



What year did this week's newspaper flag come from? See page 9

The Endeavour

Jan. 28, 2015 Vol. 50, Issue 6

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SHREDDING in the NEW YEAR

Sean Roberts tries to impress the judges at the Frost Bite Rail Jam, which was held at the University of Lethbridge Jan. 16.

Photo by Dave Johnson

INDEX

News.....	P2
Editorial.....	P4
Life.....	P5
Sports.....	P11



LIFE

In house artist resides at Kapow Comics in the heart of the city's downtown.

PAGE 7



SPORTS

Lethbridge Curling Club plays host to the 66th annual 1st Choice Savings Ladies Bonspiel.

PAGE 11



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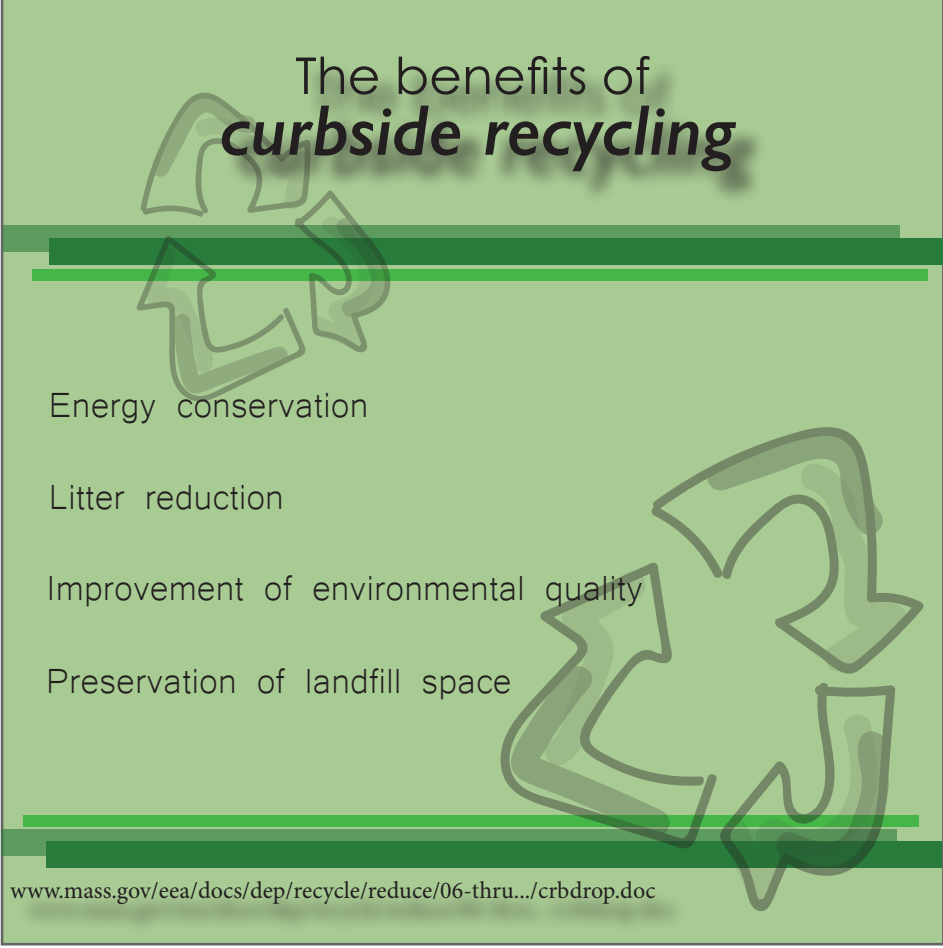
PIZZA • BEER • WINE

One step closer to curbside recycling

MEAGAN WILLIAMS
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A decade long discussion on curbside recycling may come to a close in Lethbridge this week. The city's finance committee reviewed the options for curbside recycling on Jan. 26, with the implementation of a pilot program to take place in the spring. Lethbridge City's waste and recycling manager Dave Schaaf says households for the pilot program have already been identified. "We've target about 1,000 homes, 800 are single family and 200 would be more multi-family and it represents a cross section of the city." Curbside recycling has been an ongoing discussion at city council level. City councillor Jeff Carlson lobbied for curbside recycling in his first term on council in 2007, he was defeated in an 8-1 vote. When city councillors showed support for the initiative again in 2009, the city hired a Canadian-based survey company to ask Lethbridge residents if they agreed with council. The results of the survey showed that 80 per cent of residents supported the move for curbside recycling. Environment Lethbridge chair, Mike Spencer believes that while support for the

initiative is there, education and awareness will be key to its success. Spencer believes the non-profit group can step in and help spread the word about more sustainable practices within Lethbridge. "It might involve outreach to schools, to help families and organizations develop better practices, encourage better recycling and not just recycling, the three R's - Reduce, Reuse, Recycle." Depending on which option for implementation is given the green light by council, the increase to city utilities could be anywhere from \$8 to \$11 a month. A price range that 65 per cent of residents surveyed agreed would be a reasonable rate to pay to see curbside recycling at their door. Recycling organic materials is one option being reviewed by the finance committee. Organic materials contribute to 47 per cent of total household waste. While this would aid the city in reducing its reliance on dumping into landfill, residential waste accounts for just 25 per cent of total landfill waste. Schaaf says the remaining 75 per cent comes from commercial and industrial waste. "We are aware of that and we have a plan in place that hasn't yet been presented to city council, but we will be presenting that to the environment committee and the city council in the future."

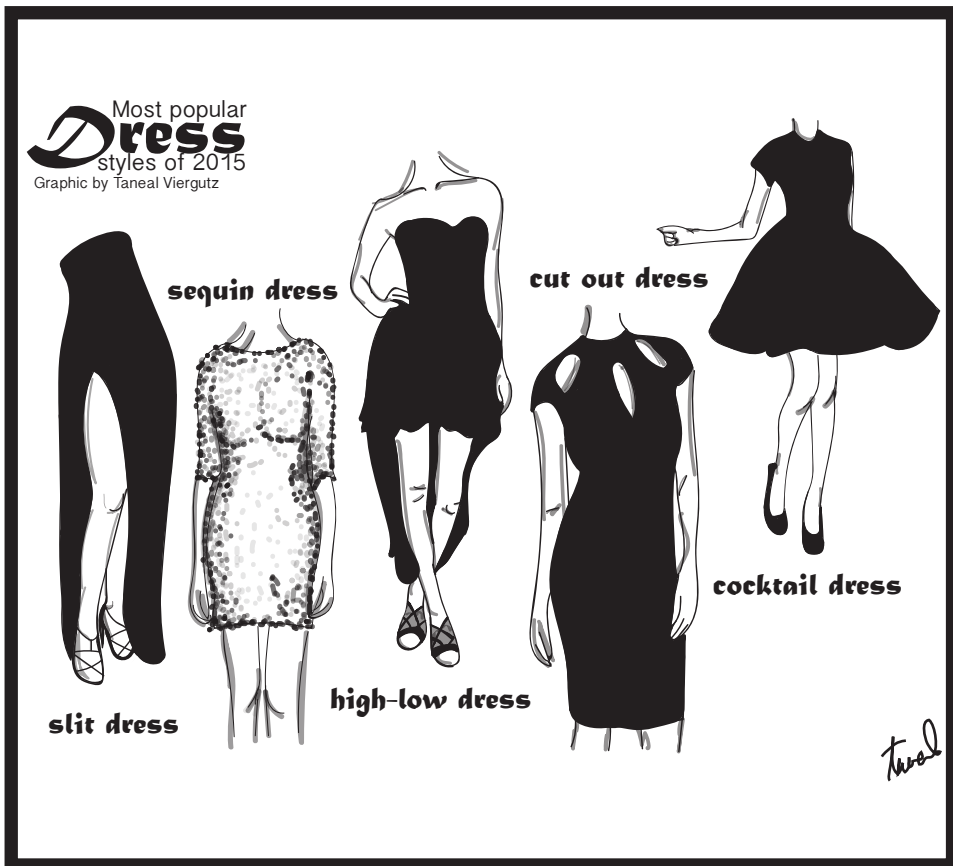


The benefits of curbside recycling

- Energy conservation
- Litter reduction
- Improvement of environmental quality
- Preservation of landfill space

www.mass.gov/eea/docs/dep/recycle/reduce/06-thru.../crbdrop.doc

Graphic by Taneal Viergutz



Most popular Dress styles of 2015
Graphic by Taneal Viergutz

- slit dress
- sequin dress
- high-low dress
- cut out dress
- cocktail dress

Graphic by Taneal Viergutz

Last ball for The Barn

Students dress up for last big event of year

SHARENA CLENDENING
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Lethbridge College Students' Association is putting on it's first Winter Formal on Thursday. This event is going to be a sophisticated dinner followed with an upbeat dance. The students decided on this event but the LCSA put the student's opinions into reality. "When asking people if they would go to a nice dinner and dance where they can dress up, a bunch of them said yeah that would be so much fun," said Vice-President of Student Life Jessika Guse. There are not a lot of big events being put on for the rest of the semester, so this Winter Formal will be the last big event

for this year. There will be door prizes and a photo booth there as well. This will also be the last event in the D.A. Electric Barn until 2017 when the new Trades Technologies Renewal and Innovation Project building will be built. "This dance is an excellent way to bring people together during the winter time" says Lethbridge College student Kyle Whiteway. Limited tickets are \$10 and they can be purchased at the LCSA office. Cocktails start at 5:30 p.m., dinner will start at 6 p.m. and the dance party will begin at 8 p.m. Go check out the LCSA page on Facebook for more upcoming events this semester.



SPOTLIGHT ON STUDENTS

Tune into CRLC to listen to the Broadcast Journalism students host their hour-long radio shows!

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CKXU here, there and everywhere

JONATHAN GUIGNARD
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CKXU, the radio station at the University of Lethbridge, is looking to broaden its broadcast across southern Alberta.

As of right now, CKXU has a Class B licence with the CRTC, which means they can broadcast up to 6,200 watts. That is very minimal when compared to other radio stations in Lethbridge.

CKXU is affectively broadcasting with a 125-watt transmitter around 80 watts. However, by the time the signal leaves the towers and gets pushed out, it is nowhere near enough coverage.

“It doesn’t even give you full coverage of all parts of Lethbridge. On the west side you can be a kilometre and a half away from the station and there are dead zones,” said Goodman.

CKXU will need at least \$100,000 for the equipment in place to push a signal out. Expenses can be anywhere from \$500 to \$1,500 per month which covers electricity, internet connection and ongoing maintenance.

The grant is broken into two parts.

The first part is strictly used for planning. To do this, CKXU was awarded around \$15,000. The money was spent on bringing in consultants and engineers in order to allow the organization to create a business plan for the project.

“When you are spending hundreds of thousands of dollars you need to have a clear understanding of what needs to be

done and how it’s going to happen,” said Goodman.

He applied for the second part of the grant last Thursday. This portion of the grant will be used for tower space, infrastructure and equipment.

Goodman is currently waiting for a decision on the amount of money they will receive.

However, the CCPG is designed to work with the community facility enhancement program with Alberta culture, which is an Alberta government-funding program that will fund one-third of its project.

CKXU successfully petitioned the undergraduate student body to consider an increase in the student levy to secure more operational funding for the station.

The student levy went from five dollars to eight dollars a person per semester. This is a 66 per cent increase from previous years.

The increase will secure approximately \$60,000 annually.

The CCPG is a long and sometime complicated process. Recreation and Development Manager Lori Harasem understands that it can be complex and is ready to offer help.

“We will work with you, if there are any problems we will be happy to help you and work your way through this,” said Harasem.

CKXU is the only community radio station in southern Alberta outside of CJSW in Calgary and offers members of the community the opportunity to be heard.

Lethbridge Antique & Toy Show & Sale



Photo by Aaron Haugen
Pearl Nieboer and her grandchildren Conner and Daisy Nieboer examining the model railroad display at the Lethbridge Antique & Toy Show & Sale Jan. 17 at the Exhibition Grounds.

All Lethbridge College students have access to the

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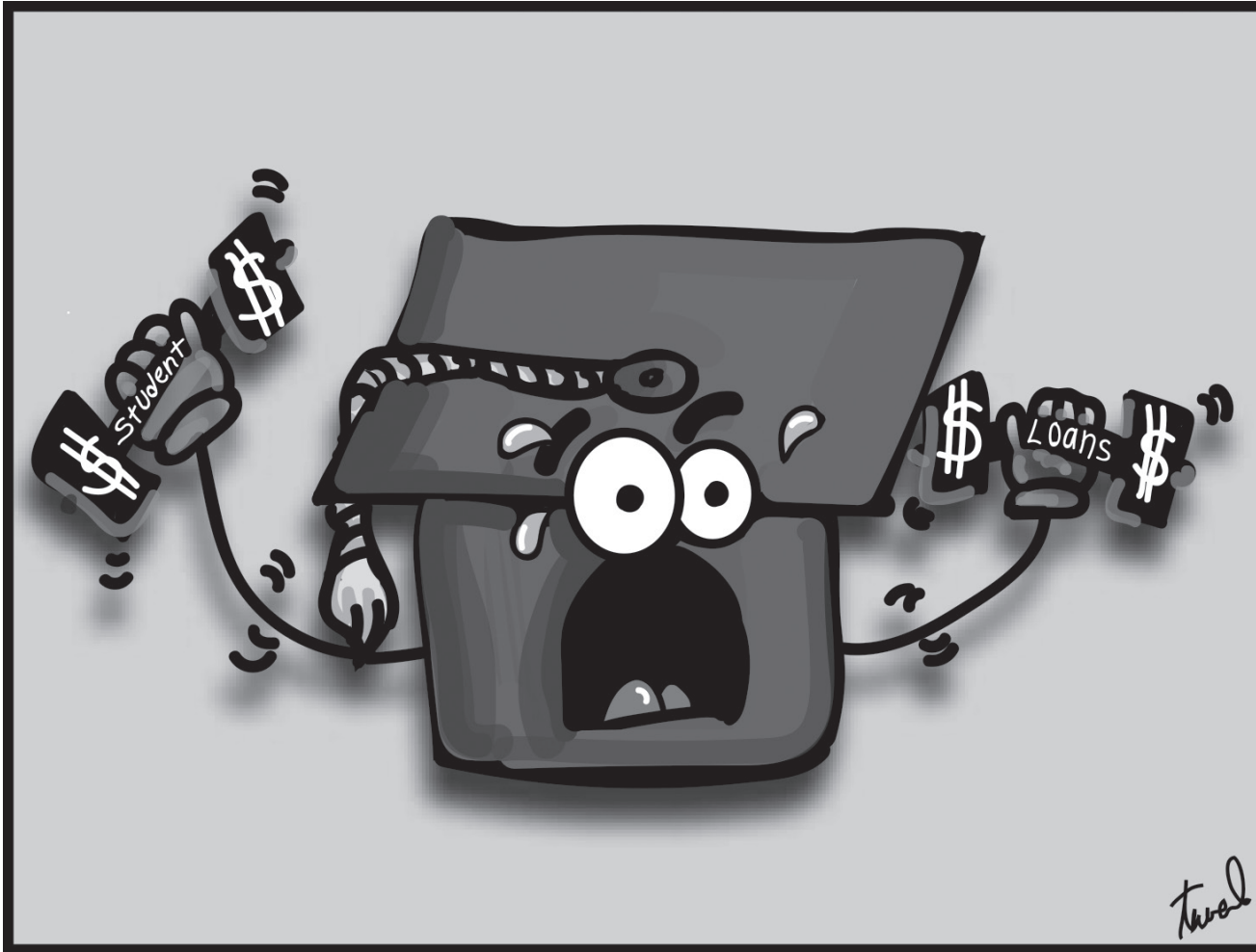
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Graphic by Taneal Viergutz

College graduates, both soon-to-be and already graduated, are struggling even more than before, as recession worries continue to grow.

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Alberta braces for possible recession

Students now ponder what to do next

life GOES ON...



MERCEDES FAWNS

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A lot of painful words are being tossed around these days including layoffs, budget cuts, downsizing and recession.

Yes, recession is what the Conference Board of Canada (CBOC) is calling for this year. With over 1,000 layoffs in the province already, it looks as though Albertans are headed towards an economic downturn.

I remember being a kid the last time we had a recession. I remember hearing about it, but I don't remember ever being affected by it. I'm not so sure what it means for me now. I'm about to graduate from post secondary into a "slow paced" market as many of the headlines are reading and I wasn't really sure what that meant until I remembered my first year English class at the university.

My professor was talking about the recession back in the '90s and how the reason he had his PhD wasn't because of a plan, but rather a choice. He said he graduated with his bachelor's degree and there were no jobs available in his field, so he found himself at that grand fork in the

road: one path leading to another student loan and years more of school to wait this thing out. The other leading to a job irrelevant to the skills he'd been honing throughout his degree.

Graduating in a recession can lead to initial earnings loss as graduates are forced to take lower paying jobs, lower positions or positions not related to their field of study.

Here we are kids! There's a whole lot of talk about this ominous recession and what it means and how everything will trickle down from the oil sands to the gas stations to the dealerships – to our entry level positions as soon as we graduate.

The National Bureau of Economic research put out a study that analyzed the effects of graduating in a recession. Essentially the study outlines all of the concerns I just addressed in the anecdote

above: graduating in a recession can lead to initial earning loss as graduates are forced to take lower paying jobs, lower positions or positions not related to their field of study.

Take what you can get.

There is also the matter of the "slow pace" I alluded to earlier. This means stagnant levels of job creation, which leads to more competition. It is hard to set yourself apart and show your value when you are competing against that many people.

To top it all off, while Premier Jim Prentice isn't sure the recession will happen, he does seem to think it may be necessary to introduce PST and hike up income taxes. That'll really help all of us who are experiencing that "initial earning loss." Prentice didn't seem to agree with the CBOC's forecast and I am hoping he is right.

That being said, it is evident on all accounts that Alberta is in financial trouble and that is something that will have an effect on our potential careers, recession or not. Still the gears keep grinding, we keep spending, we take what we can get and life goes on.

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LIFE

Have a news tip or know someone who has a story that begs to be told? Get in touch with us! 403.320.3301 • endeavour@lethbridgecollege.ca

Our closest technology or worst nightmare

SARAH REDEKOP

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When it comes to everyday bacteria, your cell phone could be your worst enemy. As college students we come in contact with germs constantly: we sit in desks, tap on keyboards and use equipment that has been used by numerous people before us. It's great if you practice good hand washing, however, if you aren't cleaning your cell phone, washing your hands may not matter.

The NED University of Engineering and Technology conducted a study to test the amount of bacteria lurking on campus cell phones. They tested over 350 cell phones and found over 98 per cent of the phones were covered with bacteria. The greater the phone usage of the person, the higher the amount of bacteria was found on the phone. The cell phones they sampled belonged to students, teachers and university staff with a diverse range of hygiene habits.

When approaching students at Lethbridge College about their cell phone habits, almost all of the students claimed they've never cleaned their phones. Sarah Rodriguez is one of the few students at the college who understands the importance of a clean phone. "I disinfect my phone

probably about three to four times a week with antibacterial wipes," she says.

Mary Coles, a registered nurse at the Lethbridge College Health Clinic, explains that germs spread quickly on campus and when you put a lot of people together, there are more germs and more ability for them to spread. When using computers on campus she recommends washing your hands or using hand sanitizer immediately after. She says hand washing is the number one thing you can do to protect yourself.

According to CNET.com, you can create your own disinfectant solution at home. This is done by mixing eight ounces of isopropyl alcohol with eight ounces of distilled water in a spray bottle. You can spray the solution on a lint-free microfibre cloth and then wipe your phone with it, however use caution when applying this solution to your screen. Alcohol solutions used repeatedly can remove the coatings on oleophobic screens, therefore it is best to refer to your product manual for further instruction. If you are concerned about using alcohol on your phone, there are other methods available.

The PhoneSoap Charger is a product that has been proven to be an effective and safe method to disinfect your cell phone.

The PhoneSoap Charger is a case that you can put your phone in while you



Graphic by Taneal Viergutz

Over 98 per cent of student cell phones on campus are covered in bacteria.

charge it, by using UV-C lights that will turn on for a total of four minutes and then turn off. This short exposure to UV light kills 99.9 per cent of the bacteria on your phone.

Discovery Channel tested the PhoneSoap charger on Daily Planet and

found that it was effective in killing the bacteria. It can be purchased online at www.phonesoap.com for about \$60.

We may be carrying germs with us everywhere on our phones, but by practicing good cell phone hygiene, you can help protect yourself from bacteria.

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New Year **REBOOT** ~2015~

It's the end of the month and the time of year when, for many of us, the resolution starts to peter out. This is when you find out how serious you are about your resolution.

According to a study conducted by Ipsos Reid in 2011, eight in 10 Canadians

have given up on their resolutions by this time.

One in three Canadians in 2015 will dedicate their resolution to healthier lifestyle choices including, dieting, exercising, and quitting smoking. Here are some of the most common challenges with these resolutions:

75 per cent of people will find it challenging to stay motivated, manage cravings, or stay on track with their goals.

68 per cent will find it overwhelming even getting started; closely related 64 percent will experience difficulties achieving goals on their own.

But New Year's resolutions don't always have to focus on the negative. You don't have to eat like a model to improve your image or feel better about yourself.

Some popular resolutions include getting tattoos or body art, taking the family on a trip, or getting some much needed rest.

Setting attainable goals for next year will help ease the stress and fear of failure.

Remember to have fun, and don't always take it so seriously!

Twitter's Top Ten resolution list for 2015

- 1) Work out
- 2) Be happy
- 3) Lose weight
- 4) Quit smoking
- 5) Unplug
- 6) Be the best (at...)
- 7) Stop drinking
- 8) Love myself
- 9) Work harder
- 10) Don't mess it up



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INNOKIN TECHNOLOGY

Students stand against

HALEN KOOPER

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Habits often take their form during a person's teenage years. If bullying is someone's habit, it can carry into adulthood. Millions of people are affected by bullying and harassment daily online, at school, even at home.

I Stand Against – an anti-bullying campaign currently celebrating its third year – started out as a simple word of mouth campaign to help bring the topic to light and spark conversation in the community. It has now evolved into a month-long campaign overseen by the Boys and Girls Club. The program looks to educate the public on the dangers and effects of bullying.

“The main thing is, bullying is seen just as a teenager's problem because we use the word bullying so much. Something we're really focusing on for this year's ISA is talking about abuse, harassment and violence, which is what bullying tends to be,” says Luis Busca, Youth Services supervisor, who hopes to draw attention about adult harassment as well.

Without proper education, harassment can span generations. Busca hopes that in using adult terms to describe bullying, it will be seen as less of a child's problem and more as a community's problem.

“These span generationally. It's not just

a teenage problem; it's not just a phase. It's an issue that's spanning across all ages, ethnicities and groups. It needs to be looked at in that way,” says Busca. “I think that's one of the first steps to eradicating bullying is looking at it that way.”

What originally started as writing on the back of a hand, I Stand Against has evolved into an event. Supporters write on their hands for Pink Shirt Day or for the entire month to promote awareness and ignite conversation in the city. Writing on your hand can act as a deterrent towards abuse as you can see how many people support the cause.

This year becomes a lot more involved with a Youth Services fair where booths will be set up to show youth and the community where they can turn for help and information.

To help promote awareness to youth, school board members and high school leadership classes have been handing out flyers in classrooms. To reach the older crowd, Busca has turned to social media tactics and his connections with students at the college and university.

The Youth Services fair will be held on Feb. 25, but the Boys and Girls Club hopes the community will continue its support long after the event.

With current controversies behind the Rehtaeh Parsons case, and the education on harassment firmly in the public's eye, I Stand Against might stand a chance.

Alumni gets cooking



Photo by Sadie Atwood

Lethbridge College Culinary Careers graduate, Renata Uterine Estavas, prepares to feed the Saturday lunch rush at Umami Shop, a world grocery boutique.

Artist calls Kapow his new home

KYLE KEZEMA

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A place usually focused on selling stories and games has instead turned to the arts, literally. Kapow Comics has become only the second comic store in North America to bring in a resident artist.

The current resident artist is Amir Mohsin, a local artist who has been doing art his whole life. “As soon as I heard about this, I drove straight down,” said Mohsin, highlighting his excitement for the opportunity.

This new feature was implemented by store owner Wallie Desruisseaux. “I love the art so much and I really want to be able to showcase people and show their

work,” said Desruisseaux. He went on to say a comic shop in Edmonton was part of his inspiration.

Mohsin works on many different types of characters, including those from comics, games and movies. Mohsin started taking his art to the next level a few years ago. “I only started taking it seriously when I was 14 and decided I wanted to do it as a career,” said Mohsin.

During his residency, Mohsin mentioned that he would be writing and illustrating his own project. “Hopefully by the end of the residency I will have a physical product that people can buy and it will be hopefully published around town,” said Mohsin.

Mohsin is in Kapow on Mondays and Wednesdays from 4 - 8 p.m.



Photo by Kyle Kezema

Amir Mohsin works on a picture of Gandalf the Grey at Kapow Comics in downtown Lethbridge last Thursday.

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Recycled electronics targeted by thieves

Lethbridge Community Network unphased

ANN GIBBONS
ann.gibbons@lethbridgecollege.ca

They are the items that help make our lives easier and are found in every household, office or business.

Electronics, from your cell phone, television, computer and DVD player are all items we use every single day.

So when your laptop or television wants to go to electronic heaven, what do you do with it?

Naturally we throw it away at the local landfill, not knowing what that can actually do to the environment.

The Lethbridge Community Network (LCN) held its second annual Ecycle Drive event in the city from January 10 to 17.

“The drive is a convenient way that allows individuals to properly recycle their electronic devices,” says Alan Scheider, Executive Director of the LCN.

“This is an opportunity for every electronic device to be broken down, shredded, broken down again and then re-used in different components.”

With help from its partners in Calgary, the LCN was able to place over 35 bins in seven locations around the city.

People can come and drop off their old and out-dated electronics safely, keeping them from resting in landfills.

On the morning of Jan. 18, it was discovered that some of the bins had been looted and computer towers had been stripped of their parts.

There were no hard drive units in the stolen computers but what was taken might surprise many people.

“They wanted the copper and other materials that were inside the units,” says Scheider. “Because there are no dumpster diving bylaws in the city, there is really

“It’s easy money if you know where to look”

DANIEL RAY INO

nothing anyone can do to stop someone from going in a recycling bin and taking what they want.”

“It’s easy money if you know where to look,” says Daniel Ray Fino, a retired electrician.

“Metal materials like copper can be worth a good chunk of change for how much you have of it. Just makes me sad that people will steal out of a recycling bin just for a few bucks.”

The LCN is looking into having all its bins in one compact location rather than all around the city for next year.

Warmer weather sliding into Lethbridge forecast



Jack Xu takes a trip down a slide on the playground at Henderson Lake on Jan. 20.

Photo by Nevin Sereda




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Blast from the Past

A flip through Endeavour history

Endeavour Exposed 1995



LCC students surrounded the television in The Cave on Tuesday morning to hear the O.J Simpson verdict.

Photo from Endeavour volume 30, issue 3, October 5, 1995.

Photo by Andrew Schuchardt



HIT LIST

Top Albums 1995

1. Cracked Rear View - Hootie & the Blowfish
2. The Hits - Garth Brooks
3. II - Boys II Men
4. Hell Freezes Over - The Eagles
5. CrazySexyCool - TLC

Top Movies 1995

1. Die Hard with a Vengeance
2. Toy Story
3. Apollo 13
4. GoldenEye
5. Pocahontas

About Lethbridge

- Mayor of Lethbridge- David B. Carpenter 1989-2001
- 64,938- population

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PREVIOUSLY PRINTED

“I don’t really care” Students not stylin’

Many a time I have sat within the walls of LCC’s cafeteria and wondered why anyone would come out in public dressed the way some students do (myself included).

Funny hats, funny pants and even huge brass belt buckles the size of hubcaps can be seen, shining off down a distant hallway.

My curiosity finally got the better of me. I gave myself a mission find out what is going on in the minds of fashion freaks.

What is with that belt buckle? Are you trying to relive the 70’s? Did you know your hat was on backwards? Yes – I roamed the halls of LCC until I found the

“I don’t really care what other people think”

MARK EBNER

answers to these fashion mysteries! After hours of painstaking research, I have concluded students just aren’t too concerned about the way they look.

“I don’t really care what other people think”. Said Mark Ebner, a Career Directions student

who wore runners, jeans, and a sweater made out of long – john material with a Harley Davidson emblem stitched on it.

Cowboy clothes are not something Transitional Vocational student Keith Bowns would ever throw on. His taste is more for plaid shirts and baggy pants.

“Lots of people are wearing it.” A flower – patterned dress was the Monday fare for Retail and Industrial Security student Kelley Wright.

Wright said she doesn’t think the way she dresses gives off any message.

“I dress the way I want. (Clothes) don’t make me feel a

certain way.

Rob Pohl’s camouflage jacket stood out against the brick walls of LCC. But the avid ice-fisherman said he’s been told “fish can’t see you” wearing camouflage. Pohl, who is in the carpentry program, wore what he called “matterhorns” – a type of winterized hiking boot.

“They’re still comfortable,” he said. Sitting in a warm, iceless study room in the Trades wing. “I wear them constantly. I kind of like the way they look.”

Mark Johnson, a Business Administration student, wore jeans and a T-shirt Monday, but said it “just depends on the of day and what is in demand.”

Johnson said he will dress up for special occasions, while Monday’s outfit was “just what I threw on at 6 a.m.”

Not a lot of people are thinking about their wardrobes while in college, says Gwen Seal, chairwoman of the Fasion Design and Merchandising program.

“I think it’s a college thing” said Seal.

“You know – they’re broke.”

Seal said the lack of anyone to impress at college and the lack of time will affect the students wardobes.

If anyone looks good at the school, it would be the blue maintaince electrician man.

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Know the facts about Alzheimers

Staying safe and aware of warning signs

MERCEDES LAYNE FAWNS
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It's the month for New Year's resolutions and healthier choices. Alzheimer's awareness seems like the perfect fit to help Canadians understand a disease that affects so many and provides support to those affected.

This January, the Alzheimer's Society of Canada asked citizens to familiarize themselves with the disease: warning signs, caregiving advice, even lifestyle changes to help prevent it.

The first step is to know what Alzheimer's is and how it affects those around us.

According to the Alzheimer's Society of Alberta and the Northwest Territories, "Alzheimer's disease is a fatal, progressive and degenerative disease that destroys brain cells."

A common misconception is that Alzheimer's is dementia; dementia is a broad term encompassing many different brain disorders and diseases. Alzheimer's is just one of them and the most common.

"Alzheimer's is often thought of as an old person's disease, but it can also develop in younger people. Early onset Alzheimer's affects persons in their 40's or 50's and accounts for about five per cent of

the Alzheimer's population," says JoAnne Price, program and HR manager at Paradigm Home Health Services, a private progressive and support service agency in Lethbridge.

In 2011, nearly 750,000 people in Canada were reported to be living with some form of cognitive impairment including dementia. If this does not change, it is projected by the Alzheimer's Society of Canada that this number will double by 2031.

"I believe the senior population in Lethbridge is reflective of this," says Price.

There is no cure for the disease, but there are medications available that slow its progression. Lifestyle changes such as quitting smoking, brain exercises and physical activity can help act as preventative measures.

"There is evidence that mental stimulation in several different forms can help those affected to maintain memory and functionality," says Price. Sharing life stories, talking about history, reminiscing, conversation and companionship are all strategies that can be used to achieve that stimulation.

Price says that Paradigm is working to put together a program based on these strategies.

This month the primary focus of

approximately \$3.3 million in drugs and stolen property have been recovered.

Crime Stoppers and the Lethbridge Regional Police Service partner with the Lethbridge College every year to fight crime.

Students in the Communication Arts program learn to write, film and produce Crime Stoppers. They are then shown on Shaw TV and CTV in Edmonton. The students in the program, work with press releases and police to write scripts for the TV spots.

George Gallant, Communication Arts instructor, says the partnership benefits the students as well as Crime Stoppers.

"For the students there is a huge benefit, especially being a journalist," said Gallant.

The ten warning signs of Alzheimers

1. Memory loss that affects day-to-day function.
2. Difficulty performing familiar tasks.
3. Problems with language
4. Disorientation of time and place
5. Poor or decreased judgment
6. Problems with abstract thinking
7. Misplacing things
8. Changes in mood and behaviour
9. Changes in personality
10. Loss of initiative

<http://www.alzheimer.ca/en/About-dementia/Alzheimer-s-disease/10-warning-signs>

Graphic by Taneal Viergutz

In 2013-14, CIHR invested approximately \$37.8 million in research on Alzheimer's disease and related dementias.

Alzheimer's awareness is women who account for 72 per cent of documented Alzheimer's cases in Canada. They are encouraging women to keep an eye out for the warning signs of the disease.

The Orion Sports group and the

Alzheimer's Society will continue their battle in March with a foosball tournament, the proceeds of which will go to programs and services in the community.

To register visit www.alzheimer.ca/ab.

Lethbridge students use education for good

Broadcast students connect with police to prevent crime

ERIK MIKKELSEN
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Many have seen or heard a Crime Stoppers commercial. They are typically reenactments of crimes to help catch culprits with the use of a short production. Did you know that these commercials have ties to Lethbridge College?

Crime Stoppers works by taking in anonymous tips from the public on cases that are still under investigation. Those cases are then produced into TV and radio commercials.

Locally, Crime Stoppers has been in operation since 1983. Since its beginning, it has received upwards of 6,000 tips, hundreds of cases solved and

"Being able to have some connections with the police service, can help them when they get into their first job."

The videos are produced by second year students once a month during the year. The videos are then edited, voiced and sent to the client for approval.

Constable Steve Baker, community liaison for crime prevention says the police involved also learn from the students.

"It's a good experience on both ends. For the police to see the media side of it," said Baker. "Because you know, we are always in the media, always in that spotlight. To be able to see how it works is really good. It's quite educational for the police themselves just to catch a glimpse of the other sides world."

He says that by working with the college, it helps get the message out in a cost effective way.

"Being able to have some connections with the police service, can help them when they get into their first job."

GEORGE GALLANT

In partnership with Lethbridge College, Crime Stoppers gives out two scholarships at the end of the year. One scholarship goes for best production and one for best performance.

Upcoming Student Activities

Attention new students who started at Lethbridge College this past Fall

Watch for a follow up to the survey you may have completed in September; a second survey will be available until February 6 with an opportunity to enter for a draw to win one of four \$100 Lethbridge College gift cards.

Check your Lethbridge College email for more details.

Performers Needed for Bridging Cultures on March 25

This event is open to students and staff and celebrates the college's cultural diversity with food and entertainment from around the world. If you have a performance piece that speaks to your heritage, we would like to hear from you.

Contact studentexperience@lethbridgecollege.ca for more information.



Lethbridge College

SPORTS

Have a sports tip or know someone who has a story that begs to be told? Get in touch with us! 403.320.3301 • endeavour@lethbridgecollege.ca

Team Bourassa is Lord of the Rinks

COREY POHL
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When 16 teams enter, one leaves as champion. This was the scene this past weekend at the Lethbridge Curling Club as they played host to the 66th annual 1st Choice Savings Ladies Bonspiel.

The A final featured team Bourassa the 2012 winner and team Bonneau, from Maple Creek, Saskatchewan.

“Last year we finished first in the C event after a few unfortunate losses so a win this year would be great.”

KAREN BOURASSA

Team Bourassa ended up winning the bonspiel for the second time in four years.

She got exactly what she hoped for with a 6-4 win in the championship game.

Her opponent, Monique Bonneau, made the final in her first ever appearance in the bonspiel.

“We’re all the way from Maple Creek, Saskatchewan, so making the final was pretty exciting,” said Bonneau.

Shirley Stolk, the defending champion ended up winning the B event with her newfound team.

“This year I’m playing on a completely new team for the first time in 15 years,” said Stolk. This team featured former Communication Arts graduate Kathy Fenz.

“We put together a few wins on Saturday so we’re playing in the B final which is exciting for us,” said Fenz. Their team ended up beating Monika Perry’s team in the B final 7-5.

Both games were decided by three point ends, Bourassa scoring hers in the second end, after a measurement went her way. Stolk scored hers in the seventh end to take the two-point lead. The opposition was never able to recover from these ends.

Next up for the Lethbridge Curling Club is there 76th annual Men’s Shirtsleeve bonspiel. This year 52 teams from Lethbridge and area have entered the bonspiel hoping to win the prestigious event. The shirtsleeve runs from Jan. 27 to Feb. 1.

Teams face off for New Year



Photo by Joel Lewis

Players Chase Olsen and Tyler Anderson of the Alberta Midget Hockey League face off at Nicholas Sheran Arena in Lethbridge Jan. 18.



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Fun Fact: Nine of the 10 most watched television programs in history are Super Bowls.

@LCeGram



Photo by @tmetcalfe91

Congratulations once again to @tmetcalfe91 for submitting this group photo of cafeteria shenanigans.

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

Energizing Pumpkin Foot Scrub

BY ANN GIBBONS



Wake up your toe's senses with this energizing foot scrub, complete with a coarse sugar texture to give those toes some sparkle!

- coffee
- 2 tablespoons lemon juice
- ½ cup ground cinnamon

Directions:
Combine all ingredients in a medium-sized bowl and spoon into a glass bowl.



Ingredients:

- 1/2 cup canned pure pumpkin
- 1/2 cup demerara sugar (yellow or brown - any sugar with coarse granules will do the trick!)
- 2 tablespoons extra virgin olive oil
- 2 tablespoons ground



Store this energizing foot scrub in the fridge for 3-4 days to keep fresh so it can be reused.

What's your horoscope?

BY BRIANNA FAWCETT-BERTHELOT

Aries (March 21 – April 20)
Arrogance and pride will try to get in your way to success. Be professional, responsible and practical.

Taurus (April 21 – May 21)
You want to experience more and now's the time to broaden your horizon and step outside of the box.

Gemini (May 22 - June 21)
Your focus is on yourself. Your mood is very intense and a little secretive.

Cancer (June 22 - July 23)
New enthusiasm shines a light on big plans. Pay extra special attention to relationships with others and yourself.

Leo (July 24 - Aug. 23)
Expect the unexpected. The ability to adapt to changes will help you out significantly.

Virgo (Aug. 24 - Sept. 23)
Participation is key. Work with friends to make things happen and make tasks less daunting.

Libra (Sept. 24 – Oct. 23)
Finish anything that needs finishing, a new project is around the corner.

Scorpio (Oct. 24 - Nov. 22)
New opportunities are unfolding. Don't be afraid, close old doors to open new ones.

Sagittarius (Nov. 23 – Dec. 22)
Avoid major decision making and expect a change in finances. Don't let your emotions overrule spending.

Capricorn (Dec. 23 - Jan. 20)
Emotions run high, don't let them get the best of you. Collaborations with partners will take you places.

Aquarius (Jan. 21 – Feb. 19)
Your energy is low. That's okay, take a break from life and make some time for yourself.

Pisces (Feb. 20 - March 20)
You really want to have fun at this time. Do it, emotional releases bring freedom.



**FRIDAY
Jan. 28, 2015**

Winter Formal
5:30 p.m.
The Barn

**SUNDAY
Feb. 1, 2015**

Ask a Naturalist
1:30 - 2:30 p.m.
Helen Schuler Nature-Centre

**MONDAY
Feb. 2, 2015**

Symphony 4 Horns of Glory
8 - 10 p.m.
Southminster Church

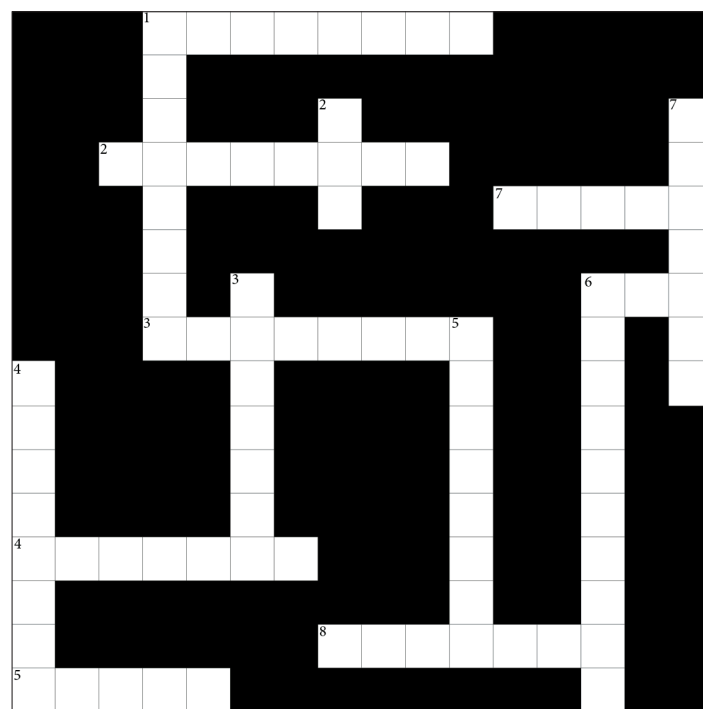
**SATURDAY
Feb. 7, 2015**

The Way of the Shaman: Basic Workshop - Intro to Shamanism
9 a.m. - 5 p.m.
Knights of Columbus Hall

**SUNDAY
Feb. 8, 2015**

Sunday Nature Walk - Great Backyard Bird Count
2 - 3 p.m.
Helen Schuler Nature Centre

SUPER BOWL CROSSWORD BY SASHA



ACROSS

- New England's team
- Team that won the most Super Bowls
- Chocolate bar with a Super Bowl commercial teaser
- U.S. state the 2015 Super Bowl is in
- Who's team won the pro bowl, Michael _____
- Patriots quarterback, _____ Brady
- Field goals are worth how many points
- Nickname for a football (2w)

DOWN

- Team colours are blue, black, silver and white
- Yards needed for a first down
- Amount of people who watched the 2014 game, 111 _____
- Famous coach the Super Bowl trophy is named after
- Who won last year
- Score the most _____ to win
- Cornerback for the Seahawks, Richard _____

SEE THIS WEEK'S ANSWER ON OUR FACEBOOK PAGE • ENDEAVOUR NEWSPAPER - LETHBRIDGE COLLEGE

HAVE AN EVENT TO SHARE?
Email us at endeavour@lethbridgecollege.ca to have it added to our digital calendar.