

VISIT

LETHBRIDGE.CA
CAMPUSMEDIA

For additional news, videos,
photo galleries and more!



Lethbridge
Campus Media

QUOTE OF THE WEEK

“We have disagreements, never huge personal disagreements but politically, we’re different.”

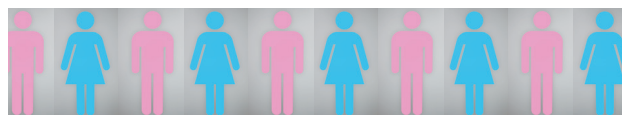
See MEETING MEARNS Page 10



January 29, 2016 Vol. 51, Issue 6



ENDEAVOUR



GENDER POLICY

New guidelines for gender identity have recently been released by the Alberta government.

By Sarah Redekop Page 3



ONE STEP FORWARD

Streets Alive continue to help the homeless population of Lethbridge one foot at a time.

By Sarah Redekop Page 8

KODIAKS WRAP

The Kodiaks women’s basketball team continue their winning streak.

By Tawnya Plain Eagle Page 11



PHOTO BY AARON HAUGEN

Student Trish Divine (right) confronts Sarah Maljaars of the Abortion Awareness Project during the group’s protest in Lethbridge College’s centre core on Jan. 25.

Students react to graphic pro-life images

AARON HAUGEN

@ahaugie

A controversial protest from a local pro-life group raised tempers at Lethbridge College on Monday.

The group Abortion Awareness Project of Lethbridge displayed graphic images of aborted fetuses in the college’s Centre Core Monday afternoon around 2 p.m.

The protests were part of the Canadian Centre for Bio-Ethical Reform’s Genocide Awareness Project.

The group gave no prior warning of their protests to either college administration or LCSA.

Sarah Maljaars, a spokesperson for the Abortion Awareness Project, said the group hoped to raise awareness of the impact of abortion amongst the college community.

She said the group uses the graphic images to draw a direct impact on the language of abortion.

“When people see the images, it contradicts the lies and euphemisms around the issue,” she said.

Maljaars also added the group did not notify the college in an effort to maximize the effectiveness of the protest.

The protest was disrupted when a student, Trish Divine, grabbed the signage from the protesters and

threw it out the front doors of the building.

Divine said her actions were motivated by a desire to protect the learning environment of the students at the college.

“Lethbridge College should be a safe space,” she said. “Those signs and the things those people were saying were all detrimental to a student’s learning capabilities.”

She feels it can fill the school with hate and terrible energy.

Divine’s actions received numerous praise on the social media site L.C. Confessions.

The protest disrupted a blood, stem cell and bone marrow donor drive put on by the Canadian Blood Services, which had to end early.

Gwen Wirth, Communications Manager for Lethbridge College, said the college currently has no standing policy on protesters at the college.

“As we are a publicly-funded institution, they have every right to protest here,” she said.

She also said she is aware that the group plans on returning to the college to protest later on in the semester.

An email sent to students and staff yesterday by the college urged anyone feeling impacted by the events to contact the student support program at 1-855-649-8641.

The Wildlife Festival was a hoot



PHOTO BY SARAH REDEKOP

A great horned owl observes the crowd at the Wildlife Festival Jan. 17.

College receives donations for trades building

KATELYN WILSON
@katewils14

A long-term partner of Lethbridge College gave a multi-faceted gift to the college last week.

On Thursday, KB Plumbing and Heating unveiled a \$100,000 donation in support of the new Trades and Technologies facility and student awards.

General Manager Scott Murakami said without the college, the community would not succeed.

“We’ve always recognized that the trades and college have been an important part of our industry, the community is part of our industry and we can’t continue to flourish without it.”

The gift is aimed to benefit three major areas. The first supports a classroom in phase two of the new building.

The second will benefit new student awards including three annual \$500 awards for plumbing, a first for the new Plumbing Apprenticeship Program.

The other awards include an annual \$1,000 award for Engineering Technologies and another \$1,000 award for the Administrative Office Professional program.

This program is in recognition of the invaluable role

played by the staff of KB’s operations.

Paula Burns, president of Lethbridge College, says the contribution to the classroom in the new facility is one thing, but student awards are key.

“So many of our programs contribute to the local economy and it’s going to be tough times, but these awards really help students get the education they need to have jobs for the future.”

KB is also involved in the construction of the new building, as the mechanical contractor.

“We recognize the importance of local training as a way to keep our most talented employees in southern Alberta,” said Keith Broadbent, president of KB Plumbing and Heating.

In previous years keeping talented employees in Lethbridge had its challenges.

“All our apprentices throughout the years have had to go to Calgary or Medicine Hat, it’s a hardship to be away from their family both mentally and the dollar on it [economically]. We also risk losing employees to companies out of town because they’re away from us,” said Murakami.

For the first time Lethbridge College introduced the

Plumbing Apprenticeship program this January, something Murakami says he’s excited about and hopes to see more of.



PHOTO BY KATELYN WILSON

Lethbridge College President Paula Burns, General Manager of KB Plumbing and Heating, Scott Murakami, along with KB employees, present a large donation to Lethbridge College Jan. 21.

Lethbridge police preparing to expand headquarters

JONATHAN GUIGNARD
@guij26

Construction workers are hard at work and on time with the expansion of the city’s police headquarters.

It has been under construction since the spring of 2014 as the building is getting revamped.

They have recently opened the front lobby area, occupied the underground parking garage and are currently within a month of occupying two levels of the three-story addition.

Some of the other upgrades will include additional office space, along with new cells and new classrooms.

According to Project Manager Ric Johnston, a significant obstacle in the initial planning process was how to undertake a project of this scale in a building which was required to be occupied and functioning 24 hours a day, seven days a week.

“It was determined some departments would need to be relocated to other sites to vacate space and allow flexibility in moving the remaining staff on site as work progressed. All (of this was needed) while maintaining an uninterrupted high level of service which the Lethbridge Police provide to our community,” said Johnston.

It’s the first time since 1996 that the building has had significant upgrades and Tom Ascroft, Inspector for the Lethbridge Police Service, says the renovations are imperative going forward.

“We were running out of space. A lot of speciality units were coming in that needed more space along with some of the technical parts of the building. Also, the security features and stuff like that were getting antiquated so it was time for a refit.”

Johnston claims the expansion is necessary to address the lack of space and also for future growth.

