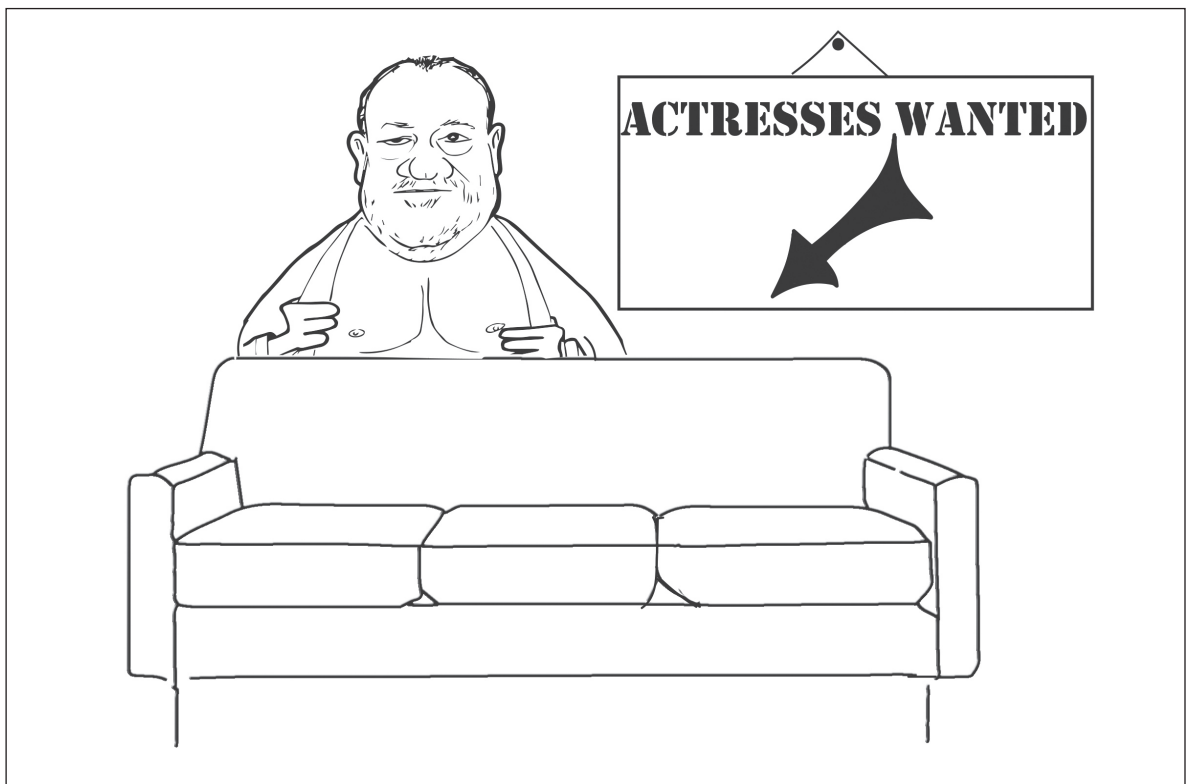
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Hollywood's casting couch crisis

Until we begin to hold people accountable for their sexual depravity and abuse of power, we must continue to hope the message of consent sinks into their thick skulls.

We must somehow reiterate the fact that when it comes to sexual activity the word no, silence or passivity never equals yes and obtaining consent is always the best foreplay.

And no, consent that is given under duress or fear doesn't count.

So sorry President Trump, Harvey Weinstein and every other powerful schmuck who thinks your authority gives you the right to prey on the vulnerable: it wasn't consensual, you're just a rapist.

From a young age, we are taught the words yes and no and are lead to believe they are absolutes.

Until it comes to sexual assault.

When the words are used in that sense, there appears to be a disconnect.

Somehow we have come to believe these words may come with another meaning.

Words that have been embedded in our brain since childhood somehow come up for review.

Occasionally, this disconnect manifests itself in sinister ways like performing sex acts on an individual who has either openly said no to you, or is incapable of granting you consent or is without the power to turn you down.

The act of forcing yourself on someone is downright detestable, criminal and completely unforgivable.

In early October, multiple women came forward to accuse Harvey Weinstein, famed Hollywood producer, of sexual assault.

As the head honcho at one of the most successful movie companies in the world, Weinstein had the means to advance or ruin an actress's entire career, so naturally he used that power to allegedly prey on vulnerable up and

comers in Hollywood.

Weinstein appears to have followed the script as written by President of the United States and leader of the God Forsaken free world, Donald J. Trump.

"When you're a star, they let you do it. You can do anything ... Grab 'em by the pussy. You can do anything."

It's appalling, yet it's running rampant in our modern day society.

That said, neither Weinstein or Trump invented the concept of the Hollywood "casting couch," nor the corrupt sexual ethics of the movie business.

Trading sexual favors for sought-after parts is as old as the theatre.

And for a long time powerful people have thought they could get away with deplorable sexual depravity because we let them.

Despite the sudden influx of victims feeling empowered to come forward and the resulting blowback on the alleged assaulters, sexual misconduct can't be completely erased from Hollywood.

However, the recent disclosures of Weinstein's revolting assaults on women blasted open the floodgates of similar accusations and apologies from other high-powered males.

