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QUOTE OF THE WEEK

"I love our corner of the world we live in and I try to incorporate that into our brand so our main slogan is 'born where the prairies meet the mountains.'"

-Brad Gadd

Check out the full story on Page 8



November 6, 2015 Vol. 51, Issue 03



ENDEAVOUR



Cultural program coming

New program highlights First Nations, Metis, Inuit (FNMI) and western cultural differences.

By Katelyn Wilson Page 8



25th annual wine auction

Culinary instructors and students prepare delectable meals for Lethbridge College annual fundraiser.

By Halen Kooper Page 5

Kodiaks at provincials

Men and women's Kodiaks cross-country emerge victorious at last weekend's provincial championships.

By Sarah Redekop Page 11



Blades of glory



PHOTO BY MEAGAN WILLIAMS

Katelyn Weaver and Andrew Poje entertain the Enmax Centre audience at Skate Canada with their first placed short ice dance program on Oct. 30.

Decriminalization yes, legalization no

TAWNAYA PLAIN EAGLE

@tawnya_PE

With many promises the liberal government made, one particular promise raises a lot of questions.

Prime Minister Justin Trudeau proposed the potential legalization of marijuana.

Collin Catonio, deputy chief for the Lethbridge Regional Police Service, says the government needs to think through the effects of legalizing the drug.

He says before you can legalize marijuana, you have to take into consideration the establishments it will take to make this accessible to the public.

"Beyond the taxes it might generate, there is a whole bunch of other things such as minimum age of possession and illegal distribution," says Catonio.

Although he doesn't agree with the direction the government is taking regarding the legalization of marijuana, he fully understands why.

"There is a lot of health concerns around legalizing marijuana and I think the medical community needs to step up," said Catonio.

He says the government needs to do further research



PHOTO BY TAWNAYA PLAIN EAGLE
Collin Catonio Deputy chief for the Lethbridge Regional Police Service.

and ask the medical community how this will affect the health system.

Catonio says there is speculation the drug is a harmless herb, but that's not necessarily true.

Terra Zousiuk, health services manager at Lethbridge College, says because alcohol and tobacco are legalized, it doesn't mean marijuana is okay.

"Your brain doesn't stop developing until you are in your mid 20s, marijuana can slow down your brain development in emotional, academic and social ways," says Zousiuk.

She adds marijuana may lead to risks of anxiety and depression as well as a potential risk of developing schizophrenia.

Catonio says if the govern-

ment legalizes marijuana it would be a huge tax benefit.

Considering Canada now has a liberal government and much of southern Alberta is conservative, it brings a lot of speculation on how this may affect the city of Lethbridge.

Jeff Carlson, Lethbridge city councillor says Lethbridge College's Faron Elis has done many surveys of the community and surrounding area and the results show southern Alberta is open to decriminalizing marijuana.

"I think that we're seen as very conservative, but we do have common sense and we understand what issues we should be focusing on and what issues our money should go towards," says Carlson.

He continues to add he enjoys listening to Trudeau's approach on the legalization of marijuana.

"He wants to talk with people involved in addictions and crime, but I would like to hear what the negative benefits are."

He adds taking marijuana away from organized crime is a positive benefit for the city.

Both Carlson and Catonio are hopeful that marijuana will soon be decriminalized. They would rather see it as a fine over a criminal charge.

College heading in right direction

JONATHAN GUIGNARD
@guij26

The first quarter scorecard has been released for Lethbridge College 2015-2016 and the college is on track and right where it needs to be going, says Paula Burns, the college's president.

The Balanced Scorecard Institute describes the scorecard as a strategic planning and management system, which helps businesses run according to the vision and strategy of the organization.

The college implemented the scorecard three years ago and Burns believes it's been beneficial overall.

"It's provided us an opportunity to focus on things that we need to improve on and gives us direction on how we can achieve our high level goals so we can continue to excel at being a post secondary institution," said Burns.

According to Gayle Weeks, executive director of planning at the college, the scorecard is broken down into three categories: strategic, operational and people.

Strategic examines the outcome of a holistic student relationship model and looks at future academics to make sure they are serving student's needs.

Operational focuses on finances and continues to look for ways for the college to maintain healthy profits, while building a bigger and more efficient college.

People looks to provide leadership training and building on the passions and

talents of instructors and is targeted at ensuring the quality of what students are learning.

Weeks said the scorecard is a great way to measure the college's progress.

"We look be on target, we have projects in the works and there's definitely going be some challenges that we'll face along the way, but overall I feel confident going forward," said Weeks.

A huge project the college took on is the new trades and technologies facility, which stands out on the scorecard.

According to the scorecard's projected timelines, the facility is set to be finished by June 30, 2016 with construction cost staying below the budget of \$28.5 million.

However, Weeks said it might be a challenge to achieve this year's profit of \$840,000.

"Student tuition has been frozen, we do have a little bit of on increase in grants from the government, but that only covers a small amount of our costs," she said.

Brady Whitson, a Lethbridge College student, said although the tuition freeze may not benefit the college it definitely makes sense for the students.

"This is my first year at the college and knowing tuition fees won't increase next year is easier to digest rather than watching my expenses increase," she said.

For more information on what other issues the college is tackling, the scorecard is available online through the Lethbridge College website.

New scholarship for FNMI students

CRAIG KAMBA
@craigkamba

Aboriginal students at Lethbridge College now have access to a new scholarship opportunity.

FortisAlberta Ltd, presented a \$50,000 scholarship to the college as part of creating an inclusive environment for First Nations, Metis, Inuit (FNMI) students.

The donation will be used to supplement 20 students' tuition by \$2,500 over the next five years.

"We value our relationships with the aboriginal communities we serve," said Debbie Bowering, FortisAlberta's communications advisor.

Bowering ties community and two Metis settlements across Alberta.

"We want to give back to the

communities where we do business," she continued.

FortisAlberta currently owns and operates over 60 per cent of Alberta's electric distribution network with over 120,000 kilometers of power lines across the province.

"We want education at Lethbridge College to be accessible to everyone with the added determination to achieve, regardless of their ability to afford," said the college's president Paula Burns.

The donation is in part of the college's Possibilities are Endless campaign.

The campaign is an extensive effort to raise \$103 million to support key programs at the college.

Earlier this month the college celebrated an allocation of over 900 individual scholarships and bursaries of over \$1 million offered to students.

Casa's Monster Mash a hit



PHOTO BY AARON HAUGEN

Gaston (Timothy Elniski) and Belle (Jenni Svrcek) ham it up on their way to winning best couples costume during the costume contest at Casa's Monster Mash and Film Festival Oct. 31.

Culturally diverse program coming

KATELYN WILSON
@katewils14

With unparalleled collaboration, a new program aimed at cultural competency, is making its way into Lethbridge College.

Beginning January 2016, the community health promotion program will open its doors to students.

The new program highlights First Nations, Metis, Inuit (FNMI) and western cultural differences to prepare an individual for work in any community, including reserves.

Jerome Yellowdirt, Health Resource Coordinator, at Treaty Six First Nations, said interest for the program came from a need within the communities across the province.

"There was a need to do more work in terms of what a community health representative does in the community, which would alleviate the work load for the nurses," he said. "The communities are lacking service providers and those working in the health field."

As a result, the First Nations and Inuit Health Branch in Edmonton sent out letters of interest to post secondary institutions (PSIs) province-wide.

Lethbridge College along with Red Crow College and Northern Lakes College were chosen as representatives for the program.

Debra Bardock, Dean for the Centre of Health and Wellness at the college, said southern Alberta would benefit from this program due to our first nations

population.

"When you're talking in magnitude of PSI's, cultural groups, federal government, provincial government, in terms of innovation, that is unparalleled in our world here," she said.

According to Bardock the program will be mostly taught online, but will start with a week-long cultural seminar that ends with a practicum.

Karen Schoenbrunn, program chair of health sciences at the college, said the program is divided into a one year certificate program and a two year diploma program, with the possibility of it expanding into a degree.

"Right now, talks are going on with the University of Lethbridge in regards to a two plus two degree," she said.

This would allow students to graduate with an aboriginal health degree from the University of Lethbridge.

Currently, Yellowdirt said the focus is on promotion and wants to see a recruitment process put in place to make sure everyone across the province is included.

"We are sending information out to various organizations, communities and contacting people to get the word out that the program starts in January," he said.

"Sometimes people figure it's pretty scary to work on the reserve and it's not, it's just stereotyping and we are trying to break that barrier."

For more information visit lethbridgecollege.ca/chp.



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Criminal charges may apply for copyright abuse, TPP

COLE SWIER
@coleswier

The Internet is often referred to as a no-holds barred anarchistic territory, but that could change forever.

Earlier last month Canada signed the Trans-Pacific Partnership (TPP), which is a multinational free trade agreement between 12 countries, including Canada, Japan, Australia and even Chile.

On the surface, the purpose of TPP was to remove barriers to promote international trade between both developed and emerging economies.

But due to leaked documents, it has been confirmed that the issue of copyright could be a concern in regards to TPP.

On Oct 9, WikiLeaks released the TPP chapter on intellectual property and uncovered that as a part of TPP there would be criminal action taken with those who illegally download copyrighted material.

Another requirement is that Internet service providers may be required to collect data on their customers and try to report on the breach of copyright.

Rumi Graham is the University of Lethbridge's copyright advisor and explained how trade partnerships and copyright do not mix.

"The actual copyright act does not talk about trade elements, it just talks about rights that are given to the creators. So packaging something up like copyright

and intellectual property alongside other kinds of property and other kinds of goods like cars, dairy, and cheese to me is a little bit absurd actually," said Graham.

These new copyright restrictions could affect much more than just downloading the latest Hollywood blockbuster onto your hard drive.

Social media could be affected as well, whether it is an image of Ryan Gosling or a video of the Calgary Flames highlight

With these new laws in effect, it could become difficult for aspiring YouTube personalities to become noticed without fear of their videos being taken down or being taken to court.

Paige Kohlman is attending Lethbridge College in hopes of becoming an educational assistant and explained how her YouTube channel is being used to help others.

"Basically my YouTube channel is a

people, that we need to see them as equals," said Kohlman.

Amir Mohsin, a university student and local aspiring artist explained that keep a lot of the content on YouTube might breach new copyright restrictions could be used as an advantage.

"It's free advertising, but they are still trying to hunt down those people that are making it [the videos] and stop them in their tracks. I don't really get it because the only exposure that somebody has to your property is through your own marketing that you're paying for, so it's really narrowing it down," said Mohsin.

Not only would restricting copyright laws affect big businesses ability to make a profit, but it would also have a huge impact on aspiring artists as well.

Mohsin explained how limiting himself to creating wholly original pieces of art has a negative impact on his ability to create the best product.

"I either have to do the fan art and keep it to myself and nobody will ever see it, which is kind of hurtful to an artist because you don't get the exposure," said Mohsin.

"You don't get anybody seeing your work and seeing what you're up too."

The Trans-Pacific Partnership was finalized on Oct.5.

Since then, new information regarding the details of the trade partnership has continued to be released.



Amir Mohsin is hard at work designing his new fan art for his portfolio in Nov.1.

PHOTO BY COLE SWIER

reel from the night before, these new copyright laws may infringe upon more than just our social media undertakings.

channel that inspires people to be the best that they can be.

I talk a lot about people with disabilities and how we need to stop judging

Phase two of new trades building underway

CRAIG KAMBA
@craigkamba

With the opening of the first phase of the new trades and technology building, comes the beginning of Phase two.

Demolition of the old 1900 trades building is over 80 per cent complete.

Phase two will consist of additional spaces for all of the welding, electrical, as well as classrooms for engineering students.

"It's a big job, but is a beautiful building. Phase two is about three times the size of phase one, and we have the same amount of time to build it," said project manager Francis Rankin.

Luke Anderberg, a carpenter and construction worker on the project, is happy with the ongoing progress.

"Over the last few months it was slow in the beginning because of asbestos," he said.

"We hope that maybe January of February the building steel will start being erected," concluded Anderberg.

The building spans over 41,317-square-feet and houses programs within the Crooks School of Transportation, Automotive Service Technician, Parts Technician Agricultural, and heavy equipment technician programs.

The entire building project is forecast to be complete in 2017.

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Publisher

Martina Emard

Technician

Karlene Quinton

Advisors

Martina Emard
Kris Hodgson

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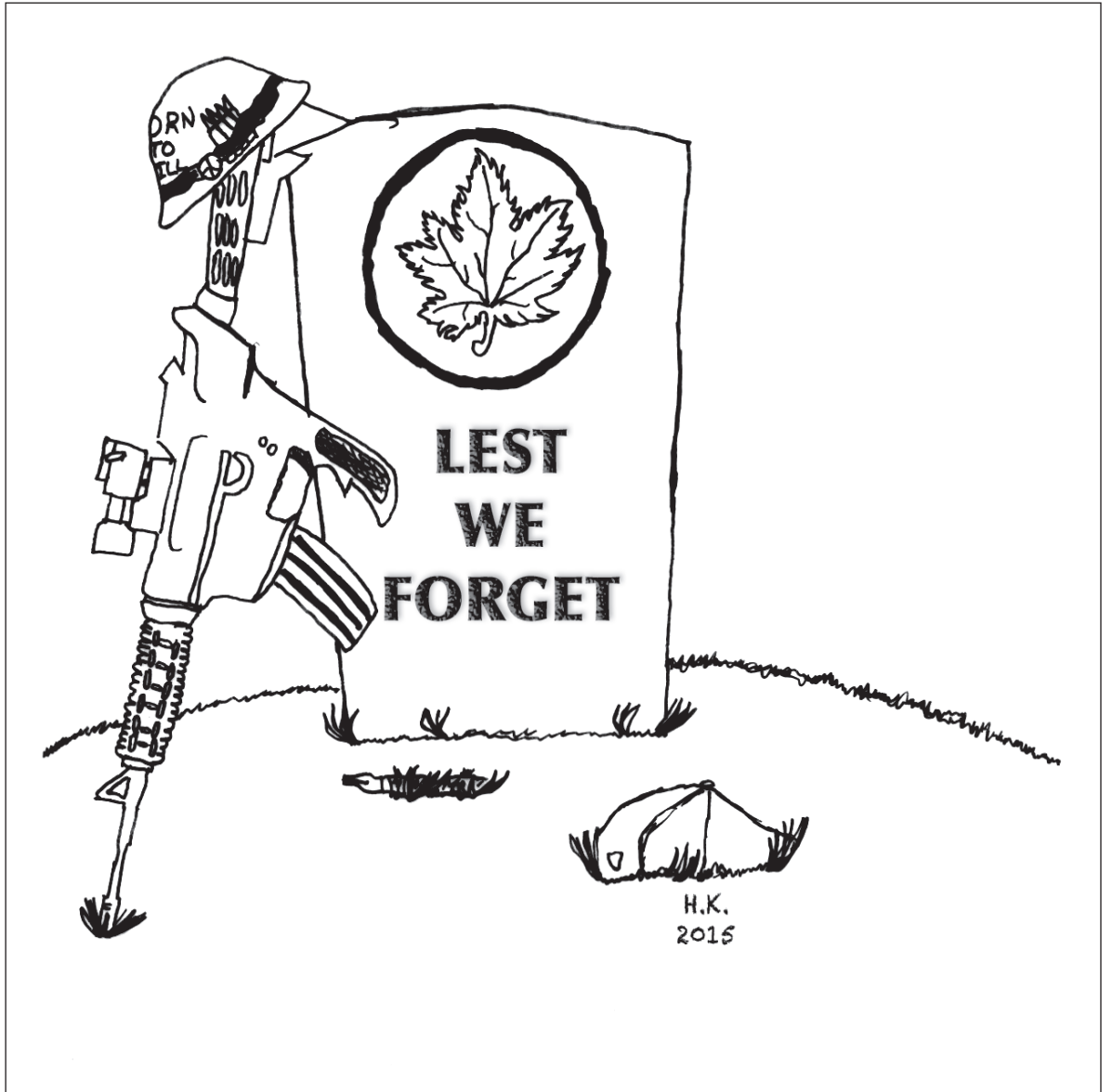
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E-mail: news@lethbridgecampusmedia.ca

Fax: 1-888-520-6143

Mailing Address:

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



Think of a soldier

This November, take a moment to remember why we have our freedom

It's that time of year when Canadians add an additional item to their clothing. Little red poppies are being donned on shirts and jackets to mark the remembrance of our fallen soldiers. For many of us, this is a tradition that has just become commonplace during the week prior to Nov. 11. A small donation is replaced with a red flower to pin on your shirt.

During this time of remembrance, how often do you actually remember? It's easy to think of Nov. 11 as a day off school or a day off work. It's a free day to do whatever you like. Unfortunately, there are soldiers who no longer have that opportunity.

Canada's surviving veterans are changing. The last surviving Canadian WWI veteran passed away in 2010. According to Veterans Affairs Canada, as of March 2014, less than 76,000 WWII veterans were still alive. Their average age last year was 91.

From WWI to the Korean War, over 1.5 million Canadian soldiers risked their lives overseas. Nov. 11 should always be a day to remember their important sacrifice. The lives they gave

allowed us to live with the freedom we have today. However, current conflicts have created a new list of service men and women who are no longer with us.

The more recent overseas conflicts leave many Canadians with mixed emotions. Debates as to whether our presence is necessary and to what extent, are ongoing. Although some may disagree and feel as though we shouldn't be involved, our respect should not be lost for those on the front lines.

Brave young men and women still

continue to risk their lives on a daily basis. Their conditions are far from the comforts of home. Their family and friends become part of a world far away. They are exposed to countries in turmoil

that look nothing like the world we see everyday.

These soldiers are witness to awful scenes and terrifying moments. Many of them live with those experiences long after they come home.

So as you pin your poppy on this year, think of a soldier. There is one out there whose heart is pounding with fear, who has a tear of sadness gracing their cheek, or is simply missing the beautiful country we call home.

"From WWI to the Korean War, over 1.5 million Canadian soldiers risked their lives overseas."

e LIFE

Converse walks its way to iconic status

JONATHAN GUIGNARD
@guij26

It's a trend that's defied decades and has become an iconic symbol in society.

Seen on the feet of the '70s cast of *Grease* to the '90s punk rockers of New York, a shoe continues to thrive in yet another decade across the world including Lethbridge.

Converse has continued to remain current and has been kept on the market through every fashion trend for over a century.

According to the official Converse website they started in 1908 where they specialized in galoshes.

They moved to making sneakers while incorporating their rubber in the sole. In 1920 they renamed the shoe to the "All Star" and with that their brand was born.

The All Star sneaker became a versatile piece of the fashion industry.

Musicians, athletes and artists popularized them to the point where the company realized their sneaker had unlimited potential.

Vicki Hegedus, fashion design instructor and chair of the School of Media and Design at Lethbridge College, feels that when a product reaches iconic status like the All Star shoe has, a company will stick with what's working, but still needs to tweak it to accommodate the new trends.

"They may have a colour they have never offered, so the guy who has three pairs in his closet still gets tempted to buy because he doesn't have that colour," said Hegedus. "They have to refresh that style a little bit. If they keep it the same they run the risk of saturating the market."

Raechal Olson, assistant manager of Soft Mac in Park Place Mall, says the sneaker is in high demand and has many aspects for it to remain trendy.

"They're a real comfortable shoe and really well priced. Footwear can be really expensive in today's world and to be able to buy a good-looking shoe for less than \$75 is great," said Olson. "It's the reason we sell so many Converse in our store."

Aside from being affordable, Olson also likes their versatility.

"They can be worn with dress pants, jeans or shorts. They get worn with dresses and are even seen in weddings. They really go with everything," said Olson.

Makell Hofer, a student at Lethbridge College, owns a pair of All Star high tops and feels that it's just a really great shoe.

"They look good, it's a very cool style that can be worn by both genders and are really versatile," said Hofer.

According to the American website Statista, Converse created just under \$1.45 billion U.S. in revenue from 2010 to 2015 and have sold over 800 million pairs of shoes worldwide.



PHOTO BY JONATHAN GUIGNARD

Jayne Vander Linden shows off how versatile her pair of All Star shoes are at the Galt Museum.

Culinary brings its best for Clayton Allan Wine Auction

HALEN KOOPER
@kooper_kulture

Keeping up the standard lightning bolt pace of an auctioneer might be difficult due to culinary instructors and students.

The 25th annual Clayton Allan Wine Auction will be held today at Lethbridge College.

The yearly fundraiser that was started by the college's former president Donna Allan's husband, who according to head chef Doug Overes was known as a wine connoisseur and a consummate foodie.

Overes has been a part of the wine auction since 1997 and says there is much more going into the preparation than people think.

"The biggest intangibles that comes from the culinary side is the attention to detail, the focus on freshness, flavour, harmony, colour and balance for a killer picture perfect meal," Overes said.

Over the evening, the culinary students and instructors will be preparing six courses for the evening and Overes says they're going for broke on this special commemoration.

"We've pulled out all the stops for this 25th anniversary, we've made it as modern, sexy and impressive as we can. It's a tough task always raising the bar," Overes said. "I'm happy and proud we're part of it and my team and students can handle the pressure and



PHOTO BY HALEN KOOPER

Dalean Manybears prepares the goat cheese nougat for Friday evening's auction.

give it their best."

When preparing the menu for the wine auction, Overes was sure to consider the possibilities of dietary restrictions.

With the options in each course ranging from goat cheese nougat, duck breast to hay smoked elk, Jay Dobson, events and stewardship coordinator, says there wouldn't even be an auction without them.

"We couldn't run the event without the culinary students to help prepare the gourmet meal," Dobson said.

On the night of the festivities, the culinary students will be on hand to help with preparation and cooking but student Mishel Kendall says, they will have their moment in the spotlight.

"Chef Steve told us to make sure we had two jerseys both clean," Kendall said. "One for when we're prepping and one for afterwards so we can take a bow."

The amount of dedication and hard work the students have impressed their instructors and made Overes overwhelm with pride.

"We're beaming. We're like proud parents. For them to be able to brag about it and say yeah I was part of the execution of this, there's no better feeling in the world," Overes said. "They should be very proud and we are very proud."

All funds raised from the auction will go to the new trades building on campus.

Working together for a common cause

Fundraising to Bring a Syrian family to Lethbridge

AARON HAUGEN
@ahaugie

Moving a Syrian family to Lethbridge is becoming more of a reality thanks to a fundraiser in the city last Friday.

People gathered at St. Augustine's Church downtown on Oct. 30 to partake in musical performances to help raise money to bring a Syrian refugee family to Lethbridge.

The large multi-faith coalition joined forces with other concerned people at the University of Lethbridge to create the group.

Professor Brian Black with the university's music department was in charge of arranging the acts for the concert.

"The idea for a concert came about through work done by St. Augustine's Church and the University of Lethbridge music department," Black said.



PHOTOS BY AARON HAUGEN

(Top left) The Incanto Singers from the University of Lethbridge Music Conservatory perform under the direction of Kathy Matkin-Clapton. They performed True Light, Prayer of the Children and Gordon Lightfoot's Song for a Winter's Night. (Top right) Guitarist Austin Culler performs Bagatelle No. 2 during the From Syria to Lethbridge benefit concert on Oct. 30.

Performers included the LCI Singers from the Lethbridge Collegiate Institute, the Incanto Singers from the University of Lethbridge Music Conservatory at Casa, the U of L Singers as well as several alumni performing solo pieces as interludes.

James Robinson, who is a Canon with St. Augustine's Church, says the way different groups came together speaks volumes about the community. "It takes a place like Lethbridge, for the size we are, that somehow allows all these different groups to get together and work together for a common

cause," he said. The refugee committee at St. Augustine's formed a little over a month ago sparked by a sermon on the Good Samaritan.

"Out of that, we had this extraordinary committee of 15 people that then found itself part of this wonderful alliance,"

Robinson said. Judith Robinson, part of St. Augustine's congregation, expanded on how the Anglican group became involved with the larger group as a whole.

"There was a group already functioning through the university," she said. "There's also a

group of doctors as well as well as two other Anglican churches in Taber and Coaldale, so we chose to unite with these local groups to help bring in 14 people."

Plans are currently in the works to schedule two more fundraiser concerts by the spring of next year.

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Soup Sisters of Lethbridge

Every other month, 20 participants gather at Plum, to make soup, which is donated to local shelters.



Kendal Schroeds peels vegetables. Each batch of soup makes 150-200 servings of soup to be donated to shelters in the community.



Sandy and Tom Ashmore prepare the ingredients while enjoying conversation.



Marianne Hellawell prepares the carrots while working with other participants and enjoying conversation and a glass of wine. The volunteers pay a \$55 participation fee which covers all the cost of ingredients as well as a sit down supper, complete with soup.

**Photos
By
Katelyn Wilson**



One of the soup recipes made by the participants. All ingredients are fresh and healthy.



Laura Branner founder of Soup Sisters in Lethbridge, checks on the progress of the soup making event at Plum on Oct. 26. Branner has been organizing events since April 2015 in support of domestic violence and youth homelessness in Lethbridge.

Local leatherman's labour of love

MEAGAN WILLIAMS
@lili_gean

The rich, earthy and luxurious smell of leather is an aroma that is unlike any other and one that overwhelms the rustic workshop of local apparel and accessory company Popules.

Brad Gadd is the creative vision behind the grassroots lifestyle brand. The idea was born out of Gadd wanting to extend his creative time in art classes outside of school so he and some buddies started experimenting with screen-printing t-shirts in high school for friends and family. More than 10 years on, Gadd has a brand that is selling in stores across western Canada.

A self-taught leather craftsman, Gadd moved into designing and creating the Popules range of accessories after discovering a skill and love for the craft. A chance inquiry to his father about where to purchase scraps of leather, uncovered a genetic reason for feeling connected with the material and the art.

"I remember asking my dad, where does a guy just go and buy a piece of scrap leather in Lethbridge." "He laughed and brought up this box of stuff that I guess my mother and my great grandfather used to do leather work with, I had

no idea."

Gadd designs, sources and creates all of the leather accessories in the Popules line. From making trips to Longview and surrounding areas to handpick the hides he wants to work with, to finding a supplier of rivets and hardware are all part of the job. Trying to source materials locally and keeping manufacturing within southern Alberta are factors that resonate with Gadd, who says that he aims to keep the company's dollars in Canada or North America where possible.

"I love our corner of the world we live in and I try to incorporate that into our brand so our main slogan is 'Born where the prairies meet the mountains.'"

Popules is not the only fashion label to emerge from southern Alberta. Caitlin Power, who is a Lethbridge College fashion design graduate, has had her self-titled label recognized both nationally and internationally on the catwalk. Vicki Hegedus, chair of the school of media and design at the college says that up and coming designers are putting more of an emphasis on sustainability and locally sourced products.

"Nicole Bridger from Vancouver for example, does some fabulous things and she's really thoughtful about sustainability in the fabrics that she chooses. She

actually bought a factory in Vancouver so that she has absolute control over what goes on and how her things are made."

Shelly Court Kanyo is another local designer and founded Lethbridge Fashion Week which started today, is an annual event which allows both local and western Canadian designers, models, photographers and DJ's to showcase their skills.

Kanyo believes that while Lethbridge isn't on the fashion map yet, the city is filled with hidden talent just waiting to be discovered.

"Lethbridge has the right attitude. We know we're not a huge player in the fashion industry, but we don't pretend that the fashion world doesn't affect us. People are supportive, generous and work hard. Lethbridge has so many local businesses that support each other and that helps make the network here strong."

Gadd echoes Kanyo's sentiment, admitting he has many helpful hands work-



PHOTO BY MEAGAN WILLIAMS

Popules' creative mastermind Brad Gadd in his workshop Oct. 26.

ing with him, including business partner and friend Cameron Stromsmoe.

While Gadd remains the driving force behind Popules, he said that knowing that you're surrounded by a supportive group of individuals and businesses is the beauty of growing and owning a business in a close-knit community like Lethbridge.

FNMI fashion show hits Lethbridge College

TAWNIA PLAIN EAGLE
@tawnya_PE

First Nation students at Lethbridge College modeled their traditional regalia at the annual FNMI days.

Marcia Black Water, who is the Lethbridge College FNMI student advisor, says the importance of this fashion show is to highlight the different outfits each person wears and what it represents to the indigenous culture.

"It's important to show all the work that goes into them. Because they're so detailed and sometimes it takes many years to get them (outfits) to where they are," she said.

Some of the outfits that were shown included the men's prairie chicken dance outfit that originated in traditional Blackfoot territory.

FNMI student Tasheena Black Kettle is one of the numerous students who showcased their outfits. Dancing woman's jingle since she was three-years-old she says she always felt more comfortable in a Jingle Dress than any other outfit.

Black Kettle designed her own outfit at the age of 15 after she had dreamt of certain designs and colours. She explains that the Jingle Dress originated from Ojibwa community and that each cone on the dress represents 365 days of the year.

"Back then the Ojibwa people would pray on each jingle, so when you are out there these are your prayers you're dancing for."

Being able to design her own outfits was an advantage Black Kettle had. She was able to mix and match her favourite colours in ways she felt represented her personality.

"I like bright colours and I chose the bright colours against the black so they would pop out more," she laughs.

While Black Kettle adds that she travels to many different Pow Wows in North America, she said the first thing she likes

"They're so detailed and sometimes it takes years to get them to where they are."

MARCIA BLACK WATER

to do is put on her hair pieces.

"Once my braids are done, I wrap them with these white wraps and put on my fur, I then finish with my braid holders," she says.

Black Kettle just completed her correctional studies program and is now continuing with her degree in the Justice Studies - Bachelors of Applied Arts program at Lethbridge College.

Lots of time and commitment is put into traditional regalia and that is one thing Black Kettle notices when it comes to the annual fashion show.

"Something I noticed today with one of the Chicken Dancers, the father and son had similar colours, you can tell that sometimes those are family traditions, with the certain colours that are used," Said Black Kettle.