“As the city grows, so do the requirements of law enforcement. We are now looking forward to the next 20 years, with the intention of accommodating the increase of personnel and services that will evolve over that period of time,” he said.

Marty Thomsen, Lethbridge College’s Dean of Justice and Human Services, believes the project can benefit students enrolled in the Criminal Justice program.

“Anytime you have a Police Service that grows and expands, you’re going to get more specialized services. Services such as cyber crime and simulation units could possibly increase the amount of jobs available to Justice students coming out of college,” he said.

The cost of the project is just under \$28 million. According to Ascroft, there were a few complications with the budget at the beginning of the project, but it has since been adjusted. The project is expected to be complete by January of 2017.

Unemployment rates soar through Alberta this year

HALEN KOOPER
@koop_kulture

An unemployment rate nearly double what it was last year has overcast a shadow of worry among Albertans and recent economic reports forecast it won’t clear anytime soon.

Alberta began 2015 with an unemployment rate of 4.7 per cent and as we rang in the New Year, Alberta’s rate was up to 7 per cent.

In ATB Financial’s 2016 Alberta Economic Outlook, it mentions 14,600 jobs were lost last year with oil and gas having the most significant losses.

It’s predicted unemployment will continue to rise for the first half of the year, topping out at 7.5 per cent.

However, they feel the economic landscape will see people leaving the province to find work, making it unlikely for unemployment to reach eight per cent.

With oil and gas experiencing the largest losses, local job markets saw an influx in job seekers. Which means, for some local residents, this prediction already rings true.

Finding early success when he moved to Lethbridge two years ago, multiple layoffs at warehouses caused Damian Nagasaka to become a victim of the slow economic collapse.

“I’m probably heading to Winnipeg at the end of March, there’s no work here. It’s been tough, you can’t even find a job flipping burgers,” said Nagasaka.

Many jobs Nagasaka has been employed for, has employers hiring a number of people for manual labour and with massive dismissals days before three-month evaluations.

Job climate is not only a concern of those trying to make a living in Lethbridge.

Several people who travelled across Canada to work in the oil patch and some who came from abroad face the same struggle.

When Rowan James came from Australia, he was unaware of Alberta’s economic downturn.

Even without an interest for working in the oilfields,

James understands this could have huge implications in the likelihood of him finding work.

“I’m not too worried about it, I’m not looking to go into the oil industry. But it’s still very worrisome considering the ripple effect it might have on everything else,” said James.

As James waits for his work visa to be granted, he remains confident by the time he needs to look for work, he’ll have no issue finding a job.

Coincidentally, James expects his work visa to be granted around the same time ATB predicts Alberta’s economy will begin its road to recovery.

With numerous people pounding the pavement on the job hunt, even employment agencies with specific clientele are experiencing an increase in business.

JobLinks is an employment agency dedicated to finding work for people with mental and physical barriers.


Ever since reopening after the holidays, employment services coordinator Linda Rawbon and the rest of JobLink’s staff have been occupied by the constant rise in clients.

“All of our staff has been very busy. We have a lot of intake packages going out, a lot of intake packages coming in,” said Rawbon.

Forging ahead into 2016, Alberta Premier Rachael Notley spoke to the crisis and will look to diversify the economy by putting money into infrastructure, wind power and agriculture.

ATB reported the agriculture industry is stable but unlikely to affect the economy. Local leader Melody Garner believes this is Alberta’s chance to take centre stage.

**STUFF
IS
READY TO GO!**



**Lethbridge Mini
Storage**

- Different locker sizes so you only pay for the space you need
- Located 33rd Steet North in the industrial park!

1 (403) 329 1666

Gender equality aim of new legislation

SARAH REDEKOP
@sleered

Sexual orientation and gender identity have been hot topics recently among Lethbridge parents. These discussions originated from new guidelines for school districts that were recently released by the Alberta government. The document titled: *Guidelines for Best Practices: Creating Learning Environments that Respect Diverse Sexual Orientations, Gender Identities and Gender Expressions*, brings attention to segregation among these groups. The intention of the document is to ensure students are treated equally regardless of gender or sexual orientation.

The document brings attention to specific recommendations for school districts around Alberta and requires them to draft a new policy surrounding it. This has raised concern among many local parents. Primarily, the statements in the document regarding non-gender segregated change rooms and bathrooms.

Last Wednesday parents filled School District 51 for the first revision of the draft. Most parents heard about the revision through social media and felt uninformed by their schools and unaware that a policy had been drafted. Cathy Lancaster, was a local parent at the meeting. "All of a sudden this just comes out, never before have I known that we could have a voice in this, then all

of sudden it comes out on social media and catches a lot of attention," she said. "I just think they're trying to push something through really fast. How much are they going to listen to our voice? That I'm not so sure of," said Lancaster a parent at the meeting.

Garrett Simmons, Communications Officer for the district explains this policy is only a draft. "The intention of the meeting was for groups of parents from each school parent council to get together and to provide written feedback on our draft policy," he said.

The OUTreach Southern Alberta society is a Lethbridge organization that represents a voice for the LGBTQ community. Tiff Semach is on the OUTreach Board of Directors and explains that there has been a lot of negative and misinformed dialogue surrounding the issue and how it will translate to school policies. "Not only does this create unnecessary confusion surrounding the guidelines, but it also creates hurtful, sometimes dangerous conversations that call into question the rights of trans and genderqueer students to be safe in their schools," she said. For trans and genderqueer students, safe access to washroom facilities is an ongoing concern," said Semach. A study by Egale Youth OUTreach in 2011 reported over half of trans students felt unsafe in washrooms and change rooms.

School District 51's draft policy 502.1 is titled *Wel-*



PHOTO BY SARAH REDEKOP

Lethbridge School District 51 held a meeting on Jan. 20 to review the draft policy 502.1.

coming, Caring, Respectful and Safe Learning Environments. Currently this draft does not address structures for washrooms and change rooms. School District 51 says that for now, a review for these recommendations has not yet started and there is no timeline for when these discussions will begin. The district assured parents that if these recommendations were explored in the future, a process would be in place to do so. Parents can stay informed and involved in future decisions by joining their parent council at their school.

Fighting fentanyl fatalities

MEAGAN WILLIAMS
@lili_gean

The latest line of defense against the powerful opioid, fentanyl, is causing some controversy amongst health care practitioners. The federal government is looking to make the antidote naloxone, available over the counter since the only way to get it right now is through prescription-based distribution. Some health professionals believe that while this may curb the rate of overdose deaths, others believe it's enabling users.