Since that time, at least 20 other high-profile men in a variety of industries have also been raked over the coals for alleged sexual misconduct.

That's indicative of a bigger problem. If it were just Harvey Weinstein, Dustin Hoffman, Louis C.K. or Kevin Spacey, the problem would be the individual in question.

But it is not.

It is hundreds of people every day.

Some of those whose names we know and some whose names we are thankful we will never remember.

Maybe in light of Hollywood FINALLY calling people on their garbage, things are changing.

e LIFE

Finding inspiration in vintage wear Fashion student looks back to move forward

DOMINIQUE CHARLES
@whatsdomdoing

A garment, piece of art or a work of literature can be beautiful from afar, but the details that bring it all together are what really makes the difference between a show stopper and a bargain bin piece of clip art.

The canvas weaved onto a board or a sewing pattern as just one piece of the picture can define it, sometimes overshadowing the initial look.

Tiara Crow Flag began her journey into fashion at young age, dressing herself before meeting new people. Now she never leaves the house without her signature pair of heels and her trusty statement pieces.

She joined the Fashion Design and Sustainable Production program as a creative outlet and foray into bigger and brighter things.

Her style is including her clothes; the striking fabric she buys everything down to the ridiculous chic and soft carpet on her dorm room floor which shows off her edgy and eclectic style as she puts it.

Crow Flag is one of eight per cent of the Native population in pursuit of, or holding a degree or diploma.

Only four per cent of First Nations people on reserves and eight per cent in total, have a university degree.

According to the Chief Assembly on Education, Aboriginal people aged 15 and over have a much lower educational attainment than their non-Aboriginal counterparts.

Crow Flag is taking the steps necessary to maintain her goals and in the long run. She says she'd like to hopefully own her own shop or business.

"It's not just fashion design, there's so many jobs in the fashion industry that you can choose from, so many job opportunities, and I can build my way up," said Crow Flag.

She plans to do this by taking on internships and ex-



PHOTO BY DOMINIQUE CHARLES

Showing off her fabric in the Lethbridge College Sewing Labs on Oct. 30, Tiara Crow Flag, explains that all students are responsible for their own materials, so she tries her hardest not to waste them.

tra responsibilities by modeling for her fellow classmates in fashion shows, but staying true to herself and her style when it all comes down to it.

"I won't wear something I don't agree with, or don't like," she says.

When asked about her role models and fashion icons, Crow Flag says she can't really think of any.

With little to no role models like her representing her in her field of choice, Crow Flag finds her inspiration online and in her own closet. Citing her staples as her trusty high heels and her mermaid makeup brushes, but most importantly her camo jacket which she says is an "easy and accessible staple for anybody."

Tiara's most recent project is a men's vest created for her instructional assistant made from one of her favourite fabrics, the vintage pattern of hound's tooth.

"When my sister and I went through my closet she said to me 'you have a lot of 60s and 70s prints.' I asked her if she was calling me an old lady," says Crow Flag "But I know she wasn't because I do have a lot, I love vintage style."

Crow Flag, strives for excellence in her program at all angles, saying the fast-paced environment she was put into has given her a strong drive and excellent time management skills, which she uses to the best of her advantage.

Music marathon brings new experiences

DOMINIQUE CHARLES
@whatsdomdoing

Music can either start a revolution or bring together a community says Bradley Maryniak, a chemistry major at the University of Lethbridge, who spent 24 hours making a musical.

Maryniak is one of over 30 people that helped and participated in this year's University of Lethbridge's Musical Theatre Society 24-Hour Musical: Twilight the Parody.

Every year they take concepts from well-known works and parody them through song and dance. They use their production mid-semester to engage the group and attempt to form a familiar bond among its members.

"I like to call the experience after I perform a 'theatre high' and I am very high on this," states Maryniak. "It's so much fun. The giggling that happens at three or four in the morning is one of the most memorable experi-

ences."

Working with almost no sleep and only taking a quick nap around the 12-hour point for about three hours, the group showed little to no exhaustion, performing to the best of their abilities.

Jonathan Zimmer, who played the role of sparkling vampire Edward Cullen, said his place in this production was made even better by all the people involved.

Zimmer says his executive team and their direction style are a great supportive community.

"All the directors advocate for us and represent us well."

Maryniak comedic and well-timed portrayal of Jacob Black says theatre is about more than just the role.

"I remember in kindergarten we had this like, advent wreath calendar. I was so excited to be one of the candles in the advent wreath, so I kept the headband (I wore) and I think that my mom still has it. It was really corny, I loved it."

For Maryniak finding that inspiration at such a young age inspired him to go be involved in the community

and surround himself with encouraging peers which only adds to his confidence on stage.

The rehearsals for the 24-Hour Musical are long, but the skill shown in everything from the precise dance moves throughout the cast to the heartfelt pop ballads covered by the stars of the show portray the tremendous talent and dedication of the whole cast and crew.

In her portrayal of Bella Swan, many people criticized Kristen Stewart for her blank attitude and "lackluster" delivery of the character.

Alex Watz, a student majoring in Performance Arts at the University of Lethbridge and says that without even one person not giving it their all, the whole thing would've fallen apart.

