

Tap out!



Tim Tamaki and Jared Kilkenny spar at the Canadian Martial Arts Centre at a recent belt ceremony. The pair completed and received their blue belts.

Photo by Craig Kamba

INDEX

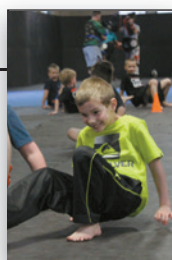
News.....	P2
Editorial.....	P4
Life.....	P7
Sports.....	P12



LIFE

The first ever Human Foosball Tournament hits Lethbridge.

PAGE 8



SPORTS

The Little Dragons- the up and coming MMA fighters.

PAGE 12



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Pot Prophet pushes legalization



Photo by Mercedes Fawns

Marc Emery speaks about the need of legalization at the Owl on Saturday March 14, 2015.

MERCEDES FAWNS

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He got up on to the stage under the dim lights at The Owl and began the tale of his latest sentence in prison. After four years of support from family, friends and followers, former leader of the BC Marijuana Party, Marc Emery came to Lethbridge last weekend to give thanks to members of the community for their contributions to his cause while in jail.

Known as the Prince of Pot and the Duke of Dabs, Emery has been heading the marijuana movement since the 1980s. Now, after decades of activism, arrests and court appeals, Emery believes Canada might be on the fringe of legalization. He spoke about the upcoming federal election and the potential of the Liberals to legalize marijuana, as well the potential for Albertans to create an industry for the plant.

"Sixty three per cent of Canadians support legalization," he said as he explained that marijuana culture is no longer an element of radical politics, but becoming a norm within society. "Most of us can say we know at least one person who smokes pot. So even if you don't use pot, you're still affected by the law in some way."

Emery plans to tour across Canada, not only to spread word about progress within the movement, but to encourage voters to support the Liberal Party in the upcoming federal election as well.

"The Liberals have promised they will legalize [marijuana] if they win the next election. I believe Justin Trudeau will be a great leader to this country. There's no question he'll follow through." He noted

that in his experience, even members of other political parties want to see the drug legalized in order to focus on bigger problems.

"Even our enemies are coming over in large numbers," said Emery, illustrating this with an anecdote about a judge who sentenced him to prison and then years later partnered with his wife Jodie to speak on behalf of the movement in parliament. "Every single major enemy I had is now advocating for legalization."

Emery believes it is in the forecast for Lethbridge to have a lounge and dispensary within the year. He expects positive changes to include a renewed respect for law enforcement who will then have more resources to tackle other larger scale problems within the community, as well as job creation through science and farming. "Lethbridge would gain a lot from cash crops like that," said Emery. He also believes that money will be saved in court processes such as lab reports, court appeals, arrests and even lengthy prison sentences. "I think Alberta is on the cusp of some big changes made necessary by the oil economy."

Emery went on to say that Lethbridge offered the most support during his time in jail through raising money and sending donations and letters.

"I think of myself as a spokesperson. I get my authority from the people of Lethbridge – that's why I'm here."






Emery's goal is to gain feedback from supporters of his cause and gain favour for the Liberal Party of Canada.

Time tells many stories, and if Emery's prophecies are accurate then Lethbridge could be looking at the opportunity to dip its toe into a new industry.



Reefer smart

Some "kushy" stats on **Canada** and **cannabis**

industry

-  Number of grow operations: 215,000
-  Number of people employed in grow operations: 500,000
-  Annual production: 2.6 million kg
-  Annual Canadian consumption: 770,000 kg.
-  Amount of production consumed in Canada: 30 per cent

Youth

-  Average age of introduction to marijuana: 15 years old
-  Number of people aged 12 - 17 who use daily: 225, 005



Costs of substance abuse

\$9.6 billion for tobacco







\$7.5 billion for alcohol



\$1.4 billion for illegal drugs 

Quick information

-  In 2012, cannabis was the number 2 drug used by Canadians aged 15 and over, between alcohol and crack/cocaine.
-  Between 2008 and 2011, Canada ranked third in the world for self-reported cannabis use, with almost 11 per cent of the country claiming to do so.
-  Since 2008, cannabis use by youth aged 15 to 24 has gone down by almost 10 percent.
-  Almost a quarter of all people who have used cannabis in the last 3 months say they consume the drug every day.

Stats courtesy of med.uottawa.ca and the Canadian Centre of Substance Abuse

Graphic by Ryan Shaw

Town of Taber hopes to get Footloose with Kevin Bacon

Social Media campaign hopes to bring dance party to new bylaws in Taber

MARCUS ANSTEY
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Watch your tongue. With the new laws in place, you could now be fined for swearing, spitting, or even yelling in public.

Many people are not just mad, but flat out outraged in the small Town of Taber, as a result of the new bylaws the town passed last week.

A swearing offence can cost you \$150 for your first offence and a second offence could see you losing \$250, the same penalty for those caught yelling or screaming in public. As for spitting you could be fined \$75.

“The public has overreacted to this new bylaw. Social media has again provided this type of uneducated response.”

SERGEANT HOWARD KEHLER

Within the new bylaw, there is also a new curfew for anyone 16 and under.

Those who fall under that category are to remain inside between the hours of 11 p.m. and 6 a.m. unless accompanied by an adult.

Taber is in an uproar, but police say it's the use of social media causing the reaction. “The public has overreacted to this new bylaw and social media has once again provided the avenue for this type of uneducated response,” says Taber Police Sergeant Howard Kehler.

Someone from Taber has even created a *Save us Bacon* video in which he attempts to convince Kickstarter to pick up an odd campaign.

The campaign is to try and bring Kevin Bacon who starred in the original *Footloose* movie to stage a raucous dance party on the outskirts of Taber in hopes of eradicating the bylaw.

The bylaw caught the attention of many Albertans when it was passed last Thursday and some have compared the new restrictions to the laws set in the 1980's teen flick.

Although this campaign has generated negative buzz, police officers think this law is a good idea as long as it's used properly.

“As with any other law, the key to this new bylaw is the use of discretion and proper altercation relating to the particular circumstances. I feel the new bylaw is simply another tool in our tool box,” says Kehler.

Fender Bender



Photo by Katelyn Wilson

A two vehicle car crash outside of Moxie's Classic Grill on 3 Ave S on March 7. Both occupants of the vehicles were OK. Assistant Manager at Moxie's, Kelli Gloeckler, talk to witnesses and those passing by who stopped to help out.