The street drug has been related to over 600 deaths in Alberta from 2009 to 2014 according to a study by the Canadian Centre of Substance Abuse. This is something Dr. Richard Buck, Chinook Regional Hospital emergency room physician, has seen all too often.

"Typically the person is not breathing. And when someone isn't breathing they have no respiratory effort whatsoever and they are pale or sometimes blue. The other thing we see is that their pupils are pinpoint, they're little dots in their eyes and that's very classic of what we call an opioid overdose."

Buck says he started seeing patients presenting to the emergency room with opioid overdoses around two or three years ago. These people had taken a street drug that

they were calling oxy-contin. Buck and his colleagues discovered these medications were not oxy-contin. The pills were pressed to look like fake oxy, they were actually high doses of fentanyl, up to 100 times what they would give in the ER for any type of painful procedure.

The front-line physician believes the disbursement of the fentanyl antidote may appear to enable users to some, in his opinion it's better than the alternative. Death.

Lethbridge HIV Connection is one of just eight sites across the province that are designated by the Alberta government to distribute the naloxone kits to high risk users. Each kit contains two doses of naloxone, syringes, alcohol swabs, gloves, a rescue breathing mask and instructions. Executive director, Stacey Bourque believes the harm reduction method is proving to be successful throughout the province.

"Collectively, we have distributed just over 800 naloxone kits and we've had just over 50 overdose reversals, or saves. We've dispensed over 50 kits and we've had six reported saves."

For Lethbridge College students, health services is also looking at what can be done to support those struggling with addiction. Harmoni Jones is a registered nurse and team lead for mental health on campus. Jones



PHOTO BY MEAGAN WILLIAMS

Registered nurse Harmoni Jones and health services employee, Brittany Minogue, chat about the new fentanyl awareness program on campus on Jan. 18.

says that asking for help is the first step in recovery along with a few more pieces of advice.

"Some tips would be, never use alone. Only use in small quantities and also have an emergency contact."

RCMP are continuing to investigate the source of fentanyl supply both provincially and nationally. Until the supply can be stopped, the take-home harm reduction initiative may be the best hope to reduce the number of fentanyl related deaths in the immediate future.



BRAS THAT FIT

Students receive 15% off with valid ID | Closed Sun. & Mon.

INTRIGUE
• Lingerie Boutique •

313 7 St. S.

Struggling after abortion?
You're not alone.



FREE
Confidential
No judgment

LETHBRIDGE
Pregnancy Care
Centre
Lethbridgepregcentre.com



OPINION

Editorial Staff Fall 2015-Winter 2016

Jon Guignard	Sarah Redekop
Aaron Haugen	Cole Swier
Craig Kamba	Meagan Williams
Halen Kooper	Katelyn Wilson
Tawnya Plain Eagle	

Advertising Sales &

Production Staff Fall 2015-Winter 2016

Sadie Atwood	Soga Idowu
Chantelle Ball	David Johnson
Mikala Carson	Joel Lewis
Katy Gerrard	Alyssa McIntyre
Chris Hodgkinson	Matt Ouellette
Amanda Horricks	Nevin Sereda

Publisher

Martina Emard

Technician

Karlene Quinton

Advisors

Martina Emard
Kris Hodgson

The Endeavour is produced 10 times during the academic year by students in the Digital Communications and Media program at Lethbridge College. Stories, photos and advertisements are produced as part of the academic program and are not representative of the opinions of the Board of Governors of Lethbridge College, its directors, officers, employees, agents or representatives.

The Endeavour newspaper, eNews television and Kodiak online radio are part of LethbridgeCampusMedia.ca.



Advertising

For advertising rates and information, please call or email our office. Advertising rates can also be viewed online at lethbridgecampusmedia.ca/advertise-with-us/

Advertising Inquiries:

403-320-3301
ads@lethbridgecampusmedia.ca

Letters to the Editor

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.

E-mail: news@lethbridgecampusmedia.ca

Fax: 1-888-520-6143

Mailing Address:

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



Death of the rule of law

It appears that after almost a month, it will all be over. A group of armed men seized control of a wildlife refuge in eastern Oregon and demanded the U.S. government transfer control to the local government and release two ranchers convicted of arson.

Sentenced under mandatory minimums from anti-terrorism laws from the 1990s, the leaders of the standoff were finally arrested.

After having absolute freedom to come and go from the refuge as they pleased, the leaders were finally taken into custody after being stopped at a roadblock on their way to another community meeting.

Reports are still conflicting, but it appears one of the members of the group was shot and killed by law enforcement officers, either when charging at them or after attempting to surrender.

Many similar altercations involving the deaths of young black men have been scattered through the American mass media, raising controversy in political landscapes.

While there is some merit to the group's complaints about the mandatory minimum sentences, those facts are all obscured by the use of armed force and threats.

They have no legal standing to occupy the reserve, only the threat to shoot any law enforcement officer that attempts to remove them from their occupation.

Legally, it's armed sedition: an attempt to disrupt the workings of the U.S. government using force.

The group attempted to create their own legal system under a

misunderstanding of common law, where a grand jury would meet in secret and any media attempting to ask them questions would be guilty of "the crime of felony," a thing that does not exist in any legal code except the one in their heads.

The ironic thing about why it took so long for arrests to be made we think may have a lot to do with these people being white Christians.

The government is justifiably skittish on taking a firm stand against the occupiers as memories of Waco and Ruby Ridge are still fresh in many people's minds, but for allowing such impunity to flaunt the laws of the nation to go on as long as they did will only embolden others with extreme positions to attempt the same thing.

If they were any other race or religion, they would've been branded as terrorists and shot by the National Guard long ago.

Very few of the members are from Oregon, let alone the local community.

Most are from out of state and their leader is the son of extreme anti-government hero and national scofflaw Cliven Bundy who still owes American taxpayers over one million dollars in grazing fees for using federal grazing land for his cattle.

Everyone from the local community, from the sheriff who is the only authority they claim to recognize the Paiute Indians whose land the reserve actually belongs to, have all asked them to leave, several times, only to be told rather condescendingly that the residents still need to stand up for their rights, but only as the occupiers see them.

Lethbridge business owners dealing with the dollar

STEVE SETO
@steveseto

The drop of the dollar is changing the way business owners and shoppers think about spending their money.