"I understand the whole 'theatre high' thing," said Watz.

"It kind of feels like you left your body and you're floating a little bit as the adrenaline goes away. But the dedication that went into this, every piece of work and music and choreography, if one of us wasn't dedicated (to the craft) it wouldn't work."

Immersing yourself into a new reality

KENT ZUREK
@Kentsworth_Z

Immersion is the one word multiple people agree describes the strength of virtual reality gaming.

The resolution of a VR headset isn't quite to the quality of consoles, but the immersion makes up for that.

Dallas Jankowiak, a VR consumer says in *Keep Talking and Nobody Explodes*, you feel the pressure of being in the room trying to defuse a bomb. Whenever he fails to disarm the bomb, he gets startled because it feels so real.

The one negative to jumping into a virtual world, the price tag. The Vive and Oculus Rift cost in the range of \$450 to \$800.

VRKADE and CTRL V in Lethbridge recognized the price being the issue for VR to be an everyday object. Matthew Hunik, manager at VRKADE said this is the reason they are in business.

"Virtual reality can only move forward in the next five to 10 years. The technologies are always advancing that Vive is working on equipment like a treadmill that allows the user to walk through the virtual world they're in," said Hunik.

Kyle Ledyit, head of content and marketing at VRKADE explains there are many more applications



Dylan Harder tries out his newly acquired virtual reality gear in his basement.

PHOTO BY KENT ZUREK

to VR than just gaming. It can be used for science and education.

According to hypergridbusiness.com, medical students can practice drawing blood or even perform surgery thanks to VR.

There are even health benefits to playing games in VR. The *Thrill of the Fight* is alleged to burn

approximately 450 calories in a half-hour. That is the equivalent to sprinting for the same amount of time.

Jankowiak feels the one improvement companies can make for immediate impact on the industry is the addition of wireless units. He feels the current set-up is too bulky. The removal of the cords will make for a safer and happier gaming environment.

Long-distance love means texting Merry Christmas

DECEMBER BURGESS
@decemberburgess

The holidays are a tough time of the year for most people, but they can become even worse when you aren't seeing your loved ones face-to-face.

One Lethbridge College student may have to text his girlfriend "Merry Christmas" this year as they find themselves on opposite sides of the country.

Sam Busta, a Criminal Justice student at Lethbridge College, is in a long-distance relationship with his long-time girlfriend.

Busta and his sweetheart, Catherine Duffy began their relationship August 2016 and went long distance when they enrolled in different post-secondary institutions.

Busta went to Lethbridge College, and Duffy went to Laval University in Quebec City.

Despite the distance, Busta and Duffy communicate regularly.

"I like sending postcards to Samuel; being in a place with so many tourist attractions help me do this," Duffy said.

She also noted that her and Sam both enjoy sending written letters to one another.

The couple uses the technology afforded to them to close the emotional and intellectual gap, even when it's impossible to close the physical one.

"I miss cuddling him while watching movies. I miss going out on dates," she said.

Duffy said video chat helped with any negative emotions she felt about their long-distance relationship.

"Talking to him on Facetime really helps because it feels like he is here with me, like a real date, almost."

Busta agreed and stated that dates were something he misses the most.

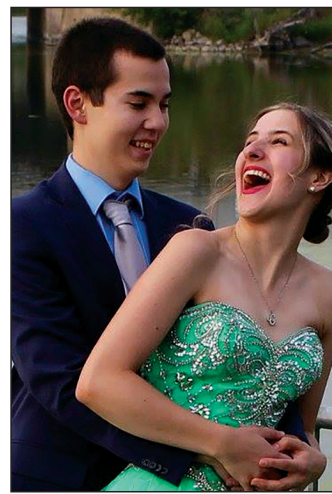
"The days that we would go for a walk down in Wakamow (a park), swim at the Temple Gardens Mineral Spa, then order the Starting Line-Up from Boston Pizza are probably the happiest times I've ever had in my life," he said, wistfully.

The couple hasn't seen each other face-to-face since the end of August and their separation will not end this holiday season.

"My parents have moved to New Brunswick, which adds a whole new level of complication to the relationship," Duffy explained.

Busta will also be visiting his parents in Saskatchewan over the Christmas season.

"For Christmas, we're both sending small gifts to each



SUBMITTED PHOTO
Samuel Busta and Catherine Duffy share a laugh during the day of their high school graduation.

other," Busta said.

He continued by saying he wasn't sure how they were going to celebrate New Year's, as they are living in different time zones and would pass midnight at different times.

"We might talk on the phone at midnight and celebrate it that way," he said.

Both Duffy and Busta seem optimistic in regards to their future.

Busta said he thinks both him and Duffy are mature which helps strengthen their relationship.

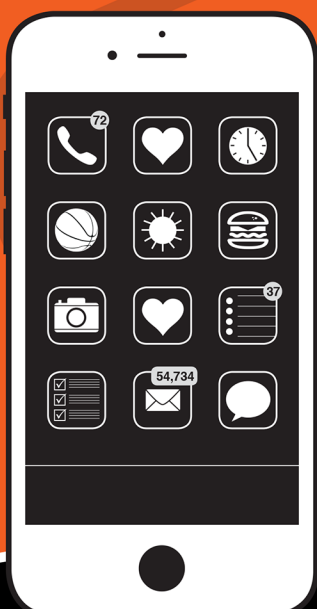
"It sounds cliché, but communication is key," said Busta.

