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QUOTE OF THE WEEK

“The food industry is not for the faint of heart, you don’t get into cooking to get rich.”

See COOKING FOR YOUR FUTURE Page 6



ENDEAVOUR

December 4, 2015 Vol. 51, Issue 05



PHOTOS BY CRAIG KAMBA

Above and inset below, Tom Cain, founder of Greensense and Environment Lethbridge speaks to Lethbridge residents rallying outside city hall on Sunday afternoon.

UN climate change talks strike a chord at home

CRAIG KAMBA
@CraigKamba

More than 100 Lethbridge residents gathered at city hall to show their support for global rallies calling for action on climate change last Sunday, despite the cold weather.

Thousands of people took part in rallies worldwide looking for leaders to take action for climate change during the United Nations 21st Conference of the Parties in Paris.

The rally was in coordination with 2,500 others organized across the planet, Lethbridge’s event was organized here locally by Greensense, a group of citizens focused on promoting renewable energy.

Tom Cain, one of the founding fathers of Greensense and Environment Lethbridge was one keynote speaker at the podium and his message was clear.

“No one person can be responsible for such a huge endeavour as a world wide healthy environment, it has to be a collective responsibility,” he remarked.

According to peoplesclimate.org organizers say that over 500,000 took part in the rallies worldwide marking Sunday one of the biggest global marches in history.

Hester Jiskoot, a climate scientist and glaciologist was another local supporter who came

out voicing her concerns.

“I’ve known about this problem since the ’80s” she said, with hopes the leaders in Paris are able to come together to create meaningful policy that countries can act on.

“There needs to be a better mobilization of the people and also an awareness of the politicians that this Paris climate meeting actually obtains a proper result,” she continued.



Rena Woss, chair of Greensense notes Alberta has a bad reputation in the burning of fossil fuels and hopes Lethbridge can use its academic resources to initiate change.

“We’ve got a world class university and a college with tremendous opportunity to expand the apprentice program to include apprenticeships within the renewable energy sector,” explained Woss.

Other keynote speakers included Mayor Chris Spearman and Lethbridge-East MLA Maria Fitzpatrick.

“This shows that we do have people in our community that really have awareness and want our leaders to take action. We are here because we want to encourage leaders to do the right thing, protect the thing most that gives us life—our planet,” concluded Woss.

In a Dec. 1 release from the Alberta Government, Premier Rachel Notley is happy Alberta has been formally welcomed as a member of the Climate Groups States and Region Alliance.

“I am very pleased Alberta is now a member. The issue of climate change has no borders and by working together and learning from one another, no matter what our challenges, we can all work more effectively towards meaningful actions on climate change.”

The partnership will position the province within an international network of subnational jurisdictions around the world taking action on climate change.

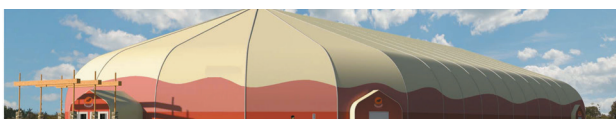
Alberta announced a Climate Leadership Plan during the month of November, which Notley hopes will lead the province to an effective alternative to lower the province’s carbon footprint.



SYRIA TO LETHBRIDGE

Local faith groups help refugees get a new life.

By Halen Kooper Page 2



NEW RINK FOR PIKANI

Residents say hockey builds community, character and responsibility.

By Tawnya Plain Eagle Page 5

PLAYER OF THE YEAR

Nico Pasquotti brings home national award.

By Katelyn Wilson
Page 11



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PHOTO BY HALEN KOOPER

Mennonite Pastor Ryan Dueck is optimistic, but realizes the challenges refugees face as his church helps with the From Syria to Lethbridge campaign.

Lethbridge opens arms to Syrian refugees

HALEN KOOPER
@koop_kulture

As Canadians prepare to welcome 25,000 Syrian refugees over the coming months, Lethbridge has kicked it into high gear to prepare for more than 200 who will be moving to the city.

A steering committee to help welcome and plan for refugees was initiated by city hall a number of weeks ago.

Diane Randell, social development manager, highlights what role the committee will play during this period.

“We are here to make sure all the systems are in place in order to be responsive to what their needs are. Immigrant Services with Lethbridge Family Services are the ones that are taking the lead role and the steering committee is there to support them and the work they need to have done.”

Immigration Services at LFS is mainly focused on government-sponsored refugees while Lethbridge Mennonite Church pastor Ryan Dueck and his congregation are privately sponsoring two families.

Dueck believes Canadian winter might be one of the larger challenges refugees face when coming to Lethbridge, but doesn't rule out ignorance.

“I haven't heard any reports of Islamophobia, does that mean it doesn't exist? Absolutely not, I've heard it from people. It's important to note that not every family coming from Syria is Muslim,” Dueck said.

His church started a campaign called From Syria to Lethbridge and they have seen tremendous support from the community regardless of any closeted fear.

He believes there is a human connection overtaking opposing opinions.

“Many of them have suffered incredibly, so there's a human aspect to it where people are willing to say, let's open our arms,” Dueck said.

Dueck's perception of Lethbridge's willingness to accept refugees into the community is not only limited to his campaign, but expands to everyday Lethbridgeans like Jessica MacDonald.

“They're just as scared of the new change as we are. We have to open our arms and be welcoming to them. We have to remember if it was us being transferred to somewhere else, we have similar problems and issues we'd have to deal with,” MacDonald said.

Even with the support of the general Lethbridge community, Dueck hopes the refugees and the struggles they will face don't become victims of the news cycle.

“Sustaining a commitment to welcoming them and to making them feel this is a home for them and creating lives for them here. Moving on to five or 10 years down the road, how are we going to do our part as a community to integrate them into our lives?” Dueck said.

Pastor Dueck, his church and the From Syria to Lethbridge community is optimistic in believing the arrival and support of the refugees can help all of Canada treat everyone with dignity.

Canada likes to talk about multiculturalism a lot but there's a lot of suspicion; a lot of racism still whether it's to first nations people or to people of different cultures we can't understand or try to understand as good as we should,” Dueck said.

For more information on the initiative, visit From Syria to Lethbridge on Facebook or contact Immigration Services at Lethbridge Family Services.



SOURCE: <http://www.cic.gc.ca/english/refugees/welcome/>

INFOGRAPHIC BY HALEN KOOPER



PHOTO BY MEAGAN WILLIAMS

Criminal justice instructor Ken Sauter explains how the new simulation system works to second year student David Peters on Nov. 25.

Virtual communication comes to class

MEAGAN WILLIAMS
@lili_gean

Industry standard technology is changing the way future criminal justice students are being taught how to communicate in the field.

The Milo Range simulation system will be incorporated into the curriculum to assist in teaching communication objectives that criminal justice students may face as law enforcement agents.

The simulator is a computer system with a large projector screen that shows a range of situations that law enforcement agents may come into contact with.

From pulling over a vehicle to entering a dwelling, these scenarios can now be learned in a realistic fashion.

Students must identify themselves and give a reason for their presence, but also need to handle emotions that go along with dealing with unpredictable people.

Ken Sauter, retired police officer and criminal justice instructor, believes that using industry standard technology is one way to produce strong graduates.

“Verbal judo is a style of communication that police use in everyday situations. The simulation gets them to put the theory of what to say and when actually into practice so that by the time students get into their later courses around crisis communication, the basics that they need to communicate are almost instinctual.”

David Peters, second year criminal justice student, believes using and learning with the latest technology is a no brainer for him. Peters uses a piece of technology called a Smart Pen to assist his studies due to his learning disability, which involves his short-term memory.

As Peters writes his own notes down on paper, his pen records the lecture. When reviewing his notes, Peters can not only read his own thoughts, but also hear what his instructor was saying when he wrote

his original note.

Peters says technology such as his smart pen could also be used in almost any field of work. For law enforcement, Peters says the Smart Pen could be used to take a written statement.

With the audio recording included, there would be no mistaking what the witness had said.

He goes on to say technology like the simulator also assists students learning to fully experience what is could be like in the real world.

“You can actually have someone work on their negotiation skills and if they are not doing well, then the instructor can escalate the scene according to how it would go naturally. So it’s actually one of the closest ways you can get to training someone on an actual situation without putting them in harms way.”

Embracing technology, industry partnership and faculty engagement are key strengths of Lethbridge College according to college board member, Tom McKenzie. The Governance and Human Resources Committee Member discussed how integral these strengths are to producing a quality education for students.

“The strength of the college is that willingness to listen to industry and provide that demand but to be flexible and grow. The government is looking for change, they’re looking for better ways to deliver education and the industries that we serve are looking for certain things.”

McKenzie added during his time serving as chief of police, the college was eager to know what the Lethbridge Regional Police Service needed in its criminal justice graduates to pave the way into the law enforcement industry.

Students starting in the upcoming winter and fall semesters in the criminal justice diploma will be the first to have the new Milo Range simulator integrated into their curriculum.

Citizens consider third river crossing

JONATHAN GUIGNARD
@guij26

Although ideal for some residents in Lethbridge, the idea of a third river crossing being built sometime in the near future, according to Mayor Chris Spearman, may not be realistic.

A fatal accident, just weeks ago, along with two reported accidents on Highway 3 left some west side residents stuck on the south side for hours.

From it, came the thought of a third bridge being built to prevent similar circumstances in the future.

Tiffany Wetrade, west side resident, was stuck in traffic for almost two hours and believes a third river crossing in the city is necessary.

“It’s been years in the making, to be stuck in traffic for that long is absurd. We definitely need a third bridge in Lethbridge,” she said.

However, Mayor Chris Spearman, feels that although it could benefit the city, the costs are too high.

“Right now we don’t have any money allocated to it and no funding.

The cost is probably a minimum of \$150 million which is equivalent to a 15 per cent tax increase over a 15-year period,” said Spearman.

He claims without external help from other levels of government, it’s just not practical at this time.

Spearman continues to talk to the provincial government about the possibility of funding a third bridge but says the province sees this as a local issue.

“At this point in time they think that a bridge built entirely in this city would be seen as a local improvement and would have to be funded by local taxpayers.”

Darwin Juell, Transportation Manager of Lethbridge, says from a traffic viewpoint a third bridge can’t be justified.

“It won’t be needed for 15 to 20 years from a traffic capacity perspective.”

However, he believes it will be needed from a redundancy or a safety point of view much earlier than that.

“As the traffic volumes increase, especially over the peak hours, the traffic accidents increase,” said Juell.

Also, when there is any sort of maintenance on either crossing, residents will continue to bring up the issue.”

According to Spearman, there are times when traffic is less than ideal in this city, but he believes that two river crossings are enough at this point in time.

“For about 360 days out of the year, the two bridge system works for us, there are days that we have bad weather or we have an accident and that causes congestion but it doesn’t happen very often,” he added.

Spearman said the province has their own plan to build a bridge bypassing the north side of the city over the next 15-20 years.

The bypass will cross over in Diamond City connecting to Highway 3 in between Lethbridge and Coaldale. For more information visit the city website.

Contest Form

Win a stocking from Lethbridge Campus Media! Fill out this form and drop it in to the submission box outside of the LCSA. Winner will be announced on Friday Dec. 10th, on the Lethbridge Campus Media Facebook page.

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Christmas consumerism

Christmas means an assortment of things to multitudes of people. It can mean one-on-one family bonding, the feeling of hot chocolate warming your insides after a long day outside or listening to the crunching sound of feet on snow echoing through the streets.

Despite all these cherished holiday moments there is an aspect of Christmas getting overlooked during the carving of the family turkey, holiday consumerism.

Consumerism has engulfed the Christmas spirit without the average holiday shopper noticing. In this world, advertising has placed a very specific idea in our heads of the perfect Christmas gift and how our holiday will be incomplete without the gift.

The perfect gift is an idea of demand amongst people because advertising agencies say the biggest, newest and most expensive is the best.

As Chuck Palahniuk wrote in his novel *Lullaby*.

"Experts in ancient Greek culture say that people back then didn't see their thoughts as belonging to them. When ancient Greeks had a thought, it occurred to them as a god or goddess giving an order. Apollo was telling them to be brave. Athena was telling them to fall in love. Now people hear a commercial for sour cream potato chips and rush out to buy but they call this free will. At least the ancient Greeks were being honest."

Palahniuk could have been talking about the Christmas season. Older family traditions have taken a back seat to shoving out wheelbarrows of money

to create a material sense of personal happiness.

Instead of focusing on family values, parents have turned to body slamming each other in an attempt to get their hands on Tickle Me Elmo's.

If used properly, consumerism can bring a family together under the Christmas tree and create long lasting memories of tearing away at the wrapping paper trying to figure out what's inside.

The problem with modern day consumerism is that there is too much emphasis put on the gifts under the Christmas tree, instead of the family that surrounds it.

What happened? When did getting the newest gadgets take precedence over all other aspects of the holiday?

We spend too much time focusing on what we want and the items that define us instead of taking the time to appreciate other aspects of our lives.

We need to focus on the simple things on Christmas.

The mouth-watering smell of the Christmas turkey roasting in the oven, the laughs of family members echoing through the house, or even the bright lights of the Christmas tree reflecting around the house illuminating the faces of loved ones.

This holiday season, take time away from ogling at your new appliances and be sure to focus on what matters to you.

Whether you concentrate on friends, family, or even yourself, be sure to do what it takes to make this holiday season a memorable one.

e LIFE

Piikani Nation anticipates new ice rink

TAWNYA PLAIN EAGLE
@tawnya_PE

After over a decade since Piikani Nation has had an ice rink, construction for a new one is well on its way.

Community members are excited for the ways this arena will help to bring its residents together.

Lowell Yellow Horn, a Council member of the Piikani Nation says community wellness has a huge impact on the reserve.

Yellow Horn said due to an absence of hockey, especially minor hockey, the community hasn't been coming together as much as it should.

"The children are not getting to know each other," Yellow Horn says.

He adds that a lack of recreation is leading to a path of alcohol and drugs.

"Those are two areas that are heavily impacted," he added.

Yellow Horn believes this new ice rink could bring amazing opportunities to First Nation youth.

Along with these new opportunities of exposing youth to sports, it helps with the development of children and it creates role models within the community.



PHOTO BY TAWNYA PLAIN EAGLE

Construction of the new ice rink on the Piikani Nation on Nov 29.

Quinton Crow Shoe, a coach for the Piikani senior men's hockey team agrees with Yellow Horn views on community wellness.

"It's an essential meeting place that's going to help create unity in our community," said Crow Shoe.

Crow Shoe feels that a new arena is long overdue, especially with hockey being a popular sport among First Nation's youth.

Numerous parents and families have committed to other sports organizations outside the reserve because of the absence

of a local arena.

"I remember a time when Piikani was a strong force in hockey, down to the little guys up to the adults," said Crow Shoe.

Because there's been a lack of a hockey arena for so long, Crow Shoe feels like the development of hockey players on the reserve is slowing down.

Reflecting on a time when there was an ice rink, Crow Shoe says sporting achievements aren't as frequent as they were.

"It's been a long time coming," he adds. Crow Shoe has been playing hockey all

his life and is excited for a new arena to come to Piikani.

Having a passion for the sport and coaching all levels of minor hockey, he sees the benefits of children playing in sports.

"Hockey builds a community, as well as character and responsibility."

With good coaching skills, sports build strong players and respectable community members adds Crow Shoe.

Fabian North Peigan, a council member for the Piikani Nation, says the old arena faced many challenges when it was up and running.

Part of the challenge was due to where it was built.

"When it was first built in the '70s, it was placed on a water table, kind of a slough area."

He adds the rink did not have a proper system to handle any water damage that may occur, considering where the rink was placed.

Due to the numerous ongoing problems and the great lengths it took to keep the old arena running, it was costing the reserve a lot of money.

The hockey arena is expected to be completed by July.

What your snowboard says about you

SARAH REDEKOP
@sleered

It's the time of year when snowboarders are gearing up to hit the slopes. With each new season new snowboards and gear arrive in stores. To some riders the newest design or latest graphics are a must-have.

Phil Smiley, owner of local snowboard shop, Infamous, has been snowboarding for 32 years. He says over the last 10 years there have been significant upgrades to boards.

The most significant change was the development of reverse camber boards. These boards are banana shaped with the ends pointed upwards.

Smiley explains reverse camber boards make snowboarding better for beginners. "It has taken the snowboard industry by storm because they're easier to ride, they're more fun and playful," he said. He mentions the only disadvantage would be if you were trying to snowboard at extremely high speeds.

Daniel Wasylovich, a local snowboarder, owns a traditional camber board as well as reverse camber. He prefers the reverse camber board. "I can ride a smaller board, with more control and still have the same results on powder," he said.

As far as Smiley is concerned, reverse camber boards suit his style these days too. "I enjoy them a lot more because I don't have to be as precise," he said. "I'm not the rider I used to be, I'm in my 40's now. I'm not charging around, going as fast as I can and jumping off everything I see," he said with a chuckle.

Not all riders prefer the reverse camber. Stuart Schutten, a local frequent snowboarder, enjoys more extreme riding. "I prefer the traditional camber board because it handles turns better at higher speeds and it's an all-mountain riding board," he said.

More recently, new technologies are making boards better. "The main thing that has happened in the last couple of years is bindings now flex with snowboards," Smiley said. He says stiff bindings take away from the design of the board. "Having a binding and board work together actually creates a board that can carve a specific way without any influence from the bindings," he said.

Because these new bindings allow the board to be flexible, boards are less likely to break.

Smiley also says some of the top companies are now starting to change the straps on the bindings so they no longer have material on them. Smiley refers to them as "a space-age, airy plastic." He says this makes them more durable and prevents them from ripping and tearing. He also says they tend to fit the boots much more comfortably.

It's not always the latest board technology that appeals to riders. Smiley remarks that the graphics appearing on boards today are quite amazing. People sell their boards just to change up their look. "It's an industry where riders also just want new stuff," he said. "They walk into the shop and they see a board and they just have to have it."

Smiley says whenever purchasing a board, it is important to talk to the person in the shop about what kind of rider you are. "If you are a beginner, intermediate



PHOTO BY SARAH REDEKOP

Daniel Wasylovich looks at a reverse camber board on Dec. 1 at Infamous Board Shop in Lethbridge.

or expert, just be honest with the guys in the shop so they can gear you into the right stuff," he said.

So as the snowboarding season kicks into full swing, reverse camber boards and their riders will be gracing the mountains. Until a better board design develops, reverse camber boards will remain the board of choice for many riders.

Cooking for your future with Chef Doug

COLE SWIER
@coleswier

From washing dishes in a Zeller's diner as a teenager, to international cooking competitions, one Lethbridge College instructor has built up a world-renowned reputation.

Doug Overes Lethbridge College culinary arts program chair has cooked all over the world and is currently passing his knowledge onto his students. Overes graduated from the college's professional cooking program in 1987 and just last year he was inducted into The Canadian Culinary Federation Honour Society.

Despite all his accolades, Overes explained how one of his favourite aspects of cooking is how the job holds people responsible.

"The food service industry has a very good sense of character in some ways, where it weeds out people who lack common sense and attention to detail," said Overes.

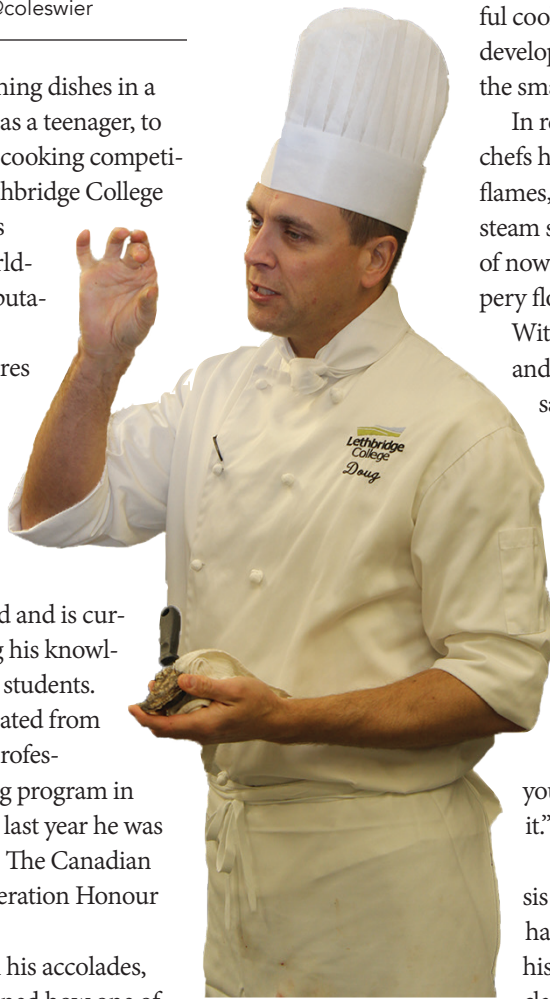


PHOTO BY COLE SWIER
Chef Doug Overes.

He explained how successful cooks have to be ready to develop an attention to even the smallest details to stay safe.

In restaurant kitchens, chefs have to work around hot flames, scalding equipment, steam seemingly popping out of nowhere, dangerously slippery floors, as well as knives.

With all the small details and safety hazards Overes says it makes for a specific kind of person to excel in the kitchen. "I believe cooks are not created, I'm convinced they are born. The food service industry is not for the faint of heart, you don't get into cooking to get rich. You do it because you are passionate about it."

Overes puts an emphasis on the passion that he has for cooking not only in his personal life, but in the classroom as well. Overes takes a more relaxed approach in the classroom as a way to ensure his student's

success.

Kyle Schierenberg is proof of Overes' technique.

He expressed how Overes' relaxed approach to teaching has pushed him to do

better in the classroom. "He's not strict to the point where you think you're in boot camp. You can feel relaxed around him. but you feel obligated to show up in your most professional manner and too not fool around and to take what we are learning seriously."

Kenny Kain an instructional assistant in the culinary program has worked with Overes not only at the college but in the

restaurant business as well. Kain expressed how important it is for someone like Overes to associate himself with the program at the college.

"He gives kids the plateau to reach for, he shows everyone what they could do if they are dedicated enough." Watch the culinary program in action, drop by the cafeteria or check out a four-course meal at the Garden Court restaurant.

Culture Comradery

International club brings like minded people together

MEAGAN WILLIAMS

@lili_gean

Gaining an education can be a stressful time. Now, imagine gaining that education in a country where the language, customs, food and people are foreign. International students face these challenges daily and some still manage to do it with a smile.

With more than 290,000 international students flocking to the great white north every year, this experience is becoming more commonplace for members of our student body.

The Canadian Bureau of International Education also shows these international students not only bring their brains along for the journey, but also their cash.

Canada derives around \$8 billion annually from those international students enrolling educational institutions across the country.

Lethbridge College's student population is represented by people from over 30 countries who are enrolled in full time studies who are also learning English simultaneously.

Jaeup You engineering and drafting student decided to celebrate the variety of cultures on campus is engineering and drafting student. You travelled from Seoul, South Korea leaving behind his friends, family and career to move to Lethbridge to further his studies.

"I worked for a piping company in Korea, Alberta is really famous for it's oil and gas so I wanted to improve my career, so that's why I decided here and it's warmer here than other places in Alberta," laughs You.

Wanting to make the most of his time

at the college, You sought to create a club where he could meet other students, learn about their backgrounds and take a break from studying and so, the international club was ratified with the LCSA this semester.

Katie De Ruyck, LCSCA Vice President of Student Life, believes student clubs are a great way to integrate people from all walks of life.

"Student clubs create a whole different social atmosphere and they give students a connectivity they can strive for."

Moustafa Mohsin, business administration student and club member, says he walked by the international club table during club rush week and joined immediately. "Jaeyup makes joining very approachable.

That's actually how we became friends is through the club, so for a guy like me who is just starting in my first year and first semester, this is an excellent opportunity to meet people."

It may be surprising to know you don't need to be an international student to join.

Tatyana Knelsen, general studies student, joined for similar reasons as Mohsin. "I figured it was a great way to learn some different languages and it's been really fun getting to know everyone."

There are 65 members of the international club, some are from afar, some are local, but all aim to get together frequently to have fun and close the books for a few hours to forget the stresses of school and studying. If you'd like to find out more or contact the club, check out the LCSCA website.

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Post-secondary pose tough policies on sexual violence

AARON HAUGEN
@ahaugie

Sexual violence and online harassment have become a growing concern for colleges and universities across Canada over the past few years according to the Canadian Federation of Students.

As the result of high profile cases at the University of Ottawa and Dalhousie University, campus policies on violence and harassment have come under increased scrutiny.

At Lethbridge College, harassment and violence fall under the authority of the Student Non-Academic Code of Conduct.

However, the policy is only enforced on campus or as a part of a sanctioned off-campus event such as a class field trip or work placement.

But, according to Shelley Carter-Rose, director of student services for Lethbridge College, it is not absolute.

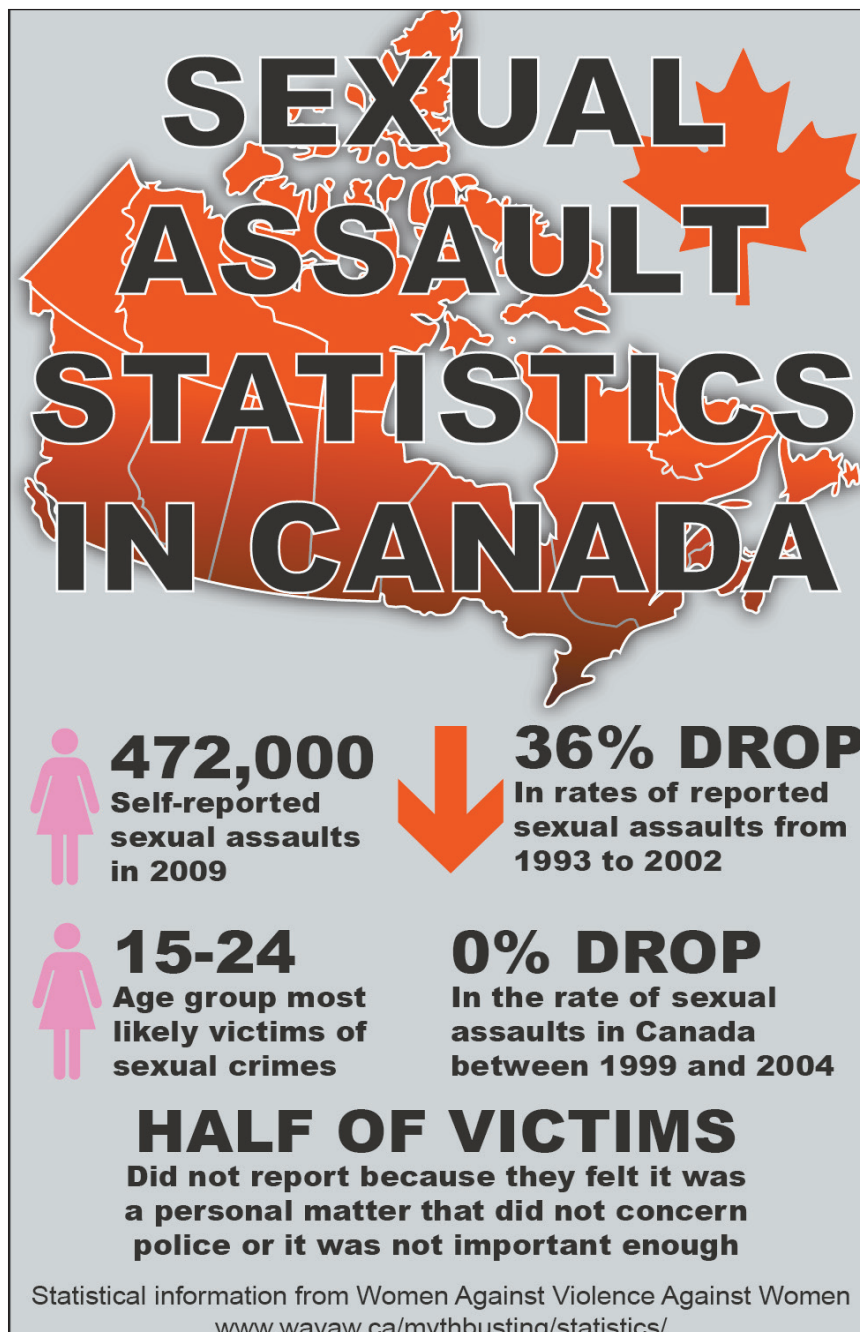
“Every case is different, so there’s no one step for everything.”

Complaints are reviewed on a case-by-case basis and those having evidence of a criminal nature are handed over to police.

The advent of social media, however, has made gathering evidence on harassment harder.

“If we don’t know who they are, it makes it harder to intervene and do anything about it,” Carter-Rose said.

Speaking at a special SACPA meeting on Nov. 25 at the University of Lethbridge Erin Leigh, Executive Director of the Ottawa Centre To End Violence Against Women,



said social media has become ground zero for cyberbullying.

“We have seen some pretty high profile cases across Canada where young men on campus are using social media in private conversations using very misogynistic and hate-filled speech.”

Dillon Black, OCTEVAW cyber violence coordinator, said ignorance of the impact of social media is more harmful than people realize.

“The things that they say online and the things they do online are serious issues and they do have a serious impact on people in terms of experiencing violence,” they said. “If someone is experiencing harassment and violence online, that’s not something that should be taken lightly. It’s not something that isn’t real.”

Leigh said as people become more familiar with what cyberbullying is, they’ll be more likely to speak out about it.

“That person may not feel comfortable calling out in that instance because they may not feel safe as an individual to do so. But they may be able to speak to other individuals they feel safe with.”

The Student Non-Academic Code of Conduct, which has been in place since 2012, is scheduled to be reviewed in the next few years, to bring it up to date with changing technologies and standards.

To report any cases of harassment, bullying or violence to the college, call Student Services at 403-320-3202. At the university, you can call security at 403-329-2549 or in an emergency, 403-329-2345.

To inform the Lethbridge Regional Police Service you can call their non-emergency number, 403-328-4444, or Victim and Witness Services on 403-330-5176. The YWCA Harbour House crisis line is also a resource and can be contacted at 403-320-1881 or toll-free at 1866-296-0447.

First Friday keeps it fresh

JONATHAN GUIGNARD
@guj26

With the stress of Christmas near, the city offers a reason for people to come downtown, socialize and be entertained.

The Heart of our City committee introduced First Friday over three years ago and continues to show off what the city has going on.

According to the website, it’s a monthly festival combining and showcasing all community events happening in downtown Lethbridge.

Tasty restaurants, unique shopping and a variety of live music to choose from are just some of the activities the festival has to offer, along with providing discounts, draws and free events.

George Kuhl, the Downtown Revitalization manager, feels First Friday is a great way to get people involved in downtown activities.

“It attracts people to come downtown and to become more acquainted with the city. It allows people to find interesting things to do and to find a reason to keep coming back.”

Shawn Normandeau, local resident, has lived in Lethbridge for over 10 years and says he has seen a huge

change in the culture of downtown and believes First Friday is another step forward for the city.

“The downtown area had a different feel to it when I first moved to Lethbridge. Over time you saw different businesses open up such as the Owl and Slice along with some cool coffee shops,” said Normandeau. “It has become more trendy, kind of like a big city and something like First Friday will only add to it.”

According to Kuhl, many businesses around town were excited for the chance to promote themselves and the activities they were offering.

Paul Edwards, co owner of Drunken Sailor feels it’s a great way to create a buzz around the city while helping businesses become more recognized without having to spend money.

“It gives a common point for advertising, the city does a lot of the work for all the businesses that are involved. It prevents everybody from spending their money to promote themselves but are still getting exposure in the community,” said Edwards.

The next First Friday will take place on Dec. 4. and you can find out more at their website at www.firstfridaylethbridge.com.

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Exploring beauty in America's darkest moments

HALEN KOOPER
@koop_kulture

Over the course of seven years, Sonis McAllister ventured across America on the road less traveled to find out what people thought about the end of the world.

His journey began on a trip to Copenhagen during a period of personal reflection when he met a street performer known as Aleksandrs.

Dressed as a golden Viking, Aleksandrs told McAllister he needed to explore humanity, specifically North America.

Coincidentally, McAllister always had a fascination with America as well.

"America was founded by people who didn't fit in their places of origin and the descendants of these people have all intermingled and become a nation of freaks and outcasts," McAllister said.

He documented his trip with a number of interviews, photos and obscure items he had collected along the way. McAllister's work is showcased in the CASA gallery in a piece called *The Survivors*.

He wanted to share his experiences in hopes to show people beauty can be seen during the darkest moments.

"I also want people to come to the realization that in the midst of all this confusion and darkness, there is one thread that everyone has in common and that is we all

have had a season of our lives that has been absolutely amazingly positive," McAllister said.

His trip led him to encounters with pimps, a pope to Rastafarians and even a confrontation with members of the Westboro Baptist Church.

"During my interview with a couple of members from the Westboro Baptist Church, I had asked a few very simple but escalating questions that entrapped them into sort of admitting that they were a hate group," McAllister said.

Arguably one of the most intriguing interviews came from Tom Metzger, a former Grand Wizard of the Klu Klux Klan who ran for president of the United States in the '80s.

Although McAllister's personal beliefs greatly differed from Metzger's, he couldn't help being fascinated by his passion and charisma. "He and Louis Farrakhan are so similar to each other.

They are very good at rallying people without them knowing the base of hate behind it. They know how to make you think and find your evil side. They are dangerous," McAllister said.

Leading up to the debut of McAllister's exhibit, CASA gallery curator Darcy Logan decided to join the expedition so he could get a better feel for the project and for McAllister as a person.

It was during this leg of the trip in which Logan had



PHOTO BY HALEN KOOPER

Darcy Logan explains how Sonis McAllister acquired the vintage gas pump while he gives a tour of *The Survivors* at CASA.

his own perspectives changed from the level of hospitality he witnessed.

"A lot of the stereotypes that I thought I would find of people living in the south just weren't there. Everyone was really open, kind and generous. It destroyed the illusions that I had.

I was expecting to see something from *In the Heat of the Night* or *Mississippi Burning*," Logan said.

Sonis McAllister's endeavor through America will be on display for the public until Dec. 30.

Do you want a hippopotamus sweater for Christmas?

AARON HAUGEN
@ahaugie

'Tis' the season to be comfy! Whether it is a cardigan or pullover, wintery weather means the return of the woolen sweater.

Christmas parties with ugly sweater themes are the main events, but more and more, the comfort and warmth is overriding any fashion faux pas in the name of coziness.

Nursing student Jocelyn Heffern is getting into the Christmas spirit with a white sweater with grey patterns.

"I like the little deer on it," she said.

She added that the pattern puts her into a festive mood.

Clifford Merdinger, wind turbine technician student made his own

"Sweaters went out of style, then they were the joke and now they're coming back."

Vicki Hegedus

sweater by hand.

"It's very warm," he said.

Vicki Hegedus, Fashion Design instructor said that the return in prominence of the sweater is not surprising.

"When you look at warm and winter and comfort dressing, any piece of clothing that's in style is going to come and go," she said. "Sweaters went out of style, then they were the joke and now they're coming back."

She also said she's noticing an improved quality in knitwear from fabrics to manufacturing that's making sweaters more viable, but ultimately it comes down to practicality.

"I think when winter rolls around, Canadians just want something soft and cuddly to get you through a cold day."

The digital footprint

CRAIG KAMBA
@craigkamba

For many years, I have been a part of the technical revolution, yet have actively avoided social media. At the beginning of last year, I was thrust into the world of digital communications. It was both a blessing and a curse.

It's 2015 and for many, life revolves around Twitter feeds, Facebook posts, Instagram and Google searches. Whether we like it or not, the online world is now a part of the real world and I am skeptical of whether there are many people who realize the ramifications of their digital footprints.

Just yesterday, our class had the opportunity to speak to Rod Leland, a leading expert on social media in southern Alberta as well as online marketing specialist and digital projects lead here at Lethbridge College.

Through a series of intricate explanations using metaphors and analogies, he was able to help us unravel myths contained within the global web and more importantly—explain the depths the corporate workforce who will dive into your digital life, and it's influence it will have on our future careers in this new and exciting era.

Though some things are very entertaining to watch, read, or listen to—even on my own feeds—I can't help but question how one bad Facebook post, or a wrong share and who I follow on Twitter can highly affect my future. I'll be the first to admit that I've made mistakes, poor choices and lived immaturity. So, don't make mistakes too public, because the stream of data you leave behind probably won't go away—people forget that online privacy is a joke.

I had the odd privilege of starting college the same year my son entered his first year of kindergarten and quickly saw how the next generation has access to a whole library of information at such a young age. I realized it will redefine the social culture—in fact, it already has. There are five-year-olds who are already familiar with the concept of Google searches, Smart TVs and can navigate their way through a tablet PC.

Despite the fact that parents and society in general are improving their awareness of cyber-bullying and online security, many seem to not register the importance of educating their children on the dangers of posting harmful material.

In December 2014, a group of Dalhousie University dentistry students posted crude sexual comments about their female peers on a Facebook page and nearly faced expulsion, major setbacks in their careers, and humiliation. To them, the stupidity may have been funny at the time, but surely it was no good for their future.

Earlier this year, Calgary-Bow MLA Deborah Drever was suspended from caucus for having numerous controversial images and posts on her social media accounts brought to the attention of the public.

Transitioning into new schools, new careers, and new lives is not easy. One bad post can make it worse. Those bits and bytes aren't leaving anytime soon. And believe me, your teachers, your employers and so many others are watching, some even digging.

Our digital behaviours are tracked in metadata form that is spewing through the cyber world. The boxes we click "I agree" to without reading the fine print actually mean something—and it's not pretty.

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PHOTO BY KATELYN WILSON

Students gather in the centre core to decorate the holiday tree put on by Lethbridge College Student Experience on Dec. 3.

Tis the season to be broke

It's that time of year when the stores are packed and holiday tunes are everywhere. The music coming out of the store speakers puts shoppers in the mood to spend.

People are checking off their lists making sure they've got gifts for everyone dear to them. Excitement bubbles up as they find the perfect present.

Then begins the stress for finding a gift for those hard to shop for people. On many occasions this dilemma happens for more than one person on the list.

You stare at something, ponder it, walk away, go back and stare more. Then you wonder if maybe you're spending too much. The nauseating, yet exciting feeling tells you you've gone over your budget, but you just have to buy it.

Not only are you watching your bank account drain and your credit card balance get way too high, you're also working overtime.

Running up and down aisles, waiting in line, finding parking... shopping can be a lot of work.

You know, I don't want to put a damper on this magical time of year. I love giving people presents and hopefully putting a smile on someone's face.

However, sometimes I think the Christmas gift giving just goes a little overboard.

I agree there is some kind of rush involved in the whole thing when you count down the days until you get to hand over your presents.

The anticipation as you wait for the big day to find out if they'll like their gifts as much as you think they will.

Then comes the awkwardness of receiving gifts. You know, those ones you have absolutely no use for. You act excited knowing it will probably never get put to use.

There's also the occurrence when

someone spends more on you, than you did on them. The guilt starts to overcome you and wish you could have a do-over.

Honestly, in my opinion, the stress of gift giving far outweighs the rewards. I am totally happy

spending the holidays without presents.

Forget about showering people in gifts.

Holidays should be your opportunity to spend quality time with those you care about.

So at the end of the day, I think we should just save the Christmas gift giving for little ones.

Adults can keep their credit card balances at a minimum, the holiday stress low and eliminate the gift giving anxiety.

Leave Christmas to those who get the most joy and excitement out of it- the kids.

SARALOSOPHY



SARAH REDEKOP

Upcoming

Student Activities



Doggy De Stress

Relax with a furry friend during final exams. December 11, 14-17, 8:30am-2:30pm, AN 1515

January Registration

Are you registered for January classes? Find out by checking your schedule on MyHorizon. If you need help selecting or changing your classes, you can meet with an Academic Advisor, located across from the bookstore. Stop by to make an appointment.



Learning Café

Stressed about Finals? Visit the Learning Café for help. Located inside the library, they have qualified individuals to offer tips on preparing for final exams and much more. Check the Student Activities Calendar at lethbridgecollege.ca/studentcalendar for upcoming Learning Café workshops.

Armchair activists

HALEN KOOPER
@kooper_kulture

Last month's Paris attacks have the political keyboard warriors emerging in droves.

If homelessness was really their concern, where were they before the Syrian refugee crisis?

Across the social media landscape, anyone can see a number of people calling for the government to provide care for the homeless and veterans instead of Syrian refugees.

These are both valid issues. With approximately 30,000 Canadians on the streets on any given night and an average of 11 veterans committing suicide daily, it's obvious something needs to be done.

My issue is not in the point armchair activists are attempting to make, I understand everyone has a different opinion on what the government should focus on, which is fine.

But why don't the keyboard warriors practice what they preach?

These are generally the same people who vote against social programs because they don't want their taxes raised, who whine about the increase in minimum wage and only bring up veterans on Remembrance Day.

They don't want to be the ones to provide the necessary programs to eliminate homelessness or help provide veterans with the health care they need.

They also verbally support fighting the Islamic State when prevention

and more money for care would be provided with ending war.

Sitting in a chair in their cosy house, they share pictures on social media to speak their opinions with little or no repercussions because, let's be honest, arguing on Facebook is just a waste of time.

Social media has given them the illusion of doing something, without actually doing anything and they hide behind their computers safe and sound.

You won't see these people at homeless shelters helping, offering a place for the homeless to stay or out helping any veterans except for their yearly 25-cent donation for a poppy.

So, they don't want to pay for anyone to help

and they don't want to go out and help others, but then have the audacity to tell the government not to help those who need it most.

They'll boast being a person of the world, but then out of fear, won't be the person they claim to be.

Keyboard warriors will think what they're saying is controversial or unpopular, when in reality Canadians seem to be pretty split on the subject.

The only controversy here is a person thinking what they say actually makes sense.

To me, until they get up and do something about it themselves, their argument will meet deaf ears, because more is necessary than their war of words.

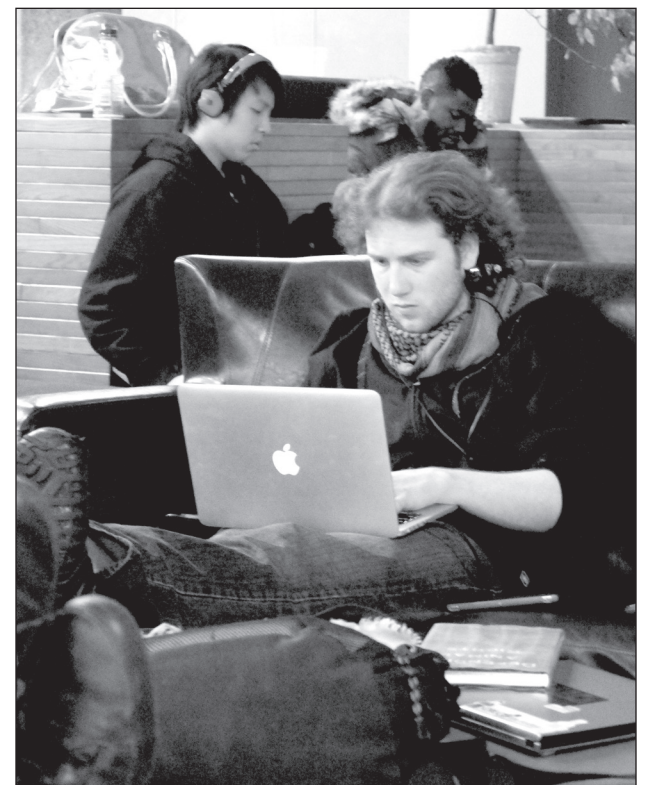


PHOTO BY HALEN KOOPER

Armchair activists tend not to put in the leg work instead they spend their time spreading their opinions across the internet.

15th Annual Bright Lights Festival



Background: Santa Claus makes his first appearance this season at Galt Gardens.
Top: Caitlin Sommer and her son Tristian watching cartoons on an outdoor screen
Left: Shawn Harasymchuck serves hot drinks to the public.
Right: Quinn Storozynsky and Andre Royer handing out popcorn to the public.



On Nov. 20 the public gathered together in downtown Lethbridge to kick off Christmas.

**Photos by:
Tawnya Plain Eagle**



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eSPORTS



NATION'S LEADING SCORER

strikes his way to CCAA award



PHOTO BY CRAIG KAMBA
Nico Pasquotti heads the ball during a soccer game in September.

KATELYN WILSON
@katewils14

Lethbridge College's top striker will be hard to replace after he averaged two goals a game last season.

Nico Pasquotti, second-year engineering design and drafting student, spent two seasons with the Kodiaks soccer team.

He helped lead the team from a second to last finish last season, to an 8-1-1 mark this season, where the team went on to achieve a first place finish in the ACAC South Division.

Pasquotti also led the nation in scoring this season as he managed to put the ball in the back of the net 19 times in 10 matches.

"I've always had a want to score, so for me it was what can you do to get the ball in the back of the net and you do whatever you have to do."

His perseverance earned him the Canadian Collegiate Athletic Association Men's Soccer Player of the Year for 2015.

"I'm pretty proud to have won the award, I'll be the first to say it wasn't just me, it was my team and coaches who really pushed to get me that achievement."

Pasquotti was given the award on Nov. 10 at the 2015 CCAA Men's Soccer National Championship banquet in Saint-Lambert QC.

Head coach Michael Racz said Pasquotti will be a hard player to replace.

"Nico's a really skilled player who pulls defenders away and makes space for other players. He's also one of the hardest working guys on the team," said Racz. "It's easy, when you have a player like that. He's always helping out, he works hard, he doesn't complain. He just goes out there and gets the job done."

Pasquotti was also named the 2015-16 Alberta

Colleges Athletic Conference (ACAC) Men's Soccer Player of the Year.

However, with the team placing second at provincials, it disqualified them from a chance at nationals.

Despite the disappointment, Pasquotti said the best advice he was given was to never give up.

"I know it sounds pretty cliché, but it's something my parents have said all the time."

Teammate Andre De Lacerda said they were really glad to have him on the roster this year.

"Nico is a really great guy and also really talented on the field. He communicates pretty well and always tries to put the team up. He has great knowledge about the game which helps a lot."

With graduation looming around the corner, Pasquotti said he's not quite sure what comes next.

"Right now I don't have anything set in stone, it's more figuring out what to do with the rest of my life."

Athlete's academics remain key

COLE SWIER
@coleswier

Whether students are staying up past midnight in an attempt to study for final exams, or if they are just trying to remember to cook a basic meal, post secondary education can be an extremely stressful time for many Lethbridge College students.

The Learning Café is full of resources as a way to offer students several different ways to become more ways to be successful. Lynda Duval, senior manger of learning services is in charge of allocating funding for the Learning Café, testing services and accessibility services. She explained there is more to the café than just its ability to assist students. Money always has to be available for the café to function effectively.

"When I am doing those calculations, I determine staffing and resources that we might need for the different

programming we offer. Some funds are dedicated to specific initiatives and others are more general so that if someone approaches us with a need such as a student athlete, then we can allocate some of our resources."

One aspect of the Learning Café that is under utilized is the one-on-one help they offer student athletes. Not only do student athletes deal with regular course loads, they are also committed to their teammates.

Student athletes have to deal with the regular course load as well as school athletics.

Ryan Heggie, the head coach of the Kodiaks men's basketball team explained how important the café is in regards to teaching student athletes about responsibility.

"I think it gets them thinking about the importance of you're here to go to school and play basketball, but you need to

get your schooling done or you can't play basketball," said Heggie.

Andrew Derksen the lead academic strategist finds himself working with tons of student athletes. Derksen explained how the café does not have enough statistics to prove that they are the only reason why student athletes are succeeding, but he feels as if they are definitely helping.

"We do have some evidence that shows that we are helping students stay in school, do better in school and be more successful in general," said Derksen.

The Learning Café is open to all Lethbridge College students as well. If you would like to inquire more about booking an appointment feel free to stop by their location in the south section of the Buchanan Library. If you can't drop in to book an appointment, you can call the Learning Café at 403-382-6952.

Kodiaks maul Rattlers

AARON HAUGEN
KATELYN WILSON

The Lethbridge College basketball teams took on the Medicine Hat Rattlers over the weekend.

The women were victorious, winning both games.

They now sit 3-0 against the Rattlers this season. However, the men's team fell short, losing both games.

Tensions were high on Saturday as player of the game Colten Murray said the team just wasn't there defensively.

In volleyball, the men and women Kodiaks took on the Red Deer Kings and Queens over the weekend. The women lost both sets, while the men lost their sets on Friday, but managed a victory on Saturday.

Heading into the winter break, the men's basketball team is currently sitting fourth in the south division with 10 points and a 5-4 record.

The women's basketball team is sitting in first in the South Division

with 18 points and a 9-0 record. They are also ranked first in the nation by the CCAA.

The men's volleyball team is sitting in fourth place in the south division with 12 points and a 6-6 record.

The women's volleyball team is sixth in the south division with six points.

The basketball teams will return to action in mid-January with a home-and-home against St. Mary's.

The teams will be at St. Mary's on Jan. 15 before returning home to face the Lightning at home the next day.

The volleyball teams return to action Jan. 9 and 10 at Olds College.

The first home games of the new year will be on Jan. 15 when the Kodiaks host the Ambrose Lions.

The Kodiaks will host the first Running Room Grand Prix of the indoor track season on Jan. 16.

For more information on teams, schedules and times visit the Kodiaks website at gokodiaks.ca.

**LETHBRIDGE COLLEGE
KODIAKS**



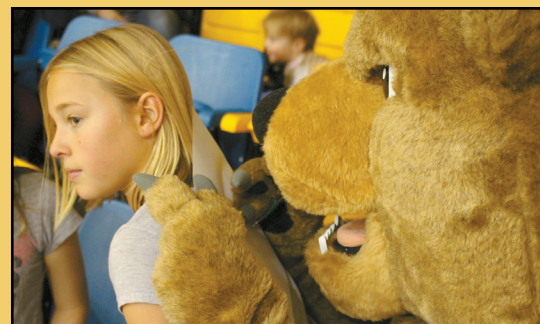
**KODI AND PALS
BRING THE GROWL**

**Volleyball vs Red Deer College
Basketball vs Medicine Hat College**

PHOTOS BY AARON HAUGEN



Brynne Ellert and Kodi notice the camera while her teammates are captivated by the women's volleyball game against Red Deer College on Nov. 27. As part of the Foremost Grade 7 and 8 volleyball team they got the chance to see college players at their very best.



Kodi signs an autograph for Hailee Ormann of the Foremost Grade 7 and 8 volleyball team during the men's volleyball game against Red Deer College on Nov. 27. Ormann and her teammates also got autographs from a few of the Kodiaks women's volleyball players.



Jamyson Dore (left) and Jacob Nelson (right) get creative in their attempts to throw the Medicine Hat Rattlers off their game during the men's basketball game on Nov. 28.



Brynne Ellert, Kodi, Hailee Ormann and Brymlee Hollingsworth (left to right) pose for a picture during the women's volleyball game against Red Deer College on Nov. 27.



Brynne Ellert (left) and Jessica Butterwick (right) do "the worm" during a break in action during the women's volleyball game against Red Deer College on Nov. 27.



Kodiaks soccer player Taylor Jetten (left), Jacob Nelson (centre), volleyball player Kagen Kieftenbeld (right) and Kodiaks soccer player Alexandra Hayes discuss the men's basketball game against Medicine Hat on Nov. 28.