Some businesses around Lethbridge are having to make adjustments and know where their product is coming from. The Canadian dollar has dropped below 70 cents U.S. in the last month and has taken an effect on shoppers as well as business owners in Lethbridge.

Local stores aren't seeing an immediate impact right away, but are preparing for the effects it may have. As for shoppers, they feel they now have to be careful in how they're spending their money. It can even affect people in Lethbridge going on vacation or planning trips. "That's mainly the difference I've seen too is I really think twice about going on any trips to the states and I've chose not to go because of the dollar," said Sandra Cowan, local shopper.

Another local shopper Heather Nicholson already has a work trip planned and will see the costs of staying a bit longer. "I am going on a work trip to Denver and and I'm a little worried about just planning to tack on a few extra days and I probably still will, but it will hurt." James Clark the manager for

Doug's Sports said they try to buy from Canadians as much as possible. "If you're ever paying out of American dollars and converting Canadian dollars to American dollars, so we always been quite weary of ordering from the states. We try to keep our Canadian customers happy by ordering from Canada," said Clark.

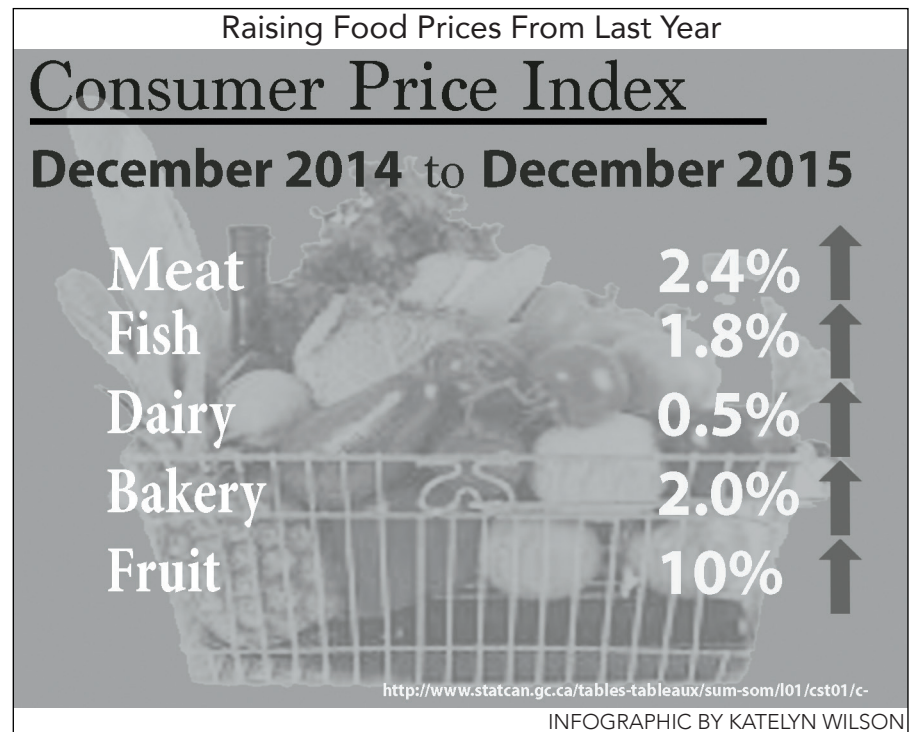
Other businesses are trying to follow suit as well to keep their businesses within Canada. "We do a lot of sourcing and we are going to be doing more of that to combat that problem," said Corbin.

Corbin, owner of Tompkins Jewellers is trying to avoid costs of importing products at a higher cost. There is also an outlook that this won't be a long-lasting issue to our economy. "I think it will correct itself to some extent over the next year or so, so I'm not really panicking," said Daryle Niedermayer, a Lethbridge shopper who doesn't feel the effect quite yet.

Even Kapow Ltd. owner Wallie Desruisseaux is looking at a different perspective. "Luckily it's been so public in all the news it hasn't been a shock to anybody." Though Canadian customers have shown they aren't too concerned for the moment, they are still feeling the effects. The price of oil and other commodities will be a factor in helping the dollar gain its strength.