Duffy said that with technology, communication is easier than ever and she enjoys having someone from back home to share her life with. She also said

some of Busta's older relatives have had long distance relationships growing up.

"If they could do it with such limited forms of communication, surely we can succeed in 2017 with all the technology," said Duffy.

Busta plans to go to Quebec over the February Reading Week to visit Duffy for her birthday.



STUDENT ACTIVITIES

Holiday Tree Event - Join Student Experience in **Centre Core** on **Nov 29th** from **9:00 a.m. to 11:00 a.m.** for the annual event. There will be music, snacks and a free pancake breakfast, and make sure you decorate an ornament.

Doggy distress - Feeling overwhelmed with finals? Take a paws and pet some pups! On **Dec 11 to 14** you can join us in **TE1228** from **9:00 a.m. to 2:30p.m.** and get your cuddle on!

Learning Cafe - Worried about your final exams coming up? The cafe has stress management classes starting **Nov. 27 to Nov 30**, including test taking strategies. Lethbridge College has your back!

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



The funky melody of Funkhauser

Electronic music industry supportive, inclusive

GREG BOBINEC
@gregoryallanb

Electronic music has been growing in popularity over the last decade creating events that bring out groups of people in the hundreds to the hundred thousand's.

Lethbridge has seen a desired increase in the computer generated genre of music with the uprising of local DJ's booking venues for events and the creation of the Lethbridge Electronic Music Festival in 2011.

Local DJ Dave Fritz who also goes by "Marty Funkhauser," found his love for the sound and inspiration for becoming a DJ when he left his hometown of Taber and moved out to Vancouver in the late '90s.

"I was going to parties and saw the guys up playing and looked up to them because I wanted to be that guy. Electronic music was interesting to me and it was pretty much up from then," says Fritz.

He developed his style from his love of the classical sounds of disco, jazz and soul music. Influenced by the underground sensation Derrick Carter's mix of old-school disco and soulful sound, Fritz found himself attached to the music creation.

After 10 years of playing in the coastal city, Fritz found his way back to Lethbridge where he decided to keep



PHOTO BY GREG BOBINEC

Dave Fritz aka Marty Funkhauser local DJ smiles for photo.

mixing and playing. He got the chance to play at the first Electronic Music Festival in the city and jumped on the organizing committee for the next year.

He has worked his way up to the title of president of the committee.

The festival marked its sixth year of transforming Galt Gardens into a community inclusive wonderland for electronic music and art to be celebrated. Fritz says the community has grown the festival quite a bit since it started.

"When it first started there was two

stages and about 500 people compared to last year where we had three stages and around 6,000 people throughout the day, so it is growing all the time," said Fritz.

Funkhauser has mixed music for a number of festivals including Vibrant festival in Invermere, B.C., Fozzy Fest in B.C. and at the Shindig rave which takes place in London, England.

Being a regular festival-goer himself, Fritz has found supportive and inclusive groups within the electronic music community, which he says is the best

thing about playing the music.

"It is super awesome to see people come together on the dance floor.

If you have had a crappy day or week you can just get on the dance floor and forget your stuff, because just about everyone is there for that and it built a nice community around that," said Fritz.

With technology growing bigger and better every day, the way a DJ mixes their music has become more simple and more accessible.

"I started on vinyl records and back then you actually had to go out and buy records and paid around \$10 or \$20 a record... Now everything is a lot more accessible and it is easier to travel with," chuckled Fritz.

Preparing the final plans for his upcoming show Fritz has helped plan a big party for the 10th anniversary of the "Throw your Panties" party.

Teaming up with Infamous board shop to kick off the ski and snowboard season, the party is full of giveaways and great music.

"We have A.Skillz coming from London for his first show here so it will be pretty cool to have him because he has headlined Shambhala music festival the last few years and he has a great sound," said Fritz. Technology and style may have changed since the '90s but Funkhauser hasn't changed his passion for his sound or the process of creation.

Librarian by day, rockstar by night

KENT ZUREK
@Kentsworth_Z

By day he works as a librarian at Lethbridge College, helping students with technical issues as well as ordering books from other institutions.

By night he's what most would call a rockstar.

Tyson Wiebe lives multiple lifestyles that some would say contradict each other.

For most people, a typical day is working 8 a.m. until 6 p.m., but when the hour hand of the clock strikes six, his lifestyle does a full 180 degree turn.

Rock and roll all night would be an understatement in his case as he is part of four bands; all of which are constantly working on new music or touring newly released material.

"When I started off playing music I didn't know that 90 per cent of my time would be making schedules, but that's what it is. You find out what days work for everybody and try to make it work," said Wiebe.

Wiebe's journey started about 20 years ago in the classroom, when he picked up the guitar for the first time to get an easy high school credit.

Since that time, Wiebe has worked on dozens of full records with various groups.