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EDITORIAL

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The relationship between books and the adaptations of them goes back over 100 years.

Photo by Ann Gibbons

Read the book or watch the movie

ANN GIBBONS

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A few years ago my mom had given me this book to read called Whispers and Lies, a New York Times Best Seller written by my personal favourite author Joy Fielding. I wasn't into reading much but the blurb on the back of the book made it sound interesting, so I flipped open to the first page and began reading. I didn't stop until I awoke on the couch, my book opened on page 322 half way through chapter 26. I bookmarked it and went to bed.

It's amazing what a book can do and how it makes you feel while reading it. You get lost in this fictional world filled with amazing and creative characters that your imagination just takes over and you see the story play out in your mind, kind of like a movie.

So it made me wonder about the relationship between books and movies. Is it that the book's story is so captivating that if turned into a movie it will help the books popularity grow? Or is it that society is becoming lazy to the joy of reading and would rather see the movie version instead?

I wondered about the time it took an author to write a book, the hours spent imagining and creating a character, the time

spent sitting and typing away at the computer going over it to check for spelling mistakes and other errors. When a book is published and stocked on bookstore shelves, all that hard work now turns into a two-hour movie.

I know it doesn't happen quite like that, but if I was an author, I would feel pretty annoyed. "I love to read and see movies, books keep my mind sharp and movies give me something to talk about." Says Janice Alger who attends a book club in her retirement home.

Alger is also a big movie buff and often to see movies with her kids and grandkids. She has seen many movies that are based on books and says that if Hollywood can take a story from as many books as possible and make it into a good movie, then all the power to them.

So that got me thinking a bit about the movie business and the first ever book that was made into a movie. Through some online searching I found what is believed to be the first book to ever be

turned into a movie. A man named George du Maurier, an Anglo-French writer and cartoonist, wrote the story. In 1894 Maurier wrote a book called Trilby, which tells the story of a beautiful artists' model and her sinister mentor, Svengali. It's based in bohemian Paris and it describes Trilby's rise to musical stardom under her evil mentor Svengali's hypnotical influences.

The film version of the book was in 1915.

So for over a hundred years books have been turned into films even though the written word had been around much longer. I'm sure authors probably feel pretty flattered that their stories are being made into a movie, take J.K. Rowling for example. She spent years creating one of the world's most fascinating characters, the boy wizard Harry Potter.

As long as authors continue to write amazing stories and charismatic characters, the film industry will keep making movies based on them.

life GOES ON...



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Hillary Clinton give a speech at the Department of State, she also witnessed human rights advocacy first-hand.

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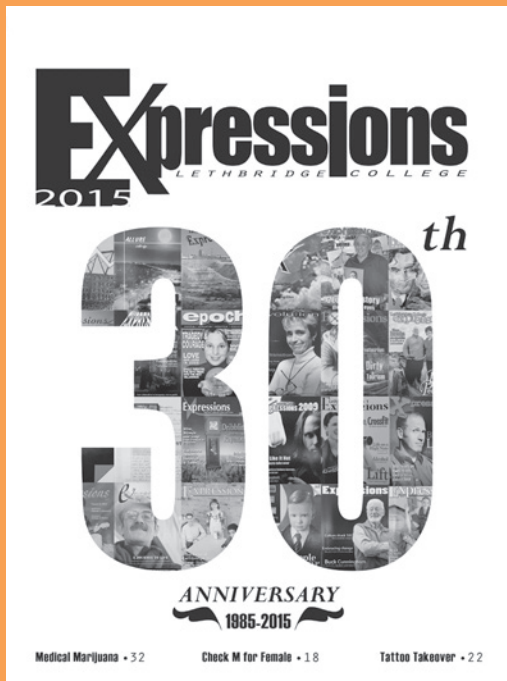
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LIFE

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International issues tackled by Oscar nominee

Lethbridge International Film Festival hits Lethbridge Public Library

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For over 30 years the Lethbridge International Film Festival has been showing top quality movies. The movies have a connection to Canada and Alberta.

LIFF committee member Sheila Braund says that over 30 years in any city is a big deal. "For years we have been showing films that deal with Canadian and International issues, so people have an

"The quality of the films has not really changed, we offer films that deal with issues that anyone can relate to."

TREVOR PAGE

idea of what's happening in the world."

The film festival started on March 16 and will run until the 20 at The Lethbridge Public Library in the Theatre Gallery. The

movies that will be played are Timbuktu, Inequality for All, Half of a Yellow Sun, The Secret Trail 5 and Tashi and the Monk. Timbuktu was nominated at the 2015 Oscars for best Foreign Language Film.

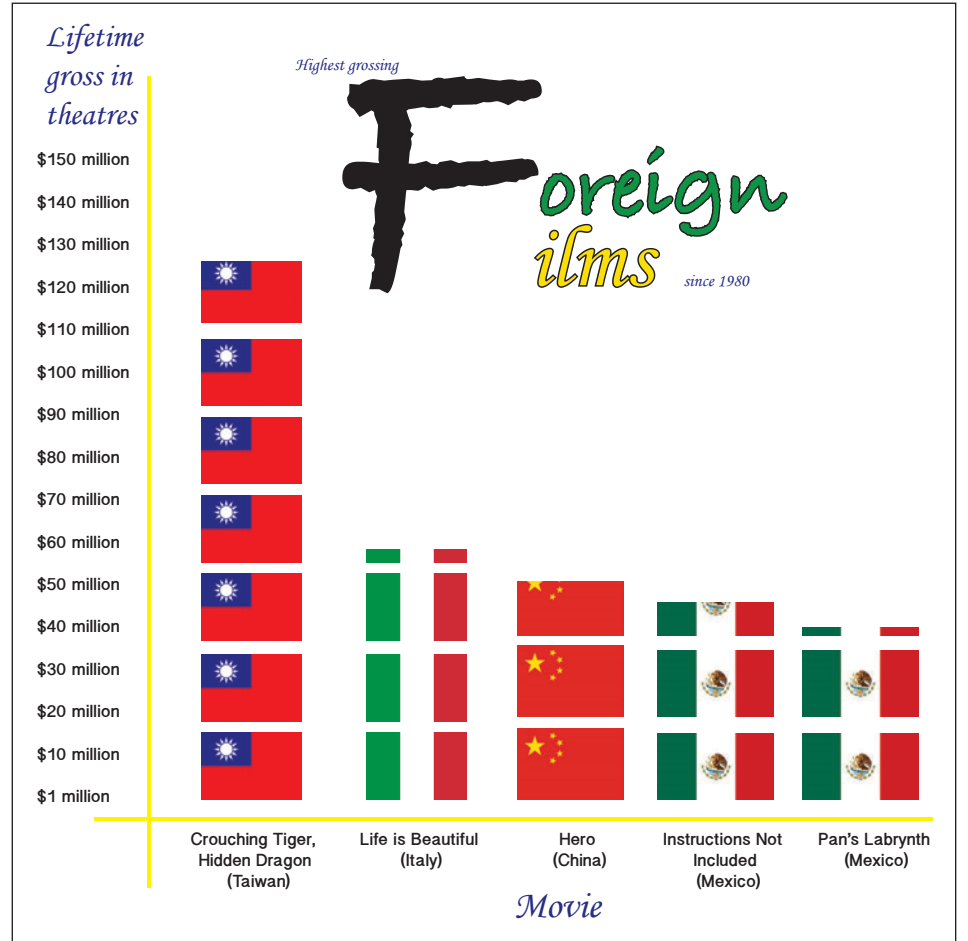
The film Secret Trail 5 is the tragic story about five Muslim men detained by the Canadian government. There will be a discussion after with Sophie Harkat and Dr. Maureen Duffy. The audience will get an opportunity to ask questions and get a better understanding on why the events happened.