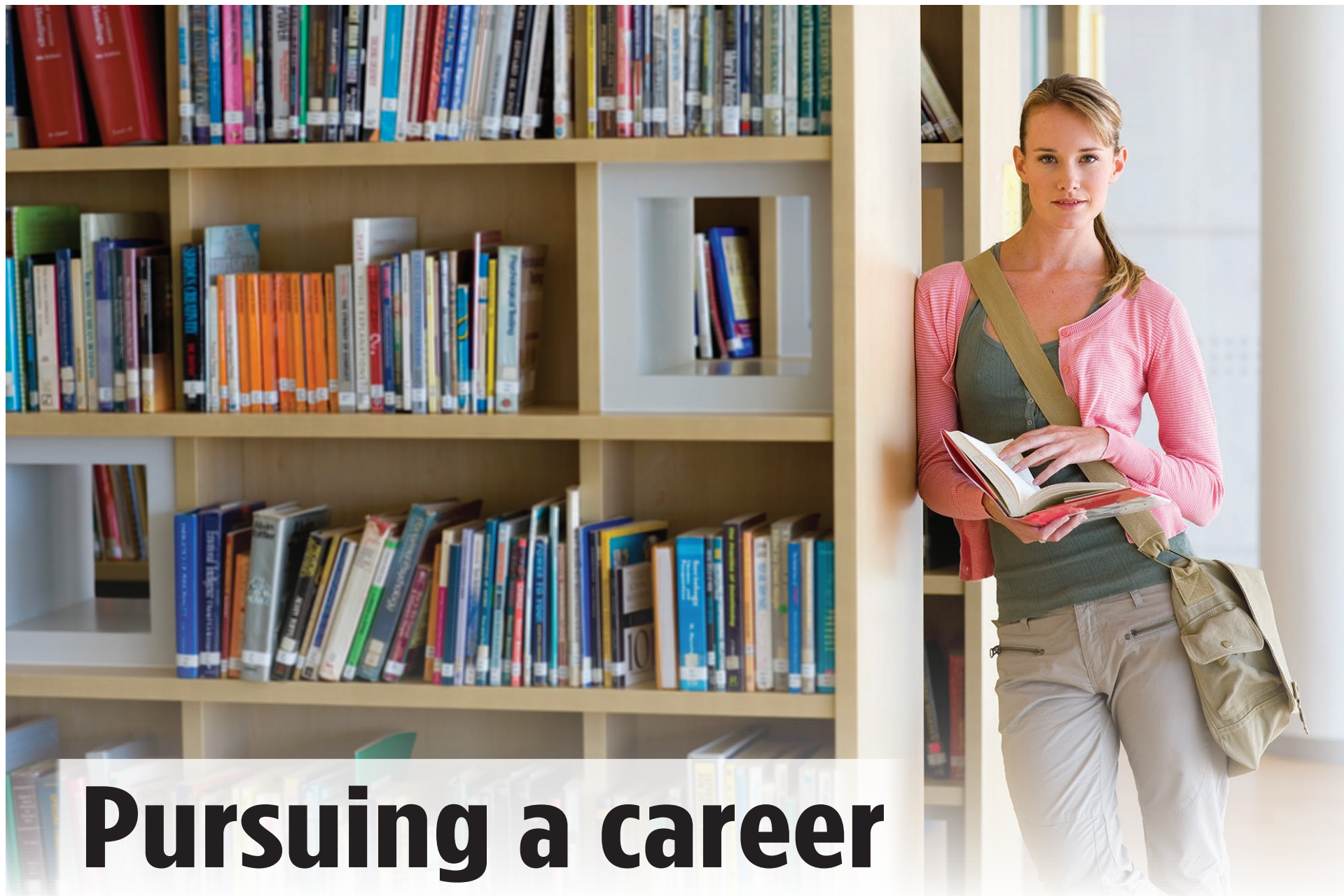


PHOTO BY STEVE SETO
Doug's Sports owner David Clark (left) goes over orders with manager James Clark (right)



**Human.
Growing.
Alive.**

Human rights for all human beings: weneedalaw.ca



Pursuing a career in print journalism?

The AWNA is now accepting applications for two bursaries to help with your tuition and costs

.....

C.A. MacLean Journalism Bursary

*Co-sponsored by the AWNA and **CENOVUS Energy***

\$2,000 each to two Albertan or NWT residents

Fred Row Journalism Bursary

*Co-sponsored by the AWNA and **Alberta Newsprint Company***

\$1,000 each to two Albertan or NWT residents

.....

Winners must pursue their journalism studies at a post-secondary institution within a year of receiving the awards.

Applications must be received by **February 13, 2016**

**For more info or to apply
visit awna.com/bursaries**



**Alberta
Weekly Newspapers
Association**

e LIFE

LSCA hosts the 2016 Winter Formal



The 2016 Winter Formal was a way for students to relax from their hectic schedules. The night included competitive competitions, a fancy dinner and dance.



Top Left to Right:
Dallas Boyd and Amber Litzeberger dance to their favourite song.
Kate MacNeil sings the theme song for the popular sitcom *The Fresh Prince of Bel Air*.



Bottom Left to Right:
Sarah Bannerman enjoying some yummy food.
Brendan MacArthur played DJ for the evening.

Photos by Tawnya Plain Eagle

Local filmmaker focuses in on homelessness

COLE SWIER
@coleswier

Whether you pass them by in the streets, or hand out some spare change, the homeless population of Lethbridge is a sad reality in our community. But how much do we really know about homelessness in Lethbridge?

Lethbridge Link creator and local businessman Dan Berdusco has taken matters into his own hands to tackle the controversial subject of homelessness in Lethbridge. Berdusco has produced a 70-minute long independently-funded documentary titled *Where is Home*. The film made its local premiere on Jan. 14 at the Lethbridge Public Library Theatre Gallery.

Lisa Weekes is in charge of adult programming at the library and despite not seeing the film, she feels it is important for less talked about issues like homelessness around Lethbridge to be raised on any platform.

"I think that one of the key aspects of the film is that it goes into personal stories and really shows the personal effect and the personal impact that homelessness has on individuals. I think it's going to really put a face to homelessness," said Weekes.

One of the main factors playing an



PHOTO BY COLE SWIER

Where is Home director Dan Berdusco has spent over 60 hours interviewing and filming subjects for his documentary.

important role in the finished product of *Where is Home*, is that Berdusco really wanted the viewer to decide how to feel about the issues raised. Berdusco stressed that as long as the viewing audience takes the time to listen to what is being said, they are free to make up their own educated opinion on the topic.

"I feel that if you just listen to everyone in the film, you can't help but be compassionate because the truth of what's

going on can't really be denied."

In Berdusco's pursuit to shine a spotlight on the issue he ended up filming over 60 hours of footage including interviews with Lethbridge police, city officials and the homeless population. Berdusco's main focus of *Where is Home* is to have the viewers learn more about homelessness, instead of people just feeling sympathetic.

"I tried to talk to people who would

"I think it's going to really put a face to homelessness."

Lisa Weekes

provide good information and then take that information and put it into this film. That way people have good information to base some sort of opinion on or even to feel something for these people," said Berdusco.

Lethbridge local Bart Greven has lived most of his life in southern Alberta and stressed the fact that he thinks the most important aspect of the film is actually its ability to raise awareness, not the topic itself.

"I think it is important for people to raise awareness about topics not usually focused on. That way it inspires people to go out and do the same as he has done."

Where is Home has been submitted to multiple film festivals including DOXA, a documentary film festival based out of Vancouver. Berdusco is hoping for the film to gain some national representation to raise awareness about not only homelessness in Lethbridge, but across Canada.

One step forward for homelessness

SARAH REDEKOP
@sleered

As seven o'clock strikes the top of the hour, a knock is heard on the large metal black door. A volunteer opens the door with a friendly greeting to the woman waiting outside. It's Foot Friday at Streets Alive. From 7 to 9 p.m. volunteers offer their time to provide foot care to individuals who spend their days walking on the streets.

According to the National Institute of Health, homeless people have a high disposition to develop foot problems. Because they spend much of their time walking, many times without proper footwear, this leads to a variety of foot issues. Common foot disorders like corns, callouses, ingrown toenails, trench foot and athlete's foot are frequently seen in the homeless population. If these issues are not cared for early, they can lead to more severe problems.

This is why dedicated volunteers

gather at Streets Alive once a week to provide foot care to Lethbridge's less fortunate. Dr. Earle Covert is a retired physician and dedicated volunteer. Every week he offers a few hours of his time to help take care of feet.

"If you don't have a good foundation, you can't expect anything from the top part of you," he said. "Many of our people walk a lot and get blisters."

Mary-Gaye Pinches, has been an RN for 40 years. Pinches specializes in foot care and has volunteered at Foot Fridays for the last five years.

"It's so important. Most of them walk an awful lot so they have a lot of foot problems. We have watched the people who need this service and their feet have improved 100 per cent," she said.

The service provides nail cutting and filing, they take care of blisters, corns and callouses as well as soak and massage feet. They also launder dirty socks or provide new socks if necessary. Streets Alive also has shoes they provide to those who need



PHOTO BY SARAH REDEKOP

Some less fortunate people get the chance to soak their feet during Streets Alive's Foot Friday on Jan. 22.

proper footwear.

"It's nice to have these people come in and look after our feet. It's nice to know people care," remarked a man using the service.

"They love to come," said Pinches. "They get sandwiches, coffee and get their feet warm. We have relationships with

them. It's just fun and good."

Covert says they are always in need of donations like good shoes and socks. Financial donations help them provide nail files and other foot care products. For more information on Foot Friday's contact Ken Kissick, Founder of Streets Alive.

Upcoming

Student Activities



Check out the Student Activities Calendar

Under the Student Life tab on My Horizon to stay informed about all that is happening on campus.



Learning Café

Visit the Café in the back of the library. They have academic supports, tutoring, plus free coffee and tea.

Exciting engagements

KIERRA SLATER
@kierraslater

Wedding season is only months away, but will the weak economy stop new brides from walking down the aisle this year?

Canada is currently in a recession, but that may not stop newly engaged couples from tying the knot, especially those who have been saving for their day.

Lethbridge's Once Upon A Bride has been full with bookings and excited future brides. Soon-to-be bride Kathie Trinh has planned her big day for August and has been lucky enough to not feel too much pressure from the economy.

"My fiancé and I both work in the oil and gas industry. He works on a drilling rig and the demand for work has been slow due to the

price of oil as well as the volatile nature of the market. That makes it difficult to want to put money into the wedding instead of adding to our savings. I am fortunate to be in a position with high job security at a midstream gas marketing company, so we are still financially secure enough to be able to pay for the wedding."

Weddings are about uniting the bride and groom, but it's so special to share those moments with your loved and cherished ones. Trinh has been cautious of other people's budgets attending their summer wedding.

"In the early stages of planning we thought it might be nice to have a destination wedding but we didn't want to put that financial burden on our families

and friends, especially in this economy, so we ended up booking our venue in Calgary."

Lethbridge's Enmax centre held the Diamonds Bridal Exhibition and Fashion Show earlier in January and had a successful outcome, showing high hopes for this year's wedding season despite the current economy. "I believe that the wedding season will still be relatively large, but I also think that the average cost of weddings this year will be less than previous years due to tighter budgets and less dispensable income, said Trinh. Dresses aren't the only things to budget for. New brides and grooms have to consider attire for the party, catering, rings, venues, photographers, music

and flower arrangements.

According to Chelsa Longbotham, a local florist from Lethbridge based Funky Petals, they

"We haven't had any brides come in saying they're pinching their budget."

CHELSEA LONGBOTHAM

haven't felt the effect of the economy in their shop yet.

"We have 22 weddings booked for the summer already. Flowers can range anywhere from \$200 or \$5,000. Maybe it's still too early, but we haven't had any brides come in saying they're pinching their budget. Every bride is different though and it might be too early to tell." There are many ways to successfully budget and save for a wedding. For some people the best way may be holding off or keeping their wedding costs low. Others have been saving up and the economy won't affect them. Either way, it's about the happy couple's love and how they want to share it. For richer or for poorer, many couples can't wait to say their vows.

Workplace worries

DARASHEA GREGSON
@dragondancer

Harassment in the workplace has become a problem for local Professional Warehouse Demonstrators (PWD) at Costco. According to the Alberta Human Rights Commission they say, harassment occurs when a person is subjected to unwelcome verbal or physical conduct.

Alice Jones, a worker for PWD, said she has seen so many people who have been there for years quit over how they were being treated. Another PWD worker, Roger Grinolns said, "When I was on my break I was eating a sample and had forgot to remove my demonstration hat. The manager came up and ripped the hat off my head and sternly lectured me in front of everyone. It was humiliating."

Workplace bullying is also a form of harassment. According to the Alberta Government's Alberta Learning Information Services, bullying can be threats and intimidation, including the abuse of power.

According to Alberta's workplace bullying institute, bullying can leave you with an 80 per cent increase in debilitating anxiety. You also have a 52 per cent increase of panic attacks.

"The work environment is a fun and cheerful environment. People know what they are signing up for when they begin working here," said Rodger Harington, Manager of PWD. Patrick Hewitt, a former assistant manager of PWD, said he didn't know the numbers for human resources when he worked there. When he worked with a different manager he was encouraged not to listen to complaints. "I was told that I had to encourage them to talk to Osman the former manager of PWD. He would deal with them, but I would always have them come back saying that he would not listen," said Pauline Banks, head of the Canadian company. When asked how often they trained their management staff, Banks said they trained their employees every six months and management is one of the ones who train their staff. "We cannot do anything if we do not receive complaints," said Banks.

When asked a few employees if they knew how to file a complaint, one in five knew how.



PHOTO BY AARON HAUGEN

John Grant takes a quick break before his next interview on CKXU's Community Chest on Jan. 23.

Creative communications

AARON HAUGEN
@ahaugie

For close to two years now, John Grant has been keeping the beat on the pulse of Lethbridge.

Host of CKXU's Community Chest, Grant provides a place for local artists and venues to promote upcoming shows and talk about their work.

A culmination of several community interest programs that have been aired on CKXU over the years, Community Chest became the first one to find a permanent place on the lineup.

Started by DJs Richard Belchamber and Amberlea Parker, it has become a weekly source for anyone looking for information on local artists and performers.

Grant takes two hours every Saturday to interview local artists and performers with upcoming shows and events, plus he also gives venues a chance to promote upcoming shows.

The interviews are spaced between musical breaks where Grant provides the artists interviewed with a chance to get their music on air.

Although his influence is heavy on the programming, Grany does not view it as

something that begins or ends with him.

"A lot of people have come to see it as my show, but it never really was mine to begin with," he said. "But I'm proud of the fact that I've been able to grow it into something that has a large following."

Aaron Trozzo, general manager at CKXU, says Community Chest is an important part of CKXU's brand.