"The most bands I've been in is two and that's hard as it is. Throw in a full time job, it speaks to his character and drive to do it and his talent," said fellow musician and co-owner of The Owl, Steven Foord.

Wiebe says music has always been in his life, even when he was a child listening instead of playing.

It's always around wherever you go or whatever you're doing.

Even though he never played as a child, he's had a musical influence in his life with his father, grandparents



PHOTO BY KENT ZUREK

Living his double life better than most can live one, Tyson Wiebe reads (left) and rocks (right).

and uncle playing guitar around the campfire.

Wiebe recalled one moment where he knew he wanted music to be his future.

"About eight or nine years ago, I was living in the Yukon for a couple of months.

Being north of the Arctic circle you can watch the sun go down come back up, playing shows. It was magical.

It was there where I kind of realized this is something I can do for the rest of my life even if I don't make money with it."

Wiebe will have plenty of chances to make money this month doing what he loves, playing three shows at The Owl alone. His band Cope recently took the stage there and will be returning Dec. 1.



Scott Mezei brings back the funk by at Average Joe's Sports Bar on Nov. 19.

PHOTO BY STEPHANIE SAVAGE

Lethbridge trio is anything but "Adequate"

STEPHANIE SAVAGE
@stephanie_d_savage

The snares pop and the guitars whine, feet tap and heads bob.

The irresistible pull of funk is back, and it is brought anew with the help of southern Alberta band, Adequate.

Good things often come in three. For Keenan Pezderic, 28, Scott Mezei, 31, and Josh Thorlakson, 26, three seems to be the magic number.

A whirlwind of activity has surrounded the burgeoning trio since they began gracing the stages of southern Alberta in 2014.

"We just realized we couldn't do any better, so we settled for each other and started making music," joked Pezderic.

The unconventional threesome's stage show fuses 1970's rock with soulful funk.

"We're having a pretty good time doing all of our funk stuff," said Pezderic.

The triad of multi-dimensional musicians don't limit themselves to just one tool.

All three lend their voices on various vocal lines while expertly playing their assigned instrument.

Mezei not only plays bass, he and Pezderic take turns driving the bands beat on the drums while Thorlakson plays lead guitar.

The moment the music shoots from their fingertips, you know all three belong on a stage.

Pezderic is not only a master but a zealous music lover. While he started

his pursuit of music in other genres, he quickly realized his heart lived for funk.

"I didn't get into funk music until I went to college in Nelson, BC, and I got introduced to a whole bunch of different music I had never really known before."

He continued to speak about his transition into funk music with light-hearted passion.

"We're having a pretty good time doing all of our funk stuff"

KEENAN PEZDERIC

"Someone finally said to me 'I need you to play a funk song' and I realized how much more fun it was than all of the other stuff I had been playing and I fell in love with it," said Pezderic.

Mezei says building a life centred around song is key for the band's happiness.

"We all kind of make our lives focus around music. Sometimes we have to have other jobs outside of that but it's all working towards a common goal of making music," says Mezei.

The multi-instrument playing Mezei has been a key member of New West Theatre's house band for just over 10 years.

He says the experience of playing with Adequate provides him an op-

portunity to not only focus on music throughout the year but also share the stage with his close friends.

"It's just way different. We have known each other longer and spent time together and not just in a work or music environment," said Mezei.

The humourous Thorlakson says he started playing classic rock, but always had the funk inside of him.

"Funk was always a thing I was down to do, but I never had the people to make it happen. I consider myself somewhat of a Dennis Rodman on stage," said Thorlakson.

Showing off their light-hearted spirit Mezei was quick to retort.

"I could not think of someone more different than you...bisexual, 7-foot-tall, basketball player," said Mezei.

Thorlakson clarified.

"Yeah, but what I mean is he is a showman."

While their talent is evident to all in attendance of their shows, the band believes their success comes from their comical approach to music.

"The thing about us is we understand that you have to have fun. The Adequate charm is that we aren't perfect," said Pezderic.

They have just recently formed a partnership with Coaldale's Cottonwood Records to procure a full album that should hit the market in early 2018.

Their first single, Get the Funk, was released in mid-November.

Their next public show is Dec. 8 at the slice.



PHOTO BY STEPHANIE SAVAGE
Josh Thorlakson, guitar player for Adequate.

Lethbridge College raises awareness one moustache at a time



PHOTO BY DAVID SELLES

Lethbridge College's Frank Zappone proudly primps his Movember creation.

DAVID SELLES
@davidselles97

Moustaches have been growing on many men over the last month to raise awareness for men's health.

One place these lip whiskers can be seen is Lethbridge College, as both students and staff have been letting their facial hair run wild.

One staff member who is participating is Frank Zappone, health and safety team lead at the college.

He says he participates because of how closely it hits home for him.

"I'm getting involved with it due to a past history of cancer in my family. My dad died from prostate cancer and it's important to me because I would like to see more research done and possibly a cure for this."

Zappone says this year he set his fundraising goal at \$500 but hopes to surpass that.

But it isn't only staff who are growing moustaches and participating in Movember, many students have been growing moustaches as well.

The Lethbridge College Students' Association has put on multiple events throughout the month to help raise

money and awareness for the men's health initiative.

Tanner Marcer, events coordinator for the LCSA, says they are partnering with staff and students to raise money and awareness to the under-represented cause.

"We're doing muscles for Movember. We will have a weight bench inside centre core and we will match a percentage of the weight lifted in cash donations to Movember."

Marcer added that by doing this, they can reach a larger audience and raise more awareness.

Both

Zappone and Marcer believe Movember is a great way to raise awareness because the face fur is easily identifiable on participants.

Zappone believes growing moustaches is a great starting point for conversations.

"I think the theme behind it is a great way to advertise it for the cause. You can see the people who participate just by looking at all the people with moustaches or the funny hair growth on their face," said Zappone.

Men will continue to grow their moustaches throughout the month of November, before bidding their bristles farewell until next year.

"My dad died from prostate cancer."

Frank Zappone



MOUSTACHES FOR A CAUSE

Men are facing a health crisis that isn't being talked about. MOVEMBER is taking action.

Fighting back against:

- Prostate cancer
- Testicular cancer
- Mental health
- Suicide prevention



HOW TO GET INVOLVED



Know thy nuts.

Get to know what's normal for you. Check them regularly and go to the doctor if something doesn't feel right.

Talk about it.

Being there for someone, listening and giving your time can be life-saving.



Mo' Money.

Monetary donations can be made to the Movember foundation directly or through various local campaigns.

www.ca.movember.com

INFOGRAPHIC BY STEPHANIE SAVAGE

Since Movember started a decade ago, it has become common for men to grow moustaches in hopes of raising money to support men's health.

Treat Yourself

At the Lethbridge College Student Massage Therapy Clinic

Bring in a non-perishable food donation and receive **\$5 off** your massage treatment or buy a gift certificate for that hard to please person on your list.

Book your appointment now! **403-329-7274**

Lethbridge College

eSPORTS

Kodiak sisters fly high above the hardwood

STEPHANIE SAVAGE
@steph_d_savage

For one teenage girl, standing on the shoulders of giants started out as nothing more than a dream.

That dream seemed out of reach for 19-year-old Hanna Strebel.

The younger sister of Shantaya Strebel, a now-graduated Lethbridge College Kodiaks forward from Tabiona, Utah, has Down syndrome.

Back in March, Hanna's smile lit up the bench and became a part of history when the women's basketball team was crowned Canadian Collegiate Athletic Association (CCAA) champions after an undefeated season.

Although Hanna only managed to attend six games all season, the bond she made with the team was unbreakable. "The team made me happy," said Hanna.

The Kodiaks lovingly referred to her as "Coach Hanna" and made sure she was a part of the action.

According to newly named head coach Deanna Dotts, when the team clinched the victory at the CCAA's, they celebrated with her, picking her up and carrying her high atop the hardwood on the shoulders of champions.

"It was my dream. It felt great," said Hanna.

The influence Hanna had on CCAA All-Star Logan Moncks changed her outlook on people with disabilities. She says Hanna continues to inspire her every day.

"Hanna has changed my life. She has shown everyone that a disability will not stop her," said Moncks.

Last season's team returned to the Val Mateotti



PHOTO BY STEPHANIE SAVAGE

The Strebel sisters Shantaya (left) and Hanna (right) show off their championship rings from the CCAA Nationals.

gymnasium for a special ceremony and raised a championship banner to celebrate winning the 2017 CCAA championships.

"Hanna is very special to me so it's exciting to see her get to be a part of this," said Moncks.

Her older sister Shantaya says it was amazing to wit-

ness Hanna's pure joy.

The now assistant coach at the University of Lethbridge expressed her thanks to the college, saying she is so grateful for the love shown to her sister.

"The way she was included and accepted here warms my heart."

Sisters stand in solidarity through difficult times

GREG BOBINEC
@GregoryAllanB

Losing a parent is a part of everyone's life, but is something that isn't anticipated.

For some people the reality comes sooner such as Taya Mikado and her sister, Sam who lost their parents before the age of 20.

In 2012, the Mikado sisters lost their father Donald and found comfort with their mother. Karen's support and uplifting spirit helped them grieve and continue with life after her passing in early 2017.

Nineteen-year-old Taya Mikado put her dreams of receiving a law degree through the University of British Columbia and becoming a crown prosecutor on hold to come home and take care of her 17-year-old sister Sam.

Taya is currently taking a few courses at Lethbridge College, playing on the Kodiak women's volleyball team and is helping coach her sister's high school volleyball team.

"I came home because I wanted to be with my sister and be here for her grade 12 year," said Taya.

"She is mature enough to make her own decisions, but I definitely want to make sure that we both stay on track and see the great life our parents would have



SUBMITTED PHOTO

Sisters Taya (Left) and Sam (right) Mikado have gone through their lives always counting on each other and being there during difficult times.

wanted for us."

Following the death of their professional windsurfer and sports star father Donald, mother Karen reminded them that when somebody's life stops, it doesn't mean their life should.

"It was very important to her to make sure that she was showing us that you can get through things like that and be happy. You want to keep going and still see the good things in life," said Taya.

Both losses were difficult, but the sisters found it most difficult to lose the

woman who was their best friend and main role model.