Trevor Page the President of the film festival says that the qualities of film hasn't changed.

"The quality of the films has not really changed, we offer films that deal with issues that anyone can relate to."

The film festival has had an increase in people coming that they had to turn people away due to the number of seats at the public library theatre.

Trevor said the LIFF is looking for a bigger space to hold future events. Admission is free of charge to all showings of movies.



Highest grossing foreign films since 1980.

Graphic by Ryan Shaw



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Gerry's Minions Justin Wagenvoort and team dressed for success at the Human Foosball Tournament, winning Greatest Team Spirit.

FOOSBALL

Not just for table tops

TANEAL VIERGUTZ
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This past Saturday the Alzheimer's Society put a twist on the 200-year-old tabletop game at Orion Sports and Training Centre in Lethbridge.

Believed to be the first of its kind in Alberta and possibly Canada, tournament organizer Diane Herrick gave her husband the credit for the idea. It began with him scrolling through Facebook, "he said to me, if you run a tournament, I can build this."

Composed of scrimmage nets, wooden boards, ropes, coloured tubes and three hours of hard work, Herrick's husband assembled a life sized 'table' fit for Lethbridge's first ever Human Foosball Tournament.

The opening ceremonies took place on Monday, where Herrick and the Alzheimer's Society teamed up with Lethbridge's Drama Nutz Productions to draw the schedule and place opponents. Players were responsible for a \$20 registration fee, as well as fundraising \$500 minimum. "All funds raised and proceeds directly support programs and services in our area," said Herrick.

The rules of the game are simple.

"Players must hold on to their designated ropes at all times and the ball can't go above the wooden boards...if the ball is above the boards when it enters the net, the goal doesn't count," she continued.

Brenda Biggar of the Gass Kickers, a team composed of Lethbridge Gas King employees said she will absolutely participate in the tournament next year. "I didn't know about the tournament until last week, so we didn't have much time to prepare. We got our gass's kicked," chuckled Biggar along with her teammates whom sported blue shirts.

Teams as well as individual players were rewarded for their fundraising and foosball efforts with prizes including an iPad, medals, \$50 gift bags, Great Escape packages and a team party at Hudsons Canadian Tap House.

The tournament will return to Lethbridge again in 2016, taking place Feb. 27-28. "ze have five teams already signed up for next year...we're hoping for a total of 28 teams," said Herrick.

The deadline for teams to sign up is next February. Team sign up and fundraising can be done directly through Diane Herrick at 403-329-3766 or at alzheimer.ab.ca.



The Book Bella's pass the ball to each other, waiting for a chance to get a goal against the Gass Kickers (blue).



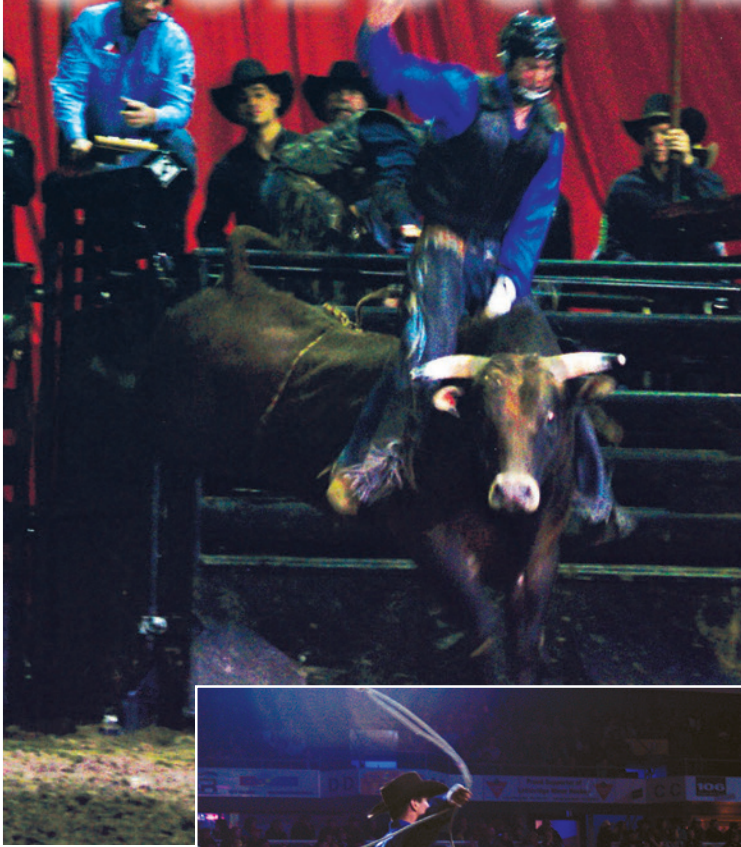
Stavely Stealth (red shorts) stretches to kick the ball towards the net of the Book Bella's.