With the FNMI days held in the Centre Core of the college, lots of people stopped by to watch the events take place.

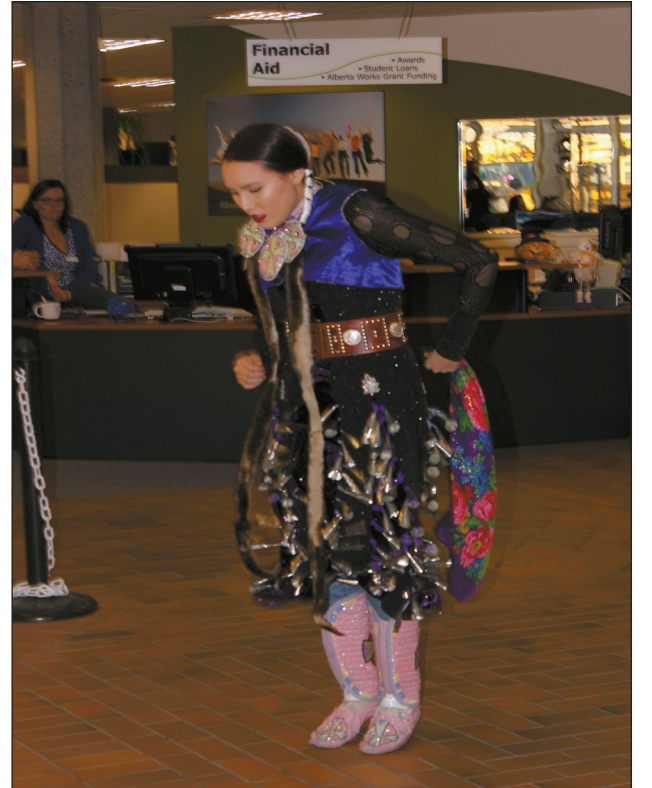


PHOTO BY TAWNIA PLAIN EAGLE

Tasheena Black Kettle takes part in a group dance during the FNMI Days in Centre Core at Lethbridge College.

One observer by the name of Cinnamon Meldrum says it was really interesting how they explained the different outfits.

"With work we attended a few Pow Wows, so it's kind of neat to actually learn the history behind them," she smiles.

The fashion show was followed by small drum and dance session where each category had the opportunity to show their style of dance. FNMI days is a two-day event where Lethbridge College commits every year to honour the FNMI community at the college.

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Eating healthy or being a student

DIGITAL TROOPER



CRAIG KAMBA

As a mature student, I've taken an opportunity this second year to attempt to live a healthier lifestyle and maintain a balanced diet—only to find it basically impossible to do on a student budget.

We are not rich—we are students. Most of us live off meagre student loans and receive the short end of the stick.

North America has been saturated in genetically modified organisms for years now and this information is slowly gaining traction in mass and social media, creating awareness among Canadians.

Unfortunately it's not creating a solution—and it doesn't take a health expert to see this.

Labelling for the customers is not even mandatory.

The sad truth is that many of the foods that are popular with most students contain GMOs--cereals,

snack bars, cookies, and processed meats.

All of these contain large amounts of high-risk food ingredients.

And of course, the absolute worst foods for us are the cheapest ones.

How fair is this to a child born to a family with no means nor education to eat properly?

Local produce, healthy grains and hormone-free meats and dairy products are all twice or triple as expensive as affordable junk food.

Most of us know someone who suffers from a strict diet and who watches what he eats.

It is from them I have learned that even food we call organic is not always necessarily organic, but simply a label plastered on a container meant to mislead.

The growing number of people with digestive disorders in society has risen, with hidden sources of GMO's and sugar products in popular food secretly contributing to increased rates of obesity, diabetes, coronary artery disease and dental decay, yet we continue to be remarkably unhealthy eaters.

The consequences of these behaviours bring many of us to the doctor, men and women we should be able to trust, who might in turn write us toxic chemical prescriptions for drugs.

All of this occurs while politicians battle the idea of legalizing marijuana--a substance far less powerful and dangerous than some prescription pills that are handed out by the billions each year.

We live in hypocritical times. Where is the trust?

I hate to get cynical, but something is seriously wrong with the direction of our country and its masses.

It's a shame to say that I now believe due to corporate capitalist agendas, mass media has failed to inform, and now our generation is paying the price.

For the last few years, I have been taking homeopathic treatments, natural herbs, oils and medicine to treat my own ailments, with much success.

I encourage others to take a look at the natural things in life, in food and in medicine.

Advil, Tylenol, anti-depressants, sleeping-aids--these are all items than can be easily replaced with natural homeopathic medicines, essential oils, exercise and healthy eating.

What we can do is be careful and be informed.

Watch what we eat and not believe everything we hear.

Maybe one day laws and change will come into effect that will allow us to stop poisoning ourselves with mislabeled propaganda.

Lets talk about hair baby!



Photo by [https://commons.wikimedia.org/wiki/Canadian_artist_Abel_Makkonen_Tesfaye_\(The_Weeknd\)](https://commons.wikimedia.org/wiki/Canadian_artist_Abel_Makkonen_Tesfaye_(The_Weeknd))

LILLI GEAN LAMENTS



MEAGAN WILLIAMS

Watching Saturday Night Live's Oct. 10 episode was my first time experiencing the amoeba-like style that is Canadian artist Abel Makkonen Tesfaye aka The Weeknd's hair. It's dreadlocked, but not, it's matted, but not, it just is.

Tesfaye's indescribable mop even has a specific social media following. A website called The Weeknd Bible has dedicated an

entire page to the evolution of Tesfaye's "do", following it from conception to its current amorphous shape. His hair has a vine, a series of hilarious memes and a Tumblr page.

In a recent Rolling Stones article, reporter Josh Eells dedicated six paragraphs to the rising star's hair. In the same article, Sex, Drugs and R&B: Inside the Weeknd's Dark Twisted Fantasy, Eells goes on to describe Tesfaye's first meeting with girl squad queen and music supernova, Taylor Swift. Swift apparently also holds Tesfaye's hair in the same regard as her much loved cat, Meredith, as she began to pet the Canadian artists' hair during their conversation.

Tesfaye is quoted in the article as saying "Hey, can you stop? I mean, it felt good! But when she started petting my hair, that's when I was like, 'I definitely need a drink.'"

I find myself so entranced by Tesfaye's hair that I am distracted to the point that I'm not even listening to what he's singing. It wasn't until I heard his song *Can't feel my face* on the radio that I was like, "oooooh, it's the guy with the hair!"

The take away here for me and hopefully for you is, if you plan on becoming a big deal in the music scene, perhaps put some thought into your crowning glory, because it may just be your biggest competitor.

Where has our society gone wrong?

TAWNIA'S THOUGHTS



TAWNIA PLAIN EAGLE

Mostly everyone can agree that women often play an important role in our society.

They sacrifice a lot when giving birth to a child and then do everything they can to care for that child.

Throughout history women haven't been looked at as equal, it has only been 100 years since women got the right to vote.

Still to this day there are a lot of work environments where women are not treated equally to men.

Are women still looked down upon in western society? Absolutely.

Media and celebrities often support the way we view life.

We hear the term "sex sells" often.

In many ways we don't see how women are sexualized in advertisements.

In boxing, UFC or even NHL games we often see women modeling a featured brand name that the company is advertising.

An example of this would be the Corona Girls posing on stage after a winner is presented in a boxing match.

We are subconsciously relating women to objects instead of human beings.

It could potentially be putting a woman at risk for domestic violence.

When someone sees women being treated as objects

in media, it makes it easier for a man to hit a woman when he can't view her as a human being himself, especially when relating her to prostitutes.

As time goes on and we continue to live by the term "sex sells," this could be putting more prostitutes at risk for rape or murder.

It is a sad reality we live in and many of us don't seem to notice this.

As a society we feed into this by idolizing celebrities such as the Kardashians, Miley Cyrus, Amber Rose and many others who are sexualized.

We also do our part by wearing revealing halloween costumes.

Aside from that, more and more revealing clothes are sold in stores especially to teenagers and young adults.

And don't forget seeing photoshopped women on magazine covers. As a woman I worry that this will make our younger generations more vulnerable.

"We are subconsciously relating women to objects"

Soup for the soul

KATELYN WILSON
@katewils14

The belief in a simple concept is making a difference in the lives of women, children and youth throughout our community.

In support of victims of domestic abuse and youth homelessness, Laura Branner introduced Soup Sisters to Lethbridge in April 2015.

Since then, a group of 20 participants, a mix of both men and women, come together every other month to make fresh, nutritious soup, that is donated to local shelters.

Among the shelters are the YWCA Harbour House, Blackfoot Family Lodge and Wood's Homes Emergency Youth Shelter.

Denille Tizzard, domestic violence shelter supervisor at the YWCA, said the soup has created a positive stir in which they are very grateful.

"Food costs are huge we go over \$50,000 of food a year," said Tizzard. "Bringing in soup provides us with lunch two to three times a month for the whole shelter along with a few dinner's as well,

it's fabulous."

Each event produces approximately 150-200 servings of soup, with an evening lively with conversation, a sit-down supper, wine and lots of laughter.

Branner often refers to the soup as hugs in a bowl.

"I feel very strongly about homelessness and family violence, I thought this was a wonderful way to give back to my community," said Branner.

Soup Sisters and Broth Brothers is a non-profit enterprise founded in 2009 by Sharon Hapton of Calgary.

Hapton believed prevalent issues such as domestic abuse and youth homelessness, would benefit from the care and warmth that comes from a bowl of soup.

Since then, over half a million servings of soup have been delivered to shelters across Canada, with a growing network of over 20,000 volunteers.

Lorraine Leishman has been volunteering with Soup Sisters in Lethbridge since the beginning.

"Seeing people working together, who never met, to produce this amazing result and the looks on their faces, that's my favourite part," she said.



PHOTO BY KATELYN WILSON

Carolyn Nassar chops carrots to put into soup during the Soup Sisters event at Plum on Oct. 26.

However, the participants who make the soup are not the only ones donating their time.

Local restaurant Plum, partnered with Soup Sisters to ensure each event is a success.

Travis Dunnet, general manager, said the staff volunteer their time both cooking and serving, during the sit down dinner that consists of bread, salad and of course soup.

He also said, the first couple of months were a learning curve, but the response has been great and is excited to see where

it goes.

"It was a natural fit for us, we sat down as a management group, with the owner, staff and some of the chefs and we talked about it and decided that it was something fun we could give back to the community," said Dunnet.

Soup Sisters charge a \$55 participation fee, which covers the expense of ingredients, venue, equipment, supervision and a chef.

The next event will be held Nov. 30, for more information contact lethbridge@soupsisters.org.

Business students gain real life experience

COLE SWIER
@coleswier

Running a business is much more than just crunching numbers. A local Lethbridge College student club aptly titled the Business Club is trying their best to demonstrate the importance of community interaction, as well as statistics.

The club is run by president Caylee Vogel, a Lethbridge College business management student and exercise science graduate. She not only is the head of Business Club but also runs on the college cross-country team and is a personal trainer here at the college as well. Vogel explained that despite the name of the club, it is not just intended for business students.

"Most people in the club are business students but everyone is welcome, we do different events which consist of taking what we learn in the classroom and ap-

plying it to real-life situations."

The club's most recent endeavour involved attending the Fall Business Expo here in Lethbridge where they had the privilege of hearing Dragons Den's Arlene Dickinson speak about her life story. Currently the club is learning about the importance of setting up policies and procedures within an organization.

An example of how the Business Club is getting the community involved in their event was demonstrated here at Lethbridge College. On Oct. 28 when they hosted The Fright Night Movie Night. The event was held at The Cave and the community voted on what horror movie to watch.

Grigore Dimidevschi, a second year business management student explained the reason why he has not joined the club comes down to time. Dimidevschi made it clear that he puts his education first and explained that he does see the appeal of



PHOTO BY COLE SWIER

Caylee Vogel the president of the business club is handing out pizza at the Friday Night Movie Night on Oct. 28.

the club, but feels as if he would struggle to juggle both the club as well as school.

"I don't think I have time for that, because I mean if you're going to be a part of the club, then you have to attend all the meetings," said Dimidevschi.

Although a lack of ability to manage time is one of the main reasons why not every business management student is a member of the Business

Club, Sarah Ferrari the human resource executive for the organization explained how she feels it is important for new students to join the club despite the time commitment.

"We just have to show them the value

and the opportunity that they have by joining the Business Club, which is how their network will grow. They will become more in touch with the business community in Lethbridge and they will also be part of building a better community for

the college as well," said Ferrari.

Currently there are over 20 students registered with the Business

Club and as an executive team they meet weekly, but the rest of the club meets bi-weekly for about an hour. For more information on the Business Club or other student clubs, check out the LCSA website.

"We are applying what we are learning in class to the organization as business club itself."

CAYLEE VOGEL

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eSPORTS



Kodiaks cross country teams are good as gold

Sarah Redekop
@sleered

The Lethbridge College Kodiaks cross-country teams were all smiles this past Saturday. Both the men's and women's teams came out victorious at the provincial championships on Oct. 31. The competition was held at Nicholas Sheran Park and a total of nine colleges competed with just over 100 competitors. Both the Kodiak men and women won ACAC team gold medals. This is big news for both teams, as they will now be competing in nationals on Nov. 13 and 14 at St. Lawrence College in Brockville Ont.

Family and friends showed up to support the Kodiaks at the provincial championships. Paula Burns, President of Lethbridge College, was also there cheering on the teams. "It was an amazing performance today," she said. "Both the women and the men have done an incredible job and it's amazing to see what the coaches have done with these students."

Simon Schaerz, the team's co-coach, was extremely happy with the results. "That's just a reflection of the skill and depth of our top runners and just the depth of the entire team," he said.

For the women's 5 km race, Emily Lucas placed third earning a bronze medal. Rachel McKenzie was just behind her and finished in fourth place, while Dina Latrou finished in sixth. This is McKenzie's third year with the team and says it's been a good year for them. "Simon's had a good training program, pushing it with

the girls. We've had a really competitive group this year, so that's been good," she said.

The women were ranked number one going into the ACAC finals. Sylvia Von Gunten, is running for her second year and expressed what it's like to be on a team with the number one ranking. "It's an honour, it's awesome and our team works hard. We have such a strong bond, we're like family and I think that really helps us persevere. It's a great feeling to be ranked number one," she said.

The men also delivered an exceptional performance at the ACAC finals in the 8 km run. Alex Harding took first place, with his teammate and brother, Andrew Harding shortly behind in third. Boaz Korir took fourth place, while Moses Cherreret was shortly behind him in sixth.

Harding says he was surprised to come in first. "That was the most challenging race I've ever done. I can never recall running that hard before," he said. Although it was a difficult race, he said the team was well prepared.

So what's next for the teams? "A couple days off, then we'll start training for the national championships," said Schaerz. With the big competition less than two weeks away, there is not much time for a break."

If you would like to see the Kodiak cross-country teams compete in nationals, the races will be broadcast live from Brockville, Ont. You can stream the races on sportscanada.tv.ca



PHOTO BY SARAH REDEKOP

The Kodiaks women's cross-country team starts off the 5 km race at the ACAC championships held on Oct. 31.



PHOTO BY SARAH REDEKOP

The Kodiaks men's cross-country team stands at the start line getting ready to begin the 8 km race for the ACAC championships on Oct. 31.

Steele suffers Major Damage in steel cage bout

Halen Kooper
@kooper_kulture



PHOTO BY HALEN KOOPER

Massive Damage scores the pinfall on Sydney Steele after a superplex from the top of the steel cage. After his win, Damage used the top rope to celebrate his victory.

The steel cage, encasing the wrestling ring and usually standing 15 feet high and 20 feet wide is only used as a last resort to wrestlers who can't settle a feud.

Since 1937 the steel cage has been a staple in the wrestling world, either to keep competitors in or interference out.

A year of feuding between Massive Damage and Sydney Steele accumulated in the first ever steel cage match for local wrestling promotion, Pure Power Wrestling.

On Oct. 24 PPW held Nightmare Before Halloween at the Boys and Girls Club, which featured the steel cage as their main event.

Principle owner Gothic Knight, says PPW intends to engage more specialty matches but will take wrestling's old-school approach of getting them for special occasions.

"There's plans to do ladder matches, the key is to engaged these unique types of events Lethbridge has never seen," Knight said. "You got to do things that are rare and you can't over do it, you have to be very moderate."

When Pure Power Wrestling began in 2009, they had a small number of fans attend-

ing each event but over the years that average has increased exponentially.

Sydney Steele, marketing director and part owner says having the steel cage match drew an even larger amount of fans.

"Our first show was attended by about 75 people. That has grown to an average of 200-250 per show," Steele said. "We were up 15 to 20 per cent from the previous month's event."

Partner sponsorship could see PPW in a bigger venue but part owner Bulldog Macbain, says even though they've seen over 300 fans at some events they can't get ahead of themselves.

"We need to control our growth and make sure everything we do is at the right pace, because if you try to get into a big venue too soon you run into a bit of trouble," Macbain said. "It's better to pack a small venue than to put the same amount of fans into a large venue, there's a different feel."

Pure Power Wrestling performs at the Boys and Girls Club and will return when they host a Night to Remember on Nov. 21.

Fans will only see stipulation matches when a rivalry warrants it, but Sydney Steele has no doubt PPW will have another steel cage match in the future.

CONQUERING CROSS-COUNTRY



Above: Andrew Harding crosses the finish line in third place at the ACAC championships on Oct. 31. Below: Alex Harding celebrates first place and the team victory as his coach Simon Schaez lets out a loud cheer.



PHOTOS BY SARAH REDEKOP

Clockwise from top right: Photo 1: Andrew Harding embraces the moment after crossing the finish line. Photo 2: President Paula Burns cheers on the Kodiaks. Photo 3: Caylee Vogel and Sylvia Von Gunten push it to the finish line. Below: Rachel McKenzie races to a third place finish.

GO KODIAKS!