"My mother was like my best friend, we would be on the phone and talk every day and she taught me to be very independent and to learn to live the best life I can on my own and I am so thankful for those traits," said Mikado.

Mother, Karen Mikado received her education in nursing through Lethbridge College and the University of Lethbridge to later become the enthusiastic and inspiring instructor of the nursing program

at the college.

The school approached the daughters of the encouraging instructor and wanted to honour her memory with a memorial scholarship of \$2,000 for a hard working nursing student who is also partaking in school sports.

Taya says the scholarship isn't necessarily for the top student, but for the one who shows the true characteristics of what a nurse should be.

"It doesn't matter what their academic grade is because my mom was not the most academic achieving person, as long as they have that extra inspiration and love to help others then they definitely qualify," said Taya.

The future is still unknown for the Mikado sisters, but they are keeping their education a priority for their parents always pushed them to follow their dreams.

Taya's grade six dream of becoming a crown prosecutor is still on the top of her list along with her undergraduate degree in philosophy.

"My goal is for us to find some sort of education that will help us go through and carry on in life and see if we are able to live like our parents did," said Taya.

With nothing but a world full of opportunity and optimistic values Taya and her sister Sam will continue to work towards the life their parents always wanted.

Kodiaks star Crick gets his head in the game



PHOTO BY STEPHANIE SAVAGE

Cole Crick of the Lethbridge College Kodiaks dribbles the ball downcourt during game action against division rival Briercrest College earlier this season.

HOUSTON GARINGER
@garingerhouston

One shot, every chance to make it happen.

Cole Crick is a 6'7 forward for the Lethbridge college men's basketball team and this year he is mainly focused on leading his team to a ACAC Championship title.

Crick came to the Kodiaks this year from B.C. and is in his fifth year of college and is wanting to get his team to the post-season more than anything because he holds a leadership role he wants to try his

best to get his team there.

Crick believes his team is capable of being a real contender in this league, he also believes they have what it takes to take home the ACAC Championships in his fifth year.

"My biggest goal is to finish my fifth year with a great team and with a national title. Winning nationals is our official team goal for this season and just to finish this year off with a bang," said Crick.

Crick has some individual goals this season as well, he wants to work on preparing both mentally and physically before games and to get better in practice

at shooting and other things.

"I want to focus on just using every practice to get better and learn from every game. Doing extra work outside of practice and games is a key to success," said Crick.

The morning of a game Crick likes to get a good healthy breakfast and pre-game meal (mainly protein) and tries not to eat anything past three or four so he's not bloated.

A few hours before the game he also likes to walk around outside or something to get his body moving and ready for the game.

The Kodiaks came close to winning it all last year.

"I want us to have a better year this year and to go on and win that ACAC Championship title," said head coach Ryan Heggie.

When asked about Crick, Heggie said that acquiring him was a huge boost for the team because he is a great role model and he goes out and does whatever it takes to get the team a win.

Crick wants to finish his year off strong as he tries to lead the Kodiaks to a league championship and also an ACAC title.

First-year sensation races her way to the podium

DAVID SELLES
@davidselles97

The Kodiaks cross country team returned home with a medal thanks to their rookie sensation.

Sophia Nowicki ran her way to a third- place finish at this year's Canadian Collegiate Athletics Association nationals.

This was Nowicki's first year as a member of the Kodiaks, but she says she has been running competitively for much longer than that.

"This is my seventh cross country and track season that I've been a part of."

Nowicki added that she took a year off in grade nine and that made her know that this was a passion for her.

Nowicki says the national experience was one she won't forget.

She will take this experience and grow from it.

"It was one of the best courses I've ever run on. It was super fun. It was for sure one of the best experiences I've had. This year was good because now I know how to pace myself with in future races and I can use that to grow myself.



SUBMITTED PHOTO

Sophia Nowicki races her way to a third place finish at Nationals in Ontario.

Nowicki added that she wasn't expecting to get third so when she saw that she was there she told herself that she might as well finish on the national podium.

But her work doesn't end here.

Nowicki is now focusing her attention on the indoor track season that will begin in January.

"I just really want to work on some

resistance training and my speed."

Nowicki also says that by working on these areas, she will be able to focus on the future outdoor season as well.

Head coach Bertil Johannson says the course played to Nowicki's advantage.

"It's a flatter course so it was more suitable for a runner type like Sophia with the style of running we've been working on with her," says Johannson.

He added that her overall improvements throughout the season played a big role in her finish to the cross country season.

Johannson also says the performance by Nowicki was one of the best he's seen in a long time.

"It was an amazing time. The time that Sophia actually achieved puts her up there with some of the all-time great Kodiaks performances in the last 15 years," says Johannson.

Nowicki's bronze medal put a great finish on the Kodiaks outdoor season.

Her finish at the CCAA nationals put the women's team into sixth place in the nation to finish the year, one spot higher than they were heading into the championships.

Serving up history in the record books



Dax Whitehead goes for a jump serve to lead the Kodiaks over SAIT Trojans Nov. 10 in straight sets 3-0.

PHOTO BY STEPHANIE SAVAGE

STEPHANIE SAVAGE
@steph_d_savage

One Kodiaks athlete has ensured his name will live among legends.

Lethal left-side hitter, Dax Whitehead, has been officially named the most potent offensive volleyball player in Kodiaks' history.

Originally hailing from Moose Jaw, SK, Whitehead joined the Kodiaks in 2013.

Head coach Greg Gibos says that since joining the squad, Whitehead has been a driving force behind the team's accomplishments.

planned for at the beginning, but it's still nice to get," said Whitehead.

Though Whitehead performs consistently on the court, Gibos believes his dominance comes from the things that don't appear on a stats sheet.

"Dax's reach doesn't extend to just the court. His true power comes from what he does for our program. He is singlehandedly the hardest working athlete I have ever coached. Through the summertime, Dax had jaw surgery and still came back with 15 additional pounds of muscle," said Gibos.

"He is singlehandedly the hardest working athlete I have ever coached."

GREG GIBOS

"We as a team don't have success without the efforts Dax puts in. He is always there pushing harder in the gym, training the young guys and just showing us what it takes to be one of the most successful Kodiaks of all time," said Gibos.

After earning his record breaking 796th kill during the Kodiaks' last loss in Briercrest, Whitehead captured the title from previous record holder, Jeffrey Marthaller.

"It is an honour to get the kill record. It's not something I had

While working on his personal growth has always been a priority for Whitehead, he remains a team player to his core.

"I'm just one guy; it's really about the team. We have grown a lot this season and I'm confident we can get a provincial win," said Whitehead.

The award-winning Kodiak sits second in the ACAC for kills this season and looks to break the all-time provincial record for kills when he returns after Christmas break.

Carving into the new snow season

ALEX GROGER
@AlexGroger

Sunshine Mountain Village has opened up for the year, and that means more than just an occasional ski for skier Cooper Brown.

Brown has been an avid skier throughout his life, starting at the young age of only two-years-old.

Brown says the mountain is already shaping up nicely, with lots of snow covering the mountain.

"I got to go up to Sunshine during opening weekend, and the snow was pretty good for it being so early in the year."

Brown has been to many different mountain resorts over the course of his life, including

Sunshine, Lake Louise, Panorama, Whitefish and Kimberly along with others.

"Revelstoke has always been a favorite mountain of mine, the snow is always great there and they have a lot of different terrain to shred on."

Having skied for 17 years, Brown has learned to do some different tricks along the way.

He can do many types of grabs, a 360, 540, 720 and can also pull off an occasional front flip.

Brown says he would call himself more of an all mountain skier.

"I like to be more of a free skier because it allows me to have freedom on the mountain and it doesn't have the constraints or repetitiveness of racing."

Brown says the independence of skiing is one of the things he loves most.

"I like being able to express creativity in the way I ski; the freedom to do what I want and not having to rely on other people like in team sports."

Out of all the skiing endeavors Brown has taken part in, he says Heli skiing was easily the best experience he's had so far.

"Heli skiing was great, it was amazing being up in the helicopter and I was able to share the experience with my family."

Brown's close friend Carter Cooke says skiing with Cooper over the years has been fantastic.

"I've skied with Cooper quite a lot in my life and

we've managed to have a lot of pretty good times."

Cooke also says it's very evident Brown has been skiing since he was such a young child.

"Yeah, you can definitely tell that he has been skiing for as long as he has, he's a great skier and that doesn't just happen without tons of practice."

Although Brown says he has no major trips planned out this year, the mountain resorts should be ready for Brown to make his claim on their mountains.

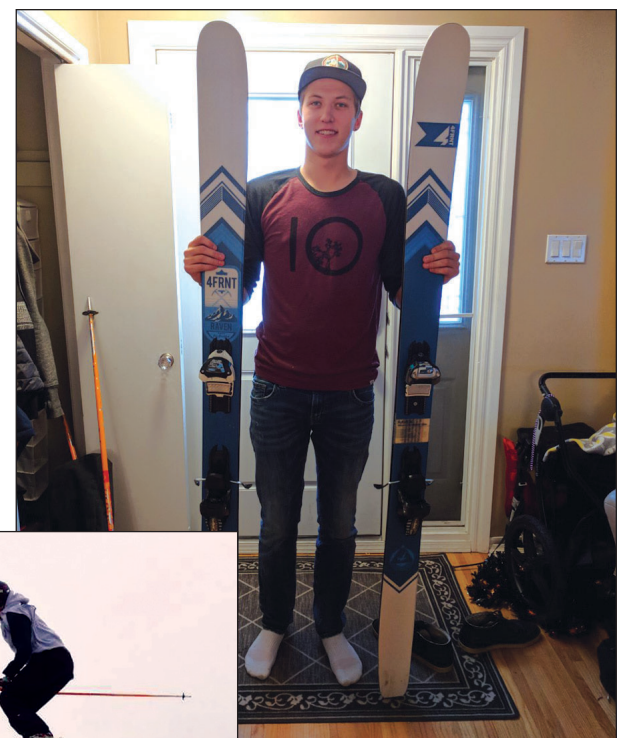


PHOTO BY ALEX GROGER
(Above) Cooper Brown receives a brand new pair of skis. PHOTO SUBMITTED BY COOPER BROWN
(Left) Brown hits a jump at the Lake Louise resort.