At the centre of the field, Gerry's Minions (left) tries to steal the ball away from the Ring Containers (right).

8 SECOND RIDE

Bull riding action from PBR at the ENMAX Centre on Saturday, March 7. Photos by Keltey Whelan



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Photo by Sadie Atwood

Local aerialists defy gravity with strength and agility, leaving spectators intoxicated with mystery.

Life on a rope

SADIE ATWOOD

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Aerial Acrobatics, a new program to Gymfinity Gymnastics Lethbridge, is gaining the spotlight, says supervisor Scott Whiteside.

An increase in the facility's request for demos is drawing more people to the aerial program.

"When someone comes to watch our athletes, I think it is instantly appealing and they can't wait to try it," Whiteside adds. Merriam-webster.com defines aerial as performing in the air rather than on the ground. Acrobatics is defined as a difficult or dangerous performance that demonstrates great agility or complexity.

Aerialists.org says the history of the acrobatic art stems back as early as 2000 B.C. Simple objects such as ladders, tables, chairs, jars and plates were incorporated into performances that are still being used today.

The website also states that acrobatic and aerial performances became the highlight performance when the Circus came to American soil in 1792.

Today, many aerialists perform in Cirque du Soleil, a Quebec-based organization providing artistic entertainment.

Lethbridge College student Katherine Odland is addicted to more than just the adrenaline rush of the sport. She is captivated by her continual progress.

"Yes the drops and some of the moves can be exhilarating, but just being able to do these types of moves with your body and how you can grow in coordination

and strength, I think that's the most exhilarating for me."

Improvement is not the only noticeable difference. It is what the athletes endure behind the scenes to achieve those enchanting moments on stage. The athletes bodies sustain a regular beating during practice and performance.

Jenna Lencucha, aerialist and Gymfinity coach can attest to this reality. "You need a high threshold of pain tolerance," she said adding. "On a regular basis, I always end up with some sort of beating on my body.

Your body gets used to it though, I don't bruise as severely or as often as I used to, which is sometimes disappointing when your body hurts, but you have no wound to show for it."

The competition to turn an athlete into a performer is a gruelling experience says Whiteside.

According to cirquedusoleil.com, the company has 1,300 performing artists from close to 50 different countries.

Odland acknowledges the years of training an athlete must have. "The requirements are quite steep."

A lot of people have been training in the field for about 10 years before they get on with cirque and they usually have some sort of gymnastics background before they even get into circus training.

Strength, determination, confidence and focus are key components. Lencucha, says her favourite piece of equipment reflects who she is.

"I like the rope because it's raw and it's strong. I like to think I am strong" Lencucha understands the high intensity of the sport, but admits the outcome



Photo by Sadie Atwood

Two aerialists focus on balance to perform their next move.

outweighs the difficulty.

"The very first time that I took aerial gymnastics or tried different poses or movements, I remember how difficult it was and that's why I like coaching people too. I like to see how difficult they find it and how frustrating it can be, but then it's amazing how strong your body gets over a short amount of time. It's always exciting for me to finally get a move or get a pose that I never ever thought I would ever be able to hold."

Despite the physical demands, aerialists like Odland and Lencucha persevere. Partnership work weighs heavy on trust, which ignites a deeply rich community among the athletes.

During practice, Lencucha and Odland

fill the room with laughter whether they are holding a pose or falling out of a pose.

"We do love it. It's a great work out and it's fun." Odland adds with an effortless smile. "We have a really great community of people here, which makes it easy to come back to.

"This year we had a significant growth in our beginner adult program. There has been a dramatic increase in our requests for demos at events." Whiteside remarks.

The sports facility's next performance is Cupcake Carnival, a demo for children at CASA on March 22. Several more events will follow in upcoming months.

For more information about Gymfinity Gymnastics or the aerial program, call 403-329-2706.

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Blast from the Past

A flip through Endeavour history

Endeavour Exposed 2010



Photo by Arne Petryshen

The Deathbridge Derby Dames get ready for their fundraiser, at Henotic Restaurant on April 17. (from left) Maia Halberg (Skunky), Martina Emard (Cherri Blaster), Ruth Waterfiled (Tuthless), Heather Zarichery (Half Pint Havoc), Nikki Pernsky (Nixxi Knox), Kerri-Ann MacAuley (Krannibal Lecter) and Justy Bee (Maude LoBronski).

Photo from Endeavour volume 45, issue 16, March 17, 2010.



HIT LIST

Top Albums 2010

1. Susan Boyle- I Dreamed a Dream
2. Eminem- Recovery
3. Lady Antebellum- Need You Now
4. Lady Gaga- The Fame
5. Justin Bieber- My World 2.0

Top Movies 2010

1. Inception
2. Toy Story 3
3. The Social Network
4. How to Train Your Dragon
5. Tangled

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- Population- 86,659

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PREVIOUSLY PRINTED

Tiffin Conference brings life back to the farm

STORY BY TED ANDREW

This year's annual Tiffin Conference, held on March 11, made it known that those involved in the agriculture industry must make a stand in order to overcome pressing obstacles this year.

"We hope (by the end of the conference) that you will all be charged up to go out and challenge agriculture," said Vincent Ellert, Tiffin committee organizer. The theme chosen for this year's conference was Championing Agriculture: A Call

to Action.

The idea was to show in the agriculture industry what is happening and how to deal with some of these issues surrounding it.

Bob Treadway, a futurist with Treadway and Associates in Washington D.C., talked about how the documentary Food Inc. makes the agriculture industry seem like the "bad guys".

The Academy Award nominated film exposes the different practices food processors use to make what people eat: faster, bigger and better.

Treadway described the film as a "masterpiece of persuasion."

He said the film plays on emotions to make money at the expense of farmers and ranchers.

Crystal Young, assistant director of public relations for the American Angus Association

said, "I read articles daily about how agriculture is not healthy."

She went on to talk about how in the U.S. different organizations like PETA and Humane Societies of the United States are affecting the reputation of agriculture.

She said they do it by putting out ads with footage from slaughterhouses and farms depicting workers torturing animals.

Crystal Mackay, executive director for the Ontario Farm Council, said 95 per cent of Canadians know little or nothing about farming.

Mackay also encouraged audience members to invite different groups to their operations so people can get a first hand look at what goes on at the base of the agriculture industry.