"It really adds to the quality and colour of the station here at CKXU," he said. "It's about being able to benefit listeners by bringing them new ideas."

Riley Miller, a member of CKXU's board, added the show allows for the station to provide a deeper look into the community.

"It falls right within our mandate as far as community campus radio," Miller said. "We love to reach out into Lethbridge and show off the various Heinz 57 kind of personalities we have in town."

As for what the future holds for Community Chest, Grant said he's looking to provide even more people with the opportunity to grow the show.

"I know at this point in time, I'm even in the search for a new co-host," he said.

Community Chest airs every Saturday from 11 a.m. to 1 p.m. on CKXU 88.3 FM.



PHOTO BY DARASHEA GREGSON

Alice Jones hands out chips and salsa at the Lethbridge Costco.

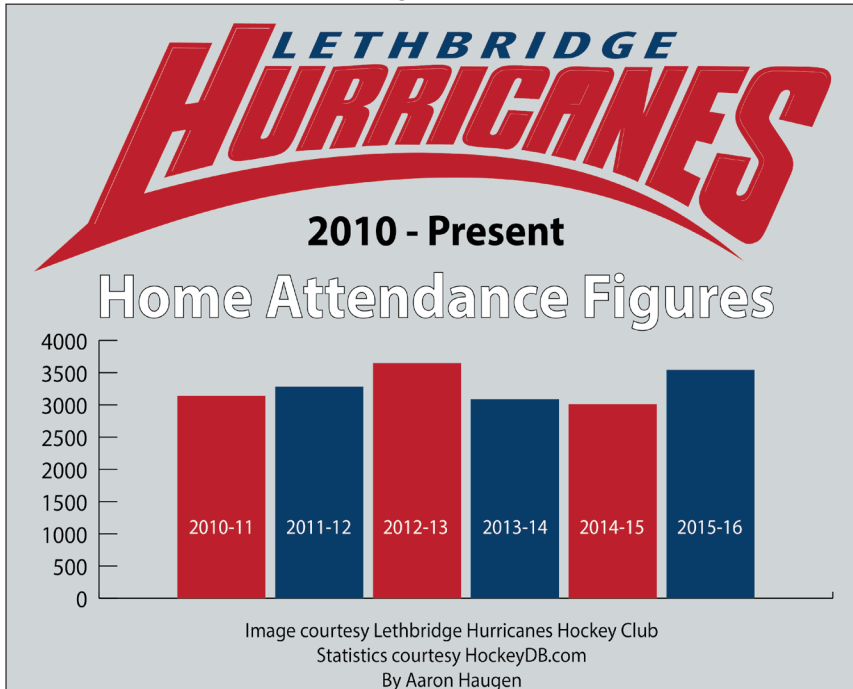
"The numbers are hidden in a locked cabinet. And the head management is really hard to get a hold of. Our local management doesn't share the number with us," said Caroline Beaumont, an employee of PWD.

According to the Workplace Bullying Institute, only 38 per cent of people do not report workplace bullying and harassment.

Jones voiced the question "I don't know why Costco doesn't do anything when they see it happen." The workers are under different management than Costco because they are different companies. "Costco doesn't notice us. We are in their way. They do not pay attention to how others are being treated under the same roof because we are not their employees," said Beaumont. When Banks was asked what she thought employees should do she said, "our employees should contact the regional human resources and file a complaint, or contact me."

"We hope to resolve all issues that may exist," he said. Banks mentioned in April they would be holding a mandatory conference where they will address workplace harassment.

Hurricanes winning streak increases attendance



INFOGRAPHIC BY AARON HAUGEN

Hurricanes are on a 10 game winning streak with the next game scheduled on Jan. 29 against Victoria.

Meeting Mearns

MEAGAN WILLIAMS
@Lili_Gean

Hands firmly placed on the paperwork in front of her, Bridget Mearns laughs lightly when describing her childhood. Where did you grow up is a loaded question for the deputy mayor of Lethbridge.

“That is actually a very long and very interesting story I think,” said Mearns in her bright office within city hall. Surrounded by photographs she took, it’s obvious that this statuesque woman likes to try her hand at just about anything.

Mearns grew up in Lethbridge until the age of seven when her family decided to trade in land-locked Alberta, for a 42-foot sailboat with her two older sisters and parents. Getting an education via correspondence and sailing around the Caribbean is certainly an incredible experience according to Mearns who said it helped shape the woman she is today. “Although I was young, I think it form

“Although I was young, I think it formulated me to understand the differences and complexities that exist in our world.”

Bridget Mearns

lated me to understand the differences and complexities that exist in our world.”

Lisa Lambert has known Mearns for over 30 years, having met in school. When asked how Lambert would describe her friend, gorgeous and photogenic are the first words followed in quick succession by fiercely loyal and incredibly hard working. Even though they may not always think along the same lines, Lambert describes her friend as open minded and well informed.

“We have disagreements, never huge personal disagreements but politically, we’re different. We’ll discuss some topic like recall legislation and have some big deep conversation about it and be able

to walk away realizing that we don’t agree with the other person, but feeling really good about it still.”

As a colleague, Mayor Chris Spearman who defeated Mearns in the 2013 municipal election, speaks to her respectful demeanour and work ethic. When Mearns was elected to council in the 2014 by-election, which occurred due to the unexpected death of Wade Galloway, Spearman had this to say about his colleague.

“I respect councilor Mearns and the other councilors. I think we have to work together in an atmosphere of mutual respects. Sometimes we disagree with each other and it’s important to have diverse views on council.”

Mearns is the development coordinator at Exhibition Park, she sits on the Alberta Strategic Tourism Council, she is a committee member of the Chamber of Commerce and is also tackling her masters of business administration from Royal Roads University.

At home, it appears as if her schedule is just as busy as she curls once a week, trains for triathlons and marathons and loves spending quality time with her husband Kirk.

Lambert speaks to how dedicated and how respectful her friends are of each other. Although they don’t have children of their own, Lambert describes Mearns’ maternal instinct is strong and unfailing. When Lambert was completing her masters and her father’s health was ailing, her friend came to the rescue, without hesitation.

“Bridget stepped in and said, I will pick your kids up from school, I will take care of them and at least once a week she would take them to swimming, out walking, to her house. She was seriously committed, it was so sweet.”

Reflecting on her time in office, Mearns says she has a to-do list before her time comes to a close at council including passion projects or promises she’s made to her constituents and colleagues. Mearns is leaving the door of possibility open when considering another term on council.



PHOTO BY MEAGAN WILLIAMS

Councillor Mearns discusses an upcoming meeting agenda at city hall with her colleague on Jan. 13.

Pregnant?

You’re not alone.

Free
Confidential
No judgment

LETHBRIDGE Pregnancy Centre
Lethbridgepregcentre.com

START THE NEW YEAR WITH A DREAM COME TRUE!

Travel the World with INTERNATIONAL RURAL EXCHANGE

Placements in: -Agriculture
-Horticulture
-Forestry
-and more!

Contact us for more info

office@irecanada.ca @ire_office www.irecanada.ca

eSPORTS



Women's Kodiaks look to stay undefeated

TAWNYA PLAIN EAGLE
@tawnya_pe

The Kodiaks men's and women's basketball team welcomed the Red Deer Kings and Queens this weekend in the Val Matteotti gym.

Both teams won their Friday night games while Saturday left the men's team falling short of a win 94-88.

For the second season in a row the Kodiaks women's basketball has set the bar high. The ladies basketball team has started off the first half of their season undefeated and hopes to continue this trend until the end.

With their hard work and determination, Brad Karren, the coach for the women's team says without a doubt the team can pull off a perfect season.

"It is going to be hard to do but the girls are focused and they want to do it, so that's what we'll do," Karren adds.

Each game is a challenge and Karren says the second half of the season brings even tougher competition.

"When you're first place, people have a big target on



PHOTO BY TAWNYA PLAIN EAGLE

Amanda Lee (left) and Ashley Karren (right) at Basketball practice.

your back, so they're going to try harder to beat you," Karren smiles.

During practices, Karren pushes the girls to try their best. Karren also says chemistry is the key to their success.

"The team comes first and they bought into that kind of stuff so they play well together and that's what makes

us good," he adds.

Shantaya Strebel, a Utah native playing for the Kodiaks, agrees with her coach and believes the energy her team displays helps the team succeed.

"We always work hard and it really pays off in the end," said Strebel.

Strebel says with the success her team has now, she is hoping the good luck can carry into provincials and nationals.

While the girls have had much success, the men's team seems to be having trouble on the court.

Peter Danielson, assistant coach for the men's team says they are lacking chemistry they had in previous years.

While pushing the guys hard in practice Danielson says the team needs to focus on cardio.

"We need to get more productivity from some of our keys players," says Danielson.

The Kodiaks men's basketball team currently sits at 16 points this season with eight wins so far.

Both the men's and women's teams play Olds College on Feb. 5 in the Val Matteotti gym.

Moncks, latest addition to Kodiaks squad

JONATHAN GUIGNARD
@guij26

Known to her coaches and teammates for her intensity and a hunger to win, one athlete is doing all the right things to be successful on the court.

Logan Moncks, post for the Kodiaks women's basketball team, is in her first year with the club after spending last year with the SAIT Trojans in Calgary.

A native of Cardston, Moncks says the decision to leave the Trojans and join the Kodiaks was an easy one.

"Being close to home gives my family the chance to make the trip out on game days to watch me play," said Moncks.

It was coach Brad Karren who singled Moncks out during the recruiting process and knew right away she would be an important piece to the team.

"We needed a post player to rebound, add toughness and someone who could also run the floor and add speed to our team," said Karren.

With the season half over the team remains undefeated and Karren's pre-season assessment of

Moncks has been accurate.

"She's someone who plays with a lot of intensity, she likes to win and she fits into our program," said Karren.

Moncks averages 15.2 points per game, good for third on the team, and says although she was a little nervous, the move from SAIT to Lethbridge College has been great.

"This year has been awesome, we laugh and have fun during practice, which is something that didn't always happen at SAIT," said Moncks. "We respect and trust each other and we play as a team. We don't care if someone shoots an air ball, we just move onto the next play."

Her teammate, Shantaya Strebel, says Moncks brings much more to the team than just her offensive prowess.

"Logan is awesome, there are some times where I struggle with confidence and she will always be cheering me on," said Strebel. "Whenever she passes to me she always encourages me to take the shot and it really helps with my confidence."

Karren isn't surprised that she gets along with her teammates based on how she treats the coaches.



PHOTO BY JONATHAN GUIGNARD

Logan Moncks and coach Brad Karren having a quick chat during practice in the Val Matteotti gym.

"She's easy to coach, she listens, she does what we ask her to do, she's not selfish and she does all the things that we like as a coaching staff," said Kerren.

Moncks is currently enrolled in the Business Administration program and is set to graduate next year. However, before she finishes up at the college she has one goal that she would like to accomplish: to win a championship.

WE'RE ASKING - BECAUSE WE CARE!



Students can expect an email survey from Lethbridge College starting Jan. 25.

We want to hear about your student experience and how we can make it better. Your feedback is important and will help us improve our programs and services.



In the meantime, you can check out all our student support services at lethbridgecollege.ca/supportservices

Lethbridge
College

Kodiak runners lace up for competition

COLE SWIER
@coleswier

With their first track and field event under their belts, the Lethbridge College Kodiaks have hit the ground running.

After both the men and women placed first place at nationals in the cross-country running season, the Kodiaks women placed first and men placed second at their first track and field event of the year.

Kodiaks co-coach Simon Schaerz said one of the benefits the track team has is a close-knit group. Most of the runners ran on the cross-country team together, so a common connection is already built.

Schaerz also says despite a similar group of runners, he is taking a different goal oriented approach this year.

"We sat down with each individual athlete and have looked at how they performed last year. We set goals as to what's reasonable this year, what type of times, performances, or rankings."

One member of the team, Sylvia Vongunten says the individual goals set for the runners have been showing results.

Vongunten also says she thinks the team's chances to see provincials in the future are high.

"I think our chances are very high, not to be over the top about it, but I think we have a strong team and I think everyone will perform to the best of their abilities, and that will put us in very good placing for provincials."

Schaerz focuses most of his efforts on the long distance runners, whereas track head coach Bertil Johansson focuses more on the short distance track and field running.



PHOTO BY COLE SWIER

Rebekah Moore, a nursing student, is talking one-on-one with track and field head coach Bertil Johansson on Jan. 19.

Johansson says one of the biggest challenges runners have between cross-country and track are the subtle differences.

"The event itself is competitively different because indoