

Look out below!



Photo by Taneal Viergutz

Daniel Landry helps his sister Claire get ready to sled down the hill at the Sugar Bowl on the weekend. Read up on the history of the Sugar Bowl on page 9.

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LIFE

This week in Life Goes On
Jay Holy Singer dives into the
cost vs. worth of winter tires.

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SPORTS

Check in with The Lethbridge
College Kodiaks basketball
team.

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Feeling blue?

Curbside recycling still up for debate

SEAN MILAN

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Waste management is an important issue in today's fast-paced material consuming world. Methods to help control our garbage and waste continue to be a big topic in many Albertan communities.

What do we do with it? How much will it cost us and how can we do it efficiently while trying to save money and most importantly the environment?

Blue box recycling started back in Ontario in 1983 and nine years later Lethbridge began using waste management by introducing recycling drop-off depots.

Recently the City of Lethbridge Environment Committee presented a Residential Curbside Recycling program to be considered for the 2015-2018 four-year operating budget.

If the motion is passed by city council, a pilot would begin in the Spring of 2015 and run for a year. During that time, the pilot would continue to be evaluated by the Environment Committee to ensure success of the program for the possibility of full implementation in Spring 2017.

However a program like this could have an effect on the already existing commercial and residential curbside recycling market.

City of Lethbridge's Waste and Recycling Coordinator Heather Gowland provides community outreach and engagement for programs like this.

She acknowledges that nothing is set in stone, however if programs like this were to take place "it could affect" privately owned curbside-recycling companies.

In presentations to city council, the city's Waste and Recycling Manager Dave Schaaf spoke about the importance of understanding the customer. For programs like this to work, you must first understand what people define as value and cost.

"There is value when the benefit is greater than the cost," said Schaaf.

This project has been in the works since 2008 with researching citizens and trying to find out what they value regarding waste management.

The Environment Committee conducted a survey in February 2013 in partnership with Ipsos Ried and discovered that 80 per cent of Lethbridge residents were in favour of curbside recycling, however the number dropped to 66 per cent approval when asked to pay for it.

Cost is a very important topic and a project like this can come with a big bill.

Barry Sedgwick from Residential Recycling thinks the millions it will cost for the program outweighs the benefit.

Sedgwick stresses that the City's of Lethbridge's size isn't ready for big projects like this.

"You can't compare Lethbridge with Coaldale or Calgary," said Sedgwick.

He added that Lethbridge doesn't even have a facility to handle and sort all the waste.

The Environment Committee has addressed this issue and concern to city council regarding the cost of building a new Material Recovery Facility with a capital investment cost between \$3 and \$5 million.

As of now, privately-owned curbside recycling programs serve about 1,000 residential homes out of the roughly 30,000 in Lethbridge.

Not only are their concerns about cost, but also the impact on the environment. Mike Spencer with Environment Lethbridge works in the community to help business and residential areas reduce their ecological footprint.

"The net benefit is better than doing nothing," he said.

Spencer says Environment Lethbridge supports this motion and he hopes this plan will also incorporate taking care of organics.

The program does have an organics portion to the plan, however the pilot for that wouldn't take place until Spring 2018. Currently only about 50 per cent of residents use the recycling depots and drop offs.

Spencer hopes that if this program is successful, it would increase the participation rate of recycling and help move Lethbridge ahead to a cleaner future.

City council will vote on Nov. 24 for approval of The Residential Curbside Recycling Initiative.

"There is value when the benefit is greater than the cost."

DAVE SCHAAF

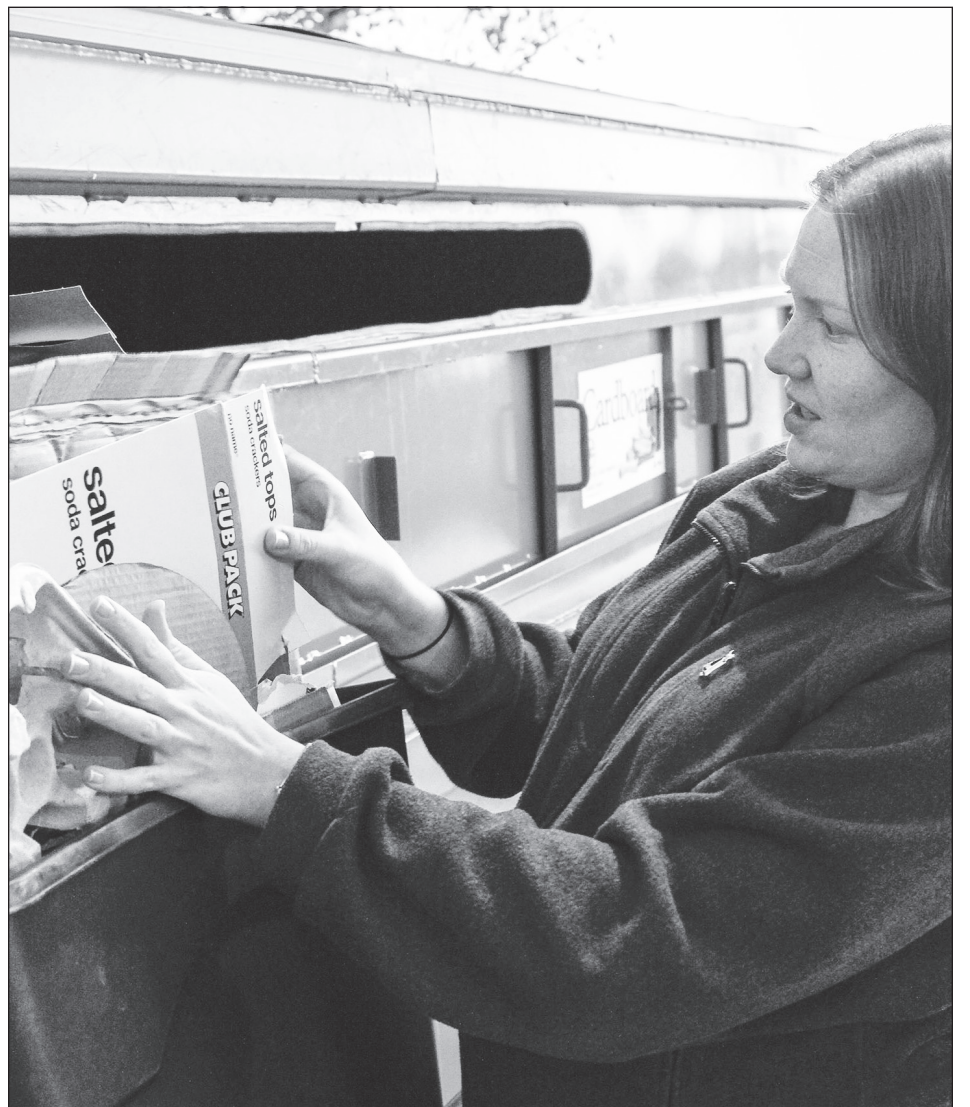


Photo by Sean Milan

Aletta Lightfoot recycles at the Fairway Plaza Recycling Drop-off on Nov. 17.

All decked out and ready for the holidays



Photo by Michael Doherty

Keith and Kate Miller share their ugly Christmas sweaters at the sold-out Nov. 5 to 6 event hosted by the Helen Schuler Nature Centre.

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Urban Grocer's Erin Shearer holds a tub of Screamin Brothers key lime ice cream. This line of frozen treat can be found at four local retailers.

Photo by Jay Holy Singer

We all scream for Screamin Brothers

JAY HOLY SINGER

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It's not everyday you see a local business grow in sales by two aspiring teenagers owning the company. In 2009, J.R. and Dawson Wikkerkink discovered a dessert treat that carried potential and beneficial additives for dietary restricted people. Using an ice-cream maker machine J.R received for his birthday, he thought to create a treat for his brother Dawson who is limited to eating dairy, gluten, soy and peanut products.

Shortly after, the brothers attended a food boot camp where they met Mark Dieser who helped train the brothers. After Dieser was introduced to the product, both parties partnered up to build the brothers company.

"They are very respectful young men and it was a pleasure working with them and teaching them how to do different things. They are eager to learn as many things as they can," says Mark Dieser, Food and Beverage Manager for Lethbridge College.

"He was an inspiration to the both of us," says Dawson, 14-year-old co-founder and co-owner of Screamin Brothers.

Selling their product at the local farmers market in Lethbridge and surrounding areas put the brothers name in the business chain. The key goal was not to increase sales but to raise money for orphanages affected by the earthquake in Haiti in 2010. After J.R. and Dawson's parents adopted David and Joseph, who both lived in Haiti, the brothers realized that the earthquake affected David as his orphanage home was destroyed, forcing him to stay in a tent. The brothers quickly

reacted by raising money for David and his orphanage, selling their frozen treats.

From using recycled materials to electric powered food trucks, the rising business continues to gain more partnerships in distribution locations while running with a complete environmental friendly company. In 2013, Save On Foods jumped on the wagon as they began selling the frozen products across all Alberta and BC locations. Later that year, UNFI Canada signed on with the brothers to distribute the organic treats across Canada. Five per cent of their net profits go towards local and internationally charities supporting children.

The delicious treat gained full attention after being featured on the Dragon's Den on CBC last year. Closing a deal with Mr. Chilton, an investor, the brothers obtained \$100,000 in exchange for a 20 per cent equity stake. The motivational brothers set up a special screening after the airing of their appearance on the episode last week. The brothers screened at their high school Lethbridge Collegiate Institute high school with Mark Dieser catering their product during the screening to all friends, family, students and faculty.

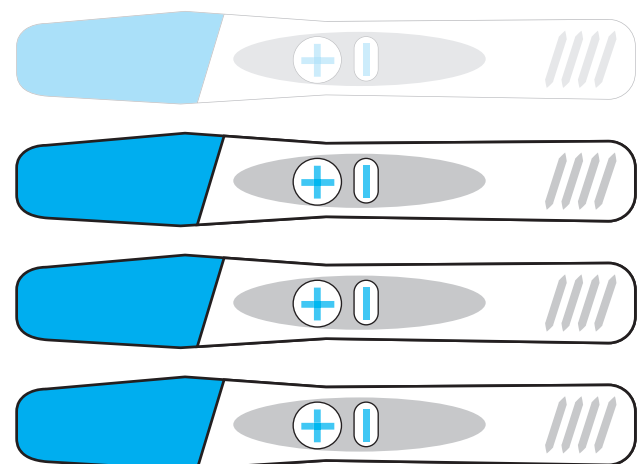
"It's so much fun and it's a great opportunity to help children all around the world because that's what the business is all about," says J.R., 15-year-old co-founder and co-owner.

The brothers continue to grow their brand with a goal to help children across the world.

Screamin Brothers are located at the Save-On Foods stores, Umami Shop, and Urban Grocer in Lethbridge.

You can find more information on their website www.screaminbrothers.com.

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EDITORIAL

NEWSROOM: Lethbridge College Technology Wing TE3225
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How are you treading this winter?

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As a tire wears, snow traction is reduced

Transport Canada and the Rubber Association of Canada recommend that you install winter tires in sets of four.

Tire pressure decreases as temperatures drop, so be sure to check the pressures at least once a month



http://www.tc.gc.ca/eng/motorvehiclesafety/safevehicles-safetyfeatures-wintertires-index-468.htm?campaign=Twitter-eng&WT.mc_id=11xx2

Make your winter driving more safe and secure with this information.

Graphic by Mercedes Layne Fawns

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

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Do not send attachments.

Winter tires win

JAY HOLY SINGER

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It is finally here, the season most drivers are never prepared for, winter. For most drivers in Lethbridge, the first snowfall is everyone's official announcement to replace regular tires with winter or seasonal.

Life would be simple if it was easier said than done. Take a walk into any tire shop in Lethbridge and it's guaranteed you'll be put on the waiting list. For some drivers, it may feel like a lifetime.

Considering the ratio between the amount of tire shops in the city and the population of drivers needing to change their tires, it could be tedious if you're impatient.

A few years ago, I went into a tire shop and purchased winter tires for my vehicle and I found myself waiting in line for half an hour. Once I reached the desk, the associate explained how winter tires would make a complete difference regarding bad road conditions.

I felt as if the associate was demanding me to spend more money than I should. Eventually, he explained in depth with statistics of collisions and proved that winter roads are prone to creating fatal collisions.

After careful consideration and plenty of time to think, I purchased the tires. Entering the icy roads

life GOES ON...



with new winter tires and buyer's remorse state of mind, I noticed a complete difference driving on slush and ice.

It is difficult to stand in a long line-up at your local tire shop, but consider the true prevention you're making. Accidents in Alberta occur quite often.

The Government of Alberta recently released a 2013 transportation report on collisions in the province, revealing the highest amount of collisions occurred in November and December. The fatalities are not as high, but the property damages and injuries are still surprisingly high.

It is tough to admit accidents happening around this time a year ago are simply coincidences. Take into factor that southwest Alberta is a chinook climate and the roads are prone to being filled with slush and ice.

Alberta Traffic Collision Statistics revealed 60.9 per cent of all casualty collisions on road conditions were dry. The winter conditions show 16.6 per cent were involved in fatal collisions and 27.3 per cent were non-fatal.

Results show it is quite

dangerous for drivers who head out on the roads without winter or all-season tires.

"I stand behind them [winter tires], they make winter a lot less stressful," says Anthony Keen, a winter tire customer.

Keen explains his experience and how the stop rate on ice and snow increases as you prevent any sliding on icy roads and that makes the drives much safer.

According to the Government of Alberta, the majority of frequently involved in total collisions are cars. PMC Tires recently evaluated the best winter tires for cars in 2014-2015 and the top three are Michelin's X-Ice, Hercules' Avalanche and Bridgestone's Blizzak.

You can prevent accidents by purchasing winter or seasonal tires at your local tire shop. If you are still hesitant, there is no forcing you, but rethink the idea of our climate and your tire conditions.

I cannot stress how important it is to dive into that pocket and make your winter a little more safe. For those who are buying or have recently purchased new winter tires, it is relief to say life goes on.

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

Taking a plunge for charity

COLBY MCKEE

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The popular ALS Ice Bucket Challenge was recently taken to a whole new level.

University of Lethbridge students braved the cold for the 10th annual Chillin' 4 Charity event at Galt Gardens Nov. 7.

JDC West teamed up with United Way to put on the fundraiser.

Members of the JDC West business team took turns plunging into a pool filled with icy cold water to help raising money for charity.

"What we needed to do was raise at least \$150 for United Way for this, so it was a really good incentive to have some kind of goal in mind."

Marketing student Brent Neumann said "I asked my one professor and she definitely helped me out quite a bit more

than some others did, so that was very nice."

Since its creation in 2005, the Chillin' 4 Charity event has raised approximately \$96,000 in Lethbridge. This year's Chillin' 4 Charity event was projected to push

that total over the \$100,000 mark and will be split up among a variety of organizations.

"There's a lot of things going on in our community right now and this money really does help from everything from making sure that

kids have lunch in their stomachs when they're at school, to making sure that there are fun things to do at the Boys and Girls Club," United Way Executive Director Jeff McLarty said.

Donations are still being accepted lethbridgeunitedway.ca.

"What we needed to do was raise at least \$150 for united way- for this, so it was really good incentive to have some kind of goal in mind"

BRENT NEUMANN



Photo by Colby Mckee

Tom Moore (left), Brent Neumann (centre) and Christian Blott (right) take a plunge into the pool at the 10th annual Chillin' 4 Charity event at Galt Gardens Nov. 7.

Good cause creates warm paws

KELTEY WHELAN

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It's getting chilly outside and there are many people in need who don't have proper clothing for the weather.

"It's nice to give back to the community since the Kodiaks have received so much support from the community"

EMILY GODFREY

The Lethbridge College Kodiaks athletic department is helping the less fortunate stay warm this winter with it's annual

Warm Paws program.

The Kodiaks are collecting winter gear from now through to Dec. 14. Items including toques, scarves, mittens, socks and other outerwear are all accepted.

Donated items will be distributed to people in need through the Hands on Early Learning Centre on campus streets Alive and Wood Homes.

Donations will also be given to international students and also students living in residence who are in need of warmer gear.

Warm Paws is a meaningful campaign for the student athletes as community support

is important to the Kodiaks, including women's soccer player Emily Godfrey.

"It's nice to give back to the community since the Kodiaks

have received so much support from the community," she says

Students and staff can drop off their donations at any of the drop-off sites on campus including the bookstore, athletics office, Buchanan Library, Kodiak House Residence, Lethbridge College Students' Association office and the equipment room in the PE Building. The Lethbridge College

Bookstore will begin selling toques on Nov. 21 that can be donated. All proceeds from the toque sales will go towards Warm Paws as well.

The Kodiaks have planned special events to gather clothing donations during upcoming Kodiaks home games. These include "Toss Your Toques" taking place between volleyball games on Nov. 21, "Shoot Your Socks" on Nov. 22 during half time at the basketball games and "Throw Mitts in the Pit" in between volleyball games on Nov. 29.

"It's a great way to get people involved that come to our games," says Godfrey.

Make sure to show your support, game attendees are encouraged to bring donations to participate in these events. Visit gokodiaks.ca for game times.



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Mary Jane wants its voice heard



Manager P.O. Gerwien poses in the B.O.B Headquarters in Lethbridge. Photo by Kaitlyn Fraser

KAITLYN FRASER
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Marijuana, whether you're against it, or it, the topic has been a hot discussion.

It has been a social debate worldwide since the late 1930s. Today we are in the midst of a shift with Colorado, Washington, Oregon, and the big new addition to the list, the Capital of United States, the district of Washington DC all decriminalizing marijuana

We also recently saw Florida fall just short of the votes needed to legalize by two per cent of the sixty per cent needed.

We are in an era where turning our backs and ignoring the big green giant in the room is no longer an option.

This rapidly growing social sub culture that is the marijuana industry is being slowly unfolded by the people who believe it should not be considered a schedule two narcotic any longer. One of the biggest debates surrounding this issue is the topic of marijuana for medicinal purpose reasons.

Spencer Warren, a 23 year old Lethbridge native who has suffered since the age of nine with Chrons Disease is just one of many in the city that use medical marijuana for health issues.

Spencer struggled for years being prescribed over 10 to 15 different medications including prednisone, steroids and many more.

At 17, Warren started using marijuana and said it helped instantaneously with everyday symptoms such as pain

and appetite. Spencer says, "It's greatly improved my quality of life but has also brought on a lot of additional stress, especially financially. Health Canada has made vast improvements but they still have a far ways to go."

Warren has struggled with the medical marijuana system for years and says its very time consuming and just easier to buy on the street.

There is no doubt that marijuana has had a bit of a dark tainted past, but could the uncovering of these beneficial values change the way we start to perceive this substance.

In Colorado alone since Jan.1 the state has brought in more that \$45.2 million in taxes, licenses and recreational and medical marijuana fees.

With the culture growing rapidly and the arguments to legalize coming from the United States, we are left wondering which path Canada will chose regarding the plant.

There's no shortage of cannabis culture in Canada though, especially in Alberta and BC. Manager of B.O.B Headquarters in Lethbridge P.O. Gerwien says, "Just look at how far we have come. From papers and pipes, to vaporizers and science being researched daily. You can't ignore it."

So with the booming culture right under our nose and the topic as hot as ever, many people young and old are starting to question the probation on marijuana and see the other side of one of the longest substance debates to date.




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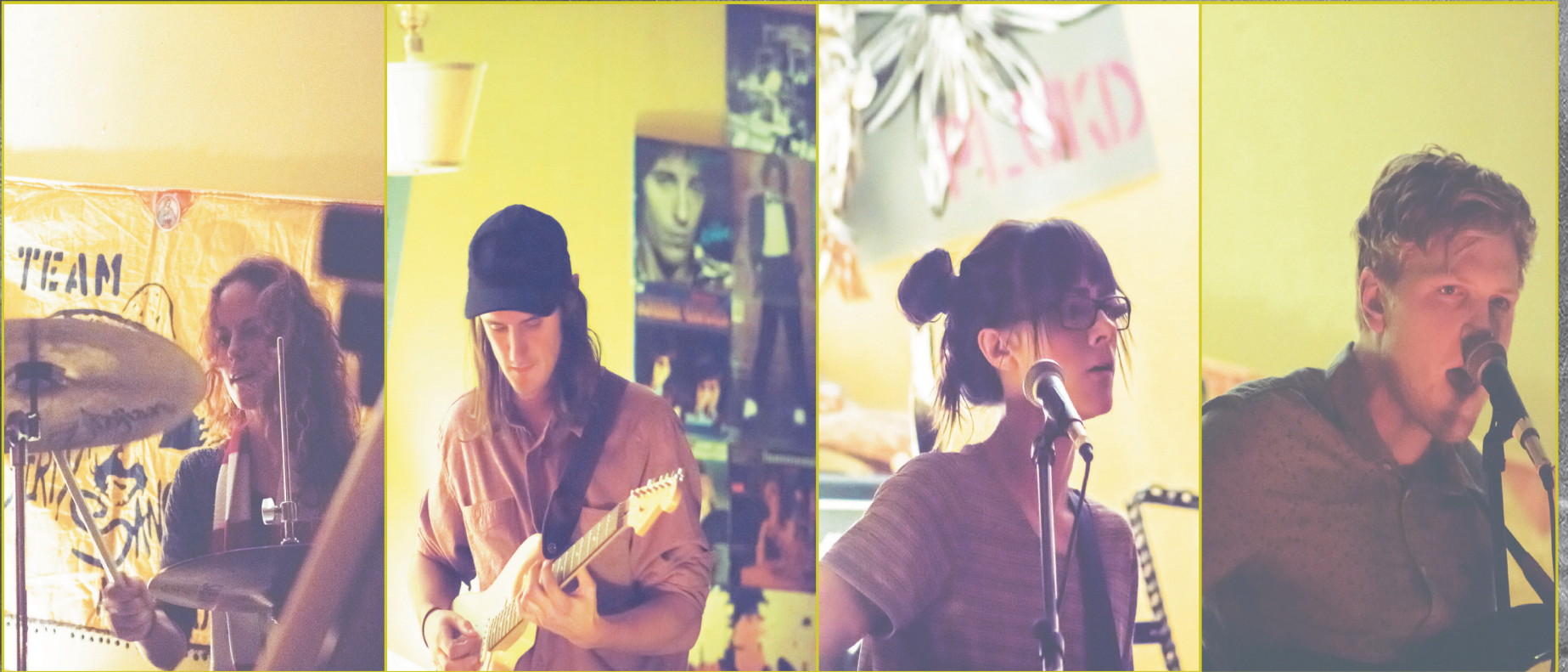
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The 'Nature Of' music

Music of the up-and-coming band *Nature Of* transcend the stage at The Owl Nov. 15



Photos by Mercedes Layne Fawns

From left: Allyson Maciver, Cole Switzer, Kyla Rankine and Steve Schneider.



Newly formed in 2013, *Nature Of* is a four-piece band from Edmonton. Visit them at www.natureofband.com to check their music.



Blast from the Past

A flip through Endeavour history



Endeavour Exposed 1985



Bruins and Bears facing off Thursday night.

Photo by Garth Jensen

Photo from Endeavour volume 19, issue 15, January 31, 1985.



HIT LIST

Top Albums 1985

1. Miami Vice Soundtrack
2. Dire Straits - Brother in Arms
3. Phil Collins - No Jacket Required
4. Tears for Fears - Songs from the Big Chair
5. Madonna - Like a Virgin

Top Movies 1985

1. Back to the Future
2. Rambo 2
3. Rocky 4
4. The Colour Purple
5. Out of Africa

About Lethbridge

- Mayor: Dave Carpenter
- Population: 59,901
- Lethbridge celebrated 100 years

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PREVIOUSLY PRINTED

Bears lose squeaker to Kainai

The LCC Bears now know how the Calgary Flames feel to lose a hockey game in the last minute of play.

Monday night the Flames were scored on twice in the last minute and twenty seconds to lose 4-3 to the Edmonton Oilers.

Tuesday the Bears played Kainai and were beaten 4-3 when the Golden Chiefs scored with 54 seconds left in the game.

"We played a hell of a game," said Bears coach Kim Sullivan. "We certainly had our chances, we should have won."

Sammy Marra scored twice for

the Bears while Lorne Lawveryson added the single marker.

Monday night, the LCC Bruins were shut out by Cardinal Muffler 7-0. Bruin coach, Allan Lucas, said the team was missing a number of players for the game and it showed.

"We had only seven players turn out and by the end of the first period everyone was tired," said Lucas.

The puck wasn't bouncing the Bruins' way on Jan. 24 either when the two college teams squared off at the Labour Club arena. The Bears' came away

victorious by a 7-2 margin.

Bears' goalie John Machintosh was called on to make some key saves at the beginning of the game. Meanwhile, Dave Marks of the Bruins pulled himself after allowing two goals in the first few shots he faced. He was replaced by Rob Matsuba.

Sullivan was pleased with how the Bears played as a team. "We played a solid game. Everyone played their positions and acted as a unit."

"They were more prepared than we were," said Lucas. "We figured we would beat them but

they got two quick goals and we fell apart. I don't think they're better than us, we just didn't get the breaks."

Scoring for the Bears were Dave Webster, Brad Wallace, Mark Leeb, Lorne Lawveryson, Jerry Blackplume, Brian Merri-man and Sammy Marra. Darren Hoffner and Tom Vantighen scored for the Bruins.

ON THE MARKET 1985

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2 SATURDAY
LCCSA Surfin Cabaret with Genera 8 30 p.m.

4 & 5 MONDAY TUESDAY
Popcorn Productions presents WHERE THE BOYS ARE 8 30 p.m.

6 WEDNESDAY
Meal Cutting and Retain and In the Security Night at the Bar 1 15 p.m.

7 THURSDAY
Management Night at the Bar 1 15 p.m.



Luke Kazakawich enjoys the snow at the Sugar Bowl last Saturday.

Photo by Taneal Viergutz

Sugar Bowl gives locals a real sugar rush

One of Lethbridge's landmarks is back again for season

TANEAL VIERGUTZ

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There is something about gliding down a hill covered in snow that seems to get your heart pumping. Maybe it's the way the Lethbridge winds nip at your face as you hold on for dear life, or the possibility of colliding with someone once you reach the bottom. For those of us who grew up in Lethbridge, the first snowfall meant sledding and sledding meant the Sugar Bowl.

Developed in the 60's and 70's during development of the surrounding neighborhood, Ravine Park quickly became the hot spot for the popular winter

activity. Houses were developed around the top of the ravine and the park was landscaped roughly following existing grade. The bowl shape was created when Scenic Drive was built with a land bridge that crossed the natural depression of the ravine.

City of Lethbridge Parks Manager David Ellis says the resulting bowl shape and smooth turf has created the most popular and well-used sledding location in the city.

"Although I did not grow up in Lethbridge, I know that this has been a well-used sledding location since it was constructed," he said.

The name is descriptive of the park's

small ravines, gullies and banks. As the winter months fall upon us and the ground is covered in a blanket of snow, the Sugar Bowl reaches its full recreational potential. But that doesn't stop locals from gliding down the green hills on soaped up plastic sheets in the summer either.

University of Lethbridge student Kara Loewen says thinking of the Sugar Bowl gives her feelings of nostalgia.

"I have lots of memories of going there with family and friends. I most strongly remember being out of breath from running up the hill 50 times, sweating in my snowsuit and not being able to feel my nose," says Loewen. Today, adults who

enjoyed the hill several years ago bring their families to the Sugar Bowl to create new memories.

Janice Southerland says she previously took her grandchildren to smaller hills, but nothing compares to the Sugar Bowl's hill.

"This is their first time here and they love it. They're so brave speeding down the hill," says Southerland.

Her grandson Daniel Landry says his favourite part of sledding is falling off.

"He's the star of falling off," says Southerland.

Future plans for Ravine Park include updating the playground in the park next summer.

Facts

About

Sledding

Sledding hills which have obstacles, icy conditions, jumps, or proximity to roads may result in more childhood injuries.

Avoid inner tubes, crazy carpets, flying saucers, garbage bags and cardboard boxes, as they are difficult to control.

Sled during daylight, and if you are out at night don't slide unless the hill is well lit (most injuries occur in late afternoon and evening hours).

<http://ottawa.ca/en/residents/public-health/healthy-living/tobogganing-and-sledding-safety>
<http://injuryprevention.bmj.com/content/5/3/198.full>

Sledding is an all-time favourite winter activity for both young and old.

Graphic by Mercedes Layne Fawns



Donating to local food banks and the Salvation Army contributes to the annual Christmas hampers for needy families.

Photo by Allysia MacNeil

Sharing the Christmas spirit

ALLYSIA MACNEIL

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The Interfaith Food Bank, the Lethbridge Food Bank and the Salvation Army are joining up to provide families in need with Christmas hampers for the eighth year in a row.

These hampers ensure that families in need will be able to have Christmas dinner and that children will have toys under the

Christmas tree.

Danielle McIntyre, Executive Director at the Interfaith Food Bank said it makes more sense to combine the organizations to create less work.

“We have divvied up jobs and are sharing the responsibilities of organizing the campaign and recruiting donations. We are allowing the food agencies to do what they do best by taking care of the food end of things and the Salvation Army

always does a great job with toys.”

While the combination takes a lot of the stress and extra work off the different organizations, Lethbridge Debbie Woelders Executive Director of the Lethbridge Food Bank added that the families benefit by getting more in their hampers, “there is no sense in getting food from three different places. We would rather work together and give you a bigger hamper.”

The main donations the food banks are looking for include soups, pasta and pasta sauces.

Donations can be taken to any of the three organizations locations. Whether it is a toy or food all donations will be taken to the right place to be put into a Christmas Hamper.

Donations are encouraged to be in by early December, but representatives say it's never too late to give.



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Monday - Thursday: 9 a.m. - 7 p.m.
Friday: 9 a.m. - 5 p.m.
Closed weekends and holidays

We are located at

2931 20 Ave S
Lethbridge (AB)
T1K 3M5

Contact us

Phone: 403-328-0822
Email: info@woodsrx.ca
refills@woodsrx.ca
www.woodsrx.ca

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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



The men's Kodiak basketball team practice in the Val Matteotti gym last week as they look to extend this season's winning streak.

Photo by Taylor Wall

Kodiaks growl heard across province

TAYLOR WALL

taylor.wall@lethbridgecollege.ca

The Lethbridge College Kodiak men's basketball season has been perfect on paper this year, opening with six straight wins. A big part of the team's success is coming from south of the border.

The men's team have two wins against each team out of Briercrest Bible College, St. Mary's and SAIT. The Kodiaks have been posting impressive statistics, allowing

an average of just 59.3 points per game, while scoring 97.5 points on the offensive. They lead the ACAC in almost every category. The Kodiaks were recently ranked the number two college men's basketball team in Canada.

Head Coach Ryan Heggie thinks the team has a shot of becoming national champions this year. Heggie says the team is blending together well and it is unified.

He adds part of the team's success can be attributed to its American recruits.

First year, Los Angeles native Dathon Spencer says he chose to play at Lethbridge College to experience a different environment and a faster pace game, with the shot clock in Canada being 11 seconds shorter than the United States.

Fellow American, Chris Maughan who leads the Kodiaks in scoring, says this year's team feels right.

"I think we have a really good chance of going to nationals, we're a really, really talented team. It's probably the best team

I've ever played with," Maughan said.

Chaz Johnson was recruited by the University of Lethbridge from his native Spokane, WA., but soon found himself in a Kodiaks uniform instead and he leads the team in minutes played this year. Johnson says he is surrounded by a great group of guys that make him a better player on the court.

With 18 games remaining in the season, there's no telling what this team will be capable come playoff time.

Let's get rocked



Mike Graham throws a rock Sunday morning during the Stirling Doubles Bonspiel at the Lethbridge Curling Club.

Photo by Corey Pohl

e FUN

Fun Fact: The oldest recorded mustache dates back to 300 B.C.

What's your horoscope?

BY BRIANNA FAWCETT-BERTHELOT

Aries (March 21 – April 20)

You want something to take you away from your day-to-day life. Plan something spontaneous, but don't lose touch of important details.

Taurus (April 21 – May 21)

Take a step back and take a break. Change may be desirable for you at a personal level.

Gemini (May 22 – June 21)

It's more important to work with others than go solo, but don't bend to the will of another.

Cancer (June 22 – July 23)

Now is a good time to make improvements in your routines. Focus on the things that make up the whole.

Leo (July 24 – Aug 23)

Now may be a creative, fun and emotional time for you. You may be feeling sensitive whether people appreciate you.

Virgo (Aug 24 – Sept 23)

One door closes for a new one to open regarding your home life. Avoid ego confrontations.

Libra (Sept 24 – Oct 23)

Now may be a busy time for you, but you want to explore your own neighbourhood. Family plays an important role.

Scorpio (Oct 24 – Nov 22)

Material affairs and comfort are your focus. Be cautious of spending money just to feel good.

Sagittarius (Nov 23 – Dec 21)

You are ready to put the past behind you and focus on you. Go solo on a project to get a sense of your identity and purpose.

Capricorn (Dec 22 – Jan 20)

Consider what may be dragging you down. Put things behind you that have outgrown their usefulness.

Aquarius (Jan 21 – Feb 19)

Relationships are fun and light-hearted. You may feel a desire of being connected to a network.

Pisces (Feb 20 – March 20)

You have a focus on your reputation and want to accomplish something important. Recognition will come your way.

@LCeGram



Photo by @ahaysey

Congratulations to @ahaysey for submitting this marvelous photo of Movember support. Good work on the 'staches girls!

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

DIY Jewelled Headband

BY ANN GIBBONS

Keep warm and fashionable this winter with this DIY jewelled headband that's great to wear for you or give to a friend for the holidays. You will need....

STEP 1

You will need:

- Headband
- Jewels or Crystals (of your choosing)
- Hot glue gun and glue sticks



STEP 2

Take your headband and stretch it out a bit. You can get your hand band at the dollar store or any other clothing store. Take your jewels out of the package.



STEP 3

Take the jewel and place a dab of glue from your hot glue gun on the back of the jewel. (Make sure to place your jewel in the spot you want it on fast so the glue doesn't cool.)

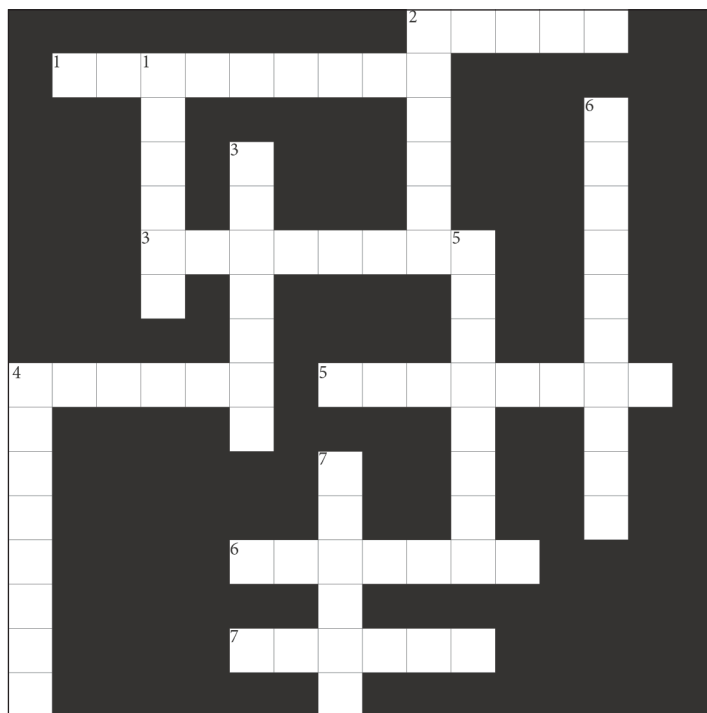
STEP 4

Place your jewel in the spot you'd like it to go, press and hold the jewel down on the headband for a few second so the glue can dry.



Now you have a stylish headband to keep your ears warm this winter, or give it to a friend as a wonderful gift for this upcoming holiday season.

MOVEMBER CROSSWORD BY SASHA



ACROSS

1. City of Movember origin
2. An adjective describing all mustaches
3. Type of hair that grows the fastest
4. KFC's Col. Sanders has this type of mustache
5. Most common cancer among Canadian men
6. Nov. 1 men stop doing this
7. Reduce your risk of cancer by 50% by being what

DOWN

1. Encouragement award given to men who cannot grow a proper stash (2w)
2. Movember supports men's what
3. Women that support Movember (2w)
4. This man's mustache has a Facebook page, Burt _____
5. This philosopher of science had a mustache for more than 50 years
6. Fancy way to say shaving
7. The only king in a deck of cards to not have a mustache

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



THURSDAY Nov. 20, 2014

Lethbridge Musical Theatre presents *Guys and Dolls*
8 p.m.
Yates Memorial Theatre

FRIDAY Nov. 21, 2014

Bright Lights Festival
6:30 - 7:30 p.m.
Galt Gardens

Christmas at CASA
5 p.m. - 9 p.m.

SATURDAY Nov. 22, 2014

Entertainment Expo
10 a.m. - 7 p.m.
Exhibition Park

The Trews
Live @ Average Joe's
9 p.m. - 11:30 p.m.

FRIDAY Nov. 28, 2014

Christmas Trade Show and Farmer's Market
1 - 8 p.m.
Exhibition Park

HAVE AN EVENT TO SHARE?

Email us at endeavour@lethbridgecollege.ca to have it added to our digital calendar.

Grey Cup Sunday Madness!

Cheeseburger Eating Contest!!

Lots of prizes and gift certificates to giveaway

Grand prize giveaway of \$1000 !!

**Happy hour
all day and
night!!**



1025 Mayor Magrath Dr. S.