Guest speaker Rosie Templeton, a native of the

Coaldale area, said people need to know that they are involved in agriculture. She recalled going around with her mother to different classrooms to tell them about their farm.

"My mom would ask 'How many of you are involved in agriculture?'" Maybe only three or four would raise their hand. By the end of the presentation (after learning more about farms and ranches), everyone could say they were involved in agriculture." Templeton asked how many of the college and university students present were going to return to the farm once they were done their schooling. About 80 per cent of them put their hands up.

This year's Tiffin Conference was meant to show even though agriculture faces many challenges, there are ways to make a stand

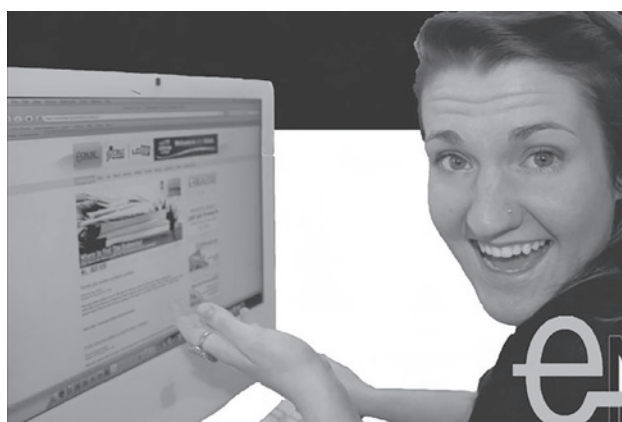
ON THE MARKET

2010

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Average Rent:
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Building character on the mats

Local MMA club offers childrens classes to boost self-esteem

CRAIG KAMBA

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The children gather in a circle around Coach Rob Mein, as he stands tall above them, voice loud and sharp, and begins to list the zero tolerance of horseplay.

“Every time there has been an injury, it has been because kids were fooling around,” he said. “If there is a problem we will work out so hard until you are in severe pain.”

The intense words lingered in the air, and the children became still, clearly focused. The stillness was followed by a series of rigorous workouts that push each child to their limit

On Tuesday afternoon at the Canadian Martial Arts Centre, a children’s class called The Little Dragon’s are involved in heavy MMA training. Fighting and rolling around tirelessly on the black mats beneath, they are watched closely by their greatest fans, their parents.

“What is a better way than to discipline them then in here,” said parent Maged Hammo.

Hammo currently has three children enrolled in MMA classes. It has become a healthy family activity for them, and many other families here in Lethbridge. It is a young generation of fighters learning not only how to fight; but the values of discipline, hard work and self-control.

Although it is not the only objective, discipline is the most common theme amongst parents bringing their children to classes.

Hammo can already see a difference. “Their attitudes has changed, there’s no more yelling at home and they listen and do what they are told,” he said.

Coach Rob Mein has been coaching youth for over 20 years. He heavily emphasizes his classes on the values of discipline, routine and structure; helping many children with behavioral issues and helping them boost self-esteem.

“Parents will have behavior issues with the child and bring them to class.”

“If I see an issue, I call the kid on it, I hold them accountable and there’s a consequence—now you’re doing push-up.”

ROB MEIN

“If I see an issue, I call the kid on it, I hold them accountable and there’s a consequence—now you’re doing push-ups,” said coach Mein.

In modern society, due to technology and other factors, we are not as physically active and regulated.

Children tend to have more behavioral issues and parents look for an outlet to give their child some structure.

Parents, such as Renee Beauregard

hoped to find an energy release for her son, and physical fitness for her four-year-old daughter. “I bring them here for discipline, my son wanted to fight and punch, so I thought it was a good idea” said Beauregard, “I also came here because they accept children at just four years old.”

There is no evidence to suggest that martial arts will lead to fighting in the future. For some children getting beat by another at the gym is a learning experience.

“That humbling experience of coming to the gym, training and getting beat everyday, it does teach most kids that fighting is reserved for those very rare occasion when you need to defend yourself,” said Mein.

Head instructor Lee Mein, brother to Rob, opened the Canadian Martial Arts Centre here in Lethbridge in 1995 and has significantly grown since then. Lee Mein holds three back belts and has trained a number of students who have risen to the

“Some people still see it as a blood sport, but a small percentage of people actually fight. A large number train for fitness and fun with their families.”

LEE MEIN

UFC from here in Lethbridge, including local Jordan Mein who is a high ranked welter weight fighter.

Much like boxing, it is a violently glamorized sport. Fighting professionally however, only interests a small percentage of those who actually train.

“Some people still see it as a blood sport, but a small percentage of people actually fight. A large number train for fitness and fun with their families,” said Lee Mein.

CMC has 175 members total, only 25 members go on to actually compete competitively.

Many children are those of current or former students. Both parent and child are taught the value of confidence. “We talk about bullying and anti-bullying programs, well the best thing for that is to have confidence,” said Mein.

Building these qualities, accompanied with learning self-defense, has become popular amongst families in Lethbridge.

The Canadian Martial Arts Centre holds Little Dragons classes for children ages four to six every Monday and Wednesday evening.

Free classes are offered for first timers. They strive to instill habits of success in children of all ages with their safe and healthy programs.

They strive to instil habits of success in children of all ages with their safe and healthy programs.



Photo by Craig Kamba

Kids Robert Burns and Kaden Slome warm-up for a MMA class at Canadian Martial Arts Centre.



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Steel prepares to tackle new season

AARON HAUGEN

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The Lethbridge Steel held its first full practice of the 2015 season in the Fleetwood-Bawden School gymnasium on March 4. Around 40 participants, close to twice that were on the team last year, took part in the three-hour practice running non-contact offensive and defensive drills.

The Steel come into the 2015 season as the reigning Western Women's Canadian Football League Western conference champions, having won every year since 2012.

This will be the team's first season under Head Coach, Kessie Stefanyk. The 2013 Novice Coach of the Year became the first female head coach in the history of the WWCF with her appointment to the position during the off-season.

"Even the first few weeks, there's so much potential and so many athletes coming out this year," Stefanyk said. "The numbers we have is beyond anything we've had, so it'll be exciting to see how we can take it."

Stefanyk laughed off any idea that being the first female head coach put her under more pressure than any other.

"I'm not really thinking about the whole gender thing. I'm just a coach and I'm here to win." For returning offensive linesman Donnelly Sellers, the increase in turnout has her excited for the upcoming season.

"There's a lot of intensity with the ladies," Sellers said. Once we get pads on and we can start hitting each other, that's when we really start to learn how to play."

Rookie Karrah MacDonald became drawn to the physical challenge as well as the community the team had to offer, being able to share her love with likeminded people. "I love playing contact sports," MacDonald said, "I love being part

of a team. The team's like a family already even just being so new to the season and with these kinds of sports they bring you together like a family. It's really inviting to come play and lots of new learning experiences."

Women's tackle football has taken off since the turn of the century, with its largest league, the Independent Women's Football League, home to about 1,600 players in 51 teams across North America according to its website.

The Steels first game is May 9 against the Calgary Rage at the University of Lethbridge Community Stadium.

Taber Fading Sons have personal connection

COLBY MCKEE

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Hockey is a game of passion. For most Canadians, it unites us as a group and allows us to do some wonderful things.

That's exactly what the Taber Fading Sons Hockey Club aspired to do at its annual charity hockey tournament that ran from March 6-8. The hockey club is an old timers hockey team that has been in existence for over 30 years.

The event brought in 12 teams from across Alberta, including teams from as far north as Edmonton. The first game of the tournament featured the hometown Taber Blazers facing off against the Lethbridge Old-Timers.

For Taber Blazers goaltender Glenn Shigemi, this game and the tournament means more to him than most other games. His wife Cheryl was diagnosed with breast cancer over a year ago and admits it has been a difficult time for him and his family.

"She was diagnosed in April and it's been nothing but a whirlwind. So we went through the Jack Adams Clinic Centre, she had surgery and her recovery is really good. So to all the ladies out there, early detection is a good thing," Shigemi said.

Every year the Taber Fading Sons Hockey Club donates to a different organization. In previous years, it's donated to the Kidney Foundation, as well as the Lung Association of Canada.

This year's proceeds go towards the Breast Cancer Society of Canada, to support women like Glenn's wife.

"Anything that we can do to try and make it better either for our girls, or anybody else."

JODY GINTHER

One of Shigemi's closest friends is event organizer Jody Ginther. The personal connection to breast cancer was one of several reasons for the hockey club to donate towards the organization this year. "Anything that we can do to try and

make it better either for our girls, or anybody else that's gonna suffer from this, we're all over that, we're big for that." Ginther said.

In the back of his mind, an opening night victory in honour of Cheryl was Shigemi's goal from the get go.

"We always have fun whenever we play a game, but this is definitely a special game for us. For myself, my family and as well as our teammates I wanted to win the game for her, so we did and that was a good thing," Shigemi adds.

According to the Canadian Cancer Society, it was expected that in 2014 alone, over 24,000 women will be diagnosed with breast cancer, which represents 26 per cent of all new cancer cases for the year.

HOW ARE MARTHA AND HENRY'S KIDS DOING THESE DAYS?

Decades ago, former Premier Ralph Klein introduced us to Martha and Henry - the average Albertan couple.

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Blood bath for Bulldog

HALEN KOOPER

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One may say that the epic battle between the forces of good and evil are perpetual throughout life. In the wrestling world, these forces physically manifest themselves within the squared circle, where the heroes, also known as the faces, take their personal business with the villains, also known as the heels, into the ring to settle any differences and sometimes cheating is the only way to win.

Home grown wrestling company, Pure Power Wrestling (PPW), has been in town for a number of years and hosts an event once a month for these forces to go head to head. The current PPW Heavyweight Champion, Primate Silverback, began his title run about two months ago, taking on the primary responsibility of beating people up.

The heels haven't made his run easy though, as Silverback has had a number of run-ins since he began his reign. Fighting a clean, fair fight is something Silverback does with pride, but even he understands that sometimes the line has to be crossed.

"I'm a straight up hero, I haven't cheated to win and the only time I get dirty is when they deserve it. I held down Vinnie Valentine and chopped him a couple times, but it had been months of him pestering everybody. So it was time to get rid of him," says Silverback.

One World Empire (OWE) is a heel faction that has begun targeting the faces of the company as well as the champions.

OWE was formed when Sydney Steele, Chris Perish, Rick Jules and manager Shane Williams had enough of feeling their talents were being overlooked by management.

They gained their power by winning ironclad contracts in a tag team match, essentially making them above the law and able to do whatever they please without fear of termination.

Shane Williams, the manager of OWE, has made it clear that their eyes are set on anyone who stands in their way.

"We've been targeting specific members of the roster, people we have issues with, people who are, what I call, the golden boys of the company," says Williams.

One person that Williams and OWE have been aiming at in particular is the current heavyweight champion Primate Silverback and OWE won't stop till they have it all.

"I can't stand Silverback; he's been one of our targets since the beginning. He's one of the golden boys. Right now, Silverback is the champion- that doesn't need to last very long. His reign will end when we decide it does," says Williams.

Deathwish, a highflying wrestler in the cruiserweight division, has had his own troubles with OWE. Having had OWE interfere on his last three title shots, he faces Sydney Steele at PPW's March 21 event to decide a number one contender.

The presence of OWE will likely mean Deathwish is outnumbered, but he knows that won't stop him from laying it all out in the ring.



Photo by Halen Kooper

Bulldog MacBain after taking a chair shot during a no disqualification Ripper Royal.

"I'm blaming them for not having a title, I'm really going to take it to Sydney Steele. I've got some plans, I don't want to give them away, but I'm aware of them. I know when they come around it's four on one so I'm hoping to change that," says Deathwish.

After being forced into a leave of absence because of medical issues, former heavyweight champion, Bulldog MacBain, bought PPW so he could become the general manager.

Bulldog wanted to set things straight and remind everyone there is only one way to climb up the ladder in this business.

"In the wrestling world, you don't get respect, you earn it," says Bulldog.

One World Empire seems to be following that formula by forcing the hand of management to get what they want.

How OWE goes about earning their respect may be questionable by some, but as WWE wrestler Chris Jericho says in his book *A Lion's Tale*:

"A win's a win in the record books, no matter how you get it."

However, others may say that the history of professional wrestling has shown that, in the end, the bad guy always get what they deserve.

Local Olympian brings boxing back home

LIBBY MCMENAMON

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What you see is what you get. That's exactly what it's like walking into the Lethbridge Boxing Club. The inspirational quotes on the wall and humming of the fluorescent lights give the space a tone that seems to embody eager participants as they do their warm ups.

Rick Duff took over ownership of the club six years ago. As a Lethbridge local, he says it means a lot to be able to give back to the community. "This is where I started my career as an amateur boxer."

I could have started a boxing club anywhere, but it was really important for me to come back home to Lethbridge to take over." After years of hard work and training, Duff travelled to Los Angeles to compete in the 1984 Summer Olympics and achieve one of his biggest dreams.

According to Collections Canada, he was defeated in the Men's Middleweight Division in the second round by South Korea. Although he is now retired, Duff says that boxing is still very close to his heart.

"I love the competitiveness and I had the passion to represent Canada and that's what pushed me to be the best I could."

Former club member Michael Hutchinson has been boxing since he was 15 and says he shares the same passion as Duff. He believes it has to do with the animalistic instincts of it all.

"There's something so primal about going at another human being, one-on-one with nothing but your hands and skills.

Despite boxing being a world-renowned sport, many still believe it's too violent to be taken seriously.

Many participants are known to end up bloody, bruised, and sometimes concussed. Even with the concerns, Duff says they train children as well as adults and that there's nothing to be afraid of.

They believe in training self defense and teaching people how to workout in a fun and beneficial way.

The club has a strict "no fighting" policy, which means that if a student issuing their new skills outside of class, they are banned from tournaments and attending classes.

Duff explains that he doesn't want the sport associated with that kind of

behaviour and that it should be used with discipline and respect.

"You never hit a guy when he's down and out" he said.

Adding to the physical drains of the activity; mental strength takes training and skill too. One of Duff's students Fred Wright talks about his experience in the ring as he aims and swiftly socks a punching bag.

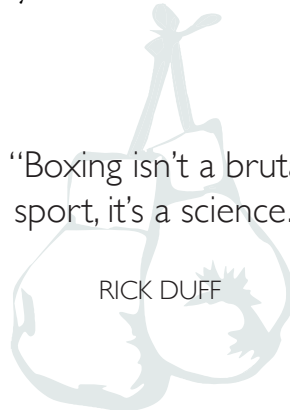
"When I'm in the ring, I can only focus on me and my opponent. Everything else just blurs away."

To an outsider, boxing may seem like a rough sport but it takes practice, control, and dedication. Duff says it's not for everyone, but it can be if they try.

"Boxing isn't a brutal sport, it's a science." Lethbridge Boxing Club takes part in numerous tournaments throughout the year and is willing to train anybody if they're willing to work for it.

"Boxing isn't a brutal sport, it's a science."

RICK DUFF



Upcoming

Student Activities

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Lethbridge College

Runners soul proven by Kodiaks with 13 medals

MIKALA CARSON
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Edmonton was the place of victory for Lethbridge College Kodiaks cross-country teams on February 27 and 28 at the ACAC Indoor Track Championships.

Many achievements varying in different degrees were accomplished over the weekend, from personal bests to strong team showings.

The men's team walked away from the championships with the first place medal and the women with the third, making the college ranked first overall in the province.

Sylvia Von Gunten, a first year track member, was injured for part of the event, but managed to reach the times she'd hoped for.

"I placed 10 in 1000, and 12 in the 1,500," says Von Gunten. "It was my first track meet and I was injured for one of

our pre-races so I didn't really know what my times were at, so we did have goal time and I did reach my seed times."

Von Gunten says she will know the ropes better for when she returns to the team next year.

"I got first in the 300, and second in 600 meter and 4 by 400 meter relay."

CAYLEE VOGEL

"Now that I know what track is all about, my goals are to increase my times and move up in my placings."

Assistant Coach Simon Schaerz says the team had their strengths and a few weaknesses that were present during the event.

"With the current team that we have,

it's just the ability to show up when the pressure is on and perform at a very high level," says Schaerz.

"There's a few things we could certainly improve on, but I don't think anything to the point right now that would've made the difference between coming first and coming second."

Track member Caylee Vogel says she overcame her personal bests from last year in her events, and is proud of the team she is a part of.

"I got first place in the 300, second place in the 600 metre and as a team event, they have the four by 400 metre relay race, and I got second in that," says Vogel. "I did better than last year. I got third in both of the events, and this time I got first and second, so that's better and it was just nice to see the team come together."

The Kodiaks won 13 medals with seven gold, three silver and three bronze.



Photo by Mikala Carson

Sylvia Von Gunten takes advantage of nice weather with a practice run.

Swim team features unique group of athletes

SHEREESE MORRISON
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According to Scott Hunter, the best thing about being a part of the Pronghorn Swim team is the lasting friendship and experience from every practice and meet.

And it shows! Walking into the warm humidity of the pool area, there is a sense of community and welcomeness that each team player oozed.

They sat around a small table close to the poolside, eating their lunches and snacks before practice began.

With a team so close knit, the Pronghorns seem to bond together with

ease. When it comes to Joshua Baerg, Hunter understands the challenges Baerg faces with being the only deaf swimmer on the team.

"In swimming, it's much like track where you're going off the sound from the start."

Hunter states, "So you see, Josh has to, on the blocks, turn his head towards the starter to see the flash from their gun." Baerg says there are a lot social challenges that he faces with being deaf.

But that has not kept Baerg from finding new ways to communicate effectively with head coach, Peter Schori. "I have also tried recently in the last couple weeks to try and

teach my coach a little sign language for number whenever he calls out times."

Baerg is a member of the Canadian Deaf Swim team and has recently participated in the 2013 Deaf Olympics in Bulgaria. Even though traveling nationally and internationally is one of the many perks about being a part of the swim team, Hunter found that it does come with a cost.

"The most challenging thing for me was the transition from summer club swimming which is swimming three months a year to winter club swimming (Varsity swimming), which is where you're swimming 11 to 12 months a year."

Hunter had joined the Varsity team two years ago and still is dedicated to every practice.

During the two-hour practices, the Pronghorns warm up typically by doing between 1,000m or 1,600 metre swim. Schori says there are two challenges when it comes to training a varsity swim team.

The first challenge is attendance everyone on the team is a student first and athlete second and sometimes classes will conflict with those training sessions."

One thing is for sure when it comes to the Pronghorn swim team, within the five years they spend together is makes them feel like one big family.

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Fun Fact: The first spacewalk took place on March 18, 1965 and lasted for 20 minutes.

What's your horoscope?

BY BRIANNA

Aries (March 21 - April 20)

Your energy is low. That's okay, take a break from life and make some time for yourself.

Taurus (April 21 - May 21)

You really want to have fun at this time. Do it, emotional releases bring freedom.

Gemini (May 22 - June 21)

Arrogance and pride will try to get in your way to success. Be professional, responsible and practical.

Cancer (June 22 - July 23)

You want to experience more and now's the time to broaden your horizons and step outside of the box.

Leo (July 24 - Aug 23)

Your focus is on yourself. Your mood is very intense and a little secretive.

Virgo (Aug 24 - Sept 23)

New enthusiasm shines light on big plans. Pay extra special attention to relationships with others and yourself.

Libra (Sept 24 - Oct 23)

Expect the unexpected. The ability to adapt to changes will help you out significantly.

Scorpio (Oct 24 - Nov 22)

Participation is key. Work with friends to make things happen and make tasks less daunting.

Sagittarius (Nov 23 - Dec 21)

Finish anything that needs finishing, a new project is around the corner.

Capricorn (Dec 22 - Jan 20)

New opportunities are unfolding. Don't be afraid, close old doors to open new ones.

Aquarius (Jan 21 - Feb 19)

Avoid major decision making and expect a change in finances. Don't let your emotions overrule spending.

Pisces (Feb 20 - March 20)

Emotions run high, don't let them get the best of you. Collaborations with partners will take you places.

@LCeGram

Photo by justin_sturm11

Congratulations to justin_sturm11! You win tickets to the Lethbridge Hurricanes' last home game on March 20th as well as a \$25 food and beverage giftcard!

SHARE YOUR INSTAGRAM PHOTOS WITH US by using the hashtag, #LCeFun. If we like your photo, you may find it published here!

Vanilla rose sugar scrub recipe

BY ANN GIBBONS

This springtime scrub will help get rid of the dry roughness that winter left behind on your hands and feet. This scrub can be made with or without rose petals. When the scrub is made primarily with essential oils, it can last up to two months.

You will need

- 2 1/2 cups granulated sugar
- 1/2-3/4 cup coconut or sweet almond oil
- 10 drops Tea Tree essential oil
- 1 vanilla bean
- 1-teaspoon vitamin E oil
- 1 small rose, chopped

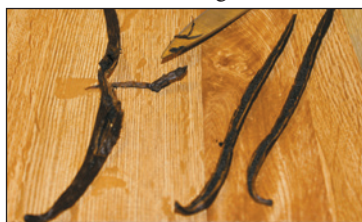


STEP 3

Mix vanilla seeds with scrub until fully combined. Combine sugar, oil, tea tree essential oil and vitamin e together. Added in the chopped rose petals and blend together.

STEP 1

Combine sugar, oil, rose, essential oil, and vitamin e together.



STEP 4

The essential oil, vanilla and rose petals will make your hands feel super soft.

Vitamin E is known as an antioxidant and can be a benefit to helping with anti-aging.

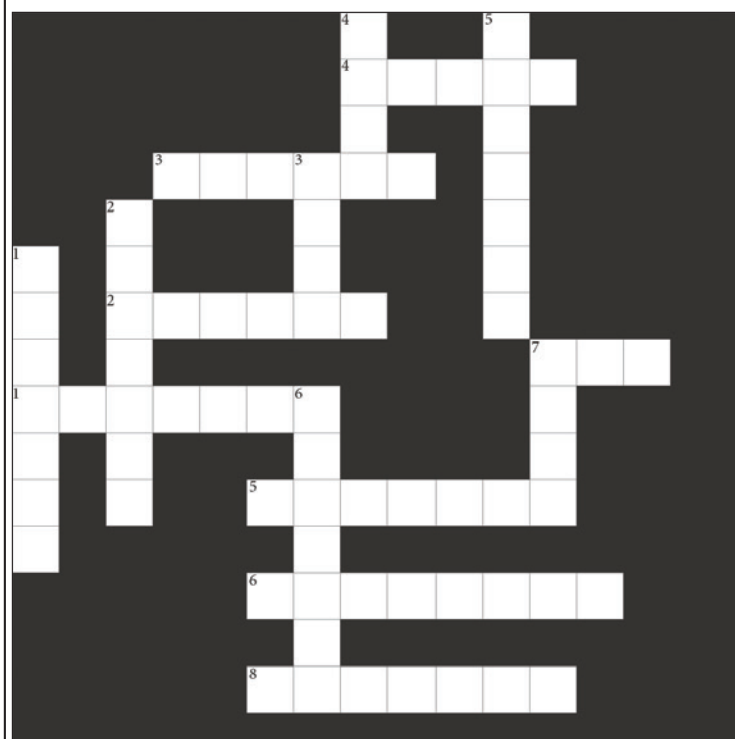
STEP 2

Use a pairing knife to slice the vanilla bean down the centre to remove vanilla seeds.



CROSSWORD BY SASHA

Sponsored by Lethbridge Hurricanes



ACROSS:

- Hurricanes; formerly known as:
- A list of the players on a team:
- The play-by-play voice, Dustin _____.
- Which centre are the home games located at:
- Former Hurricanes player drafted by the Carolina Hurricanes, Zach _____.
- When three or more goals are scored by a player in one game (2w):
- Colour of the line across the ice, midway between the two goals:
- Punishment of a player for a violation of the rules:

DOWN:

- The machine used to clean the ice:
- Three 20-minute playing intervals separated by two intermissions:
- Colour of the lines that break up the ice into attacking, neutral and defending zones:
- To fake an opponent out of position:
- The method of starting the play (2w):
- In the 2007 WHL final who did the Hurricanes play, _____ chiefs:
- Which FM radio station airs the play-by-play, _____ 106.

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THURSDAY March 19, 2015

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Lethbridge Family Centre
6 - 9:30 p.m.

FRIDAY March 20, 2015

Foodbank fundraiser with
Dory and the Weathermen
University of Lethbridge
7:30 p.m.

SUNDAY March 22, 2015

Bridal fair
Unveiled Bridal Boutique
1 - 5 p.m.

MONDAY March 23, 2015

Open mic
The Onion
9 p.m.

TUESDAY March 24, 2015

Trivia night
Backstreet Pub & Pizza
7 - 10 p.m.

THURSDAY March 26, 2015

CKXU FUNDrive Trivia night
The Owl
9 p.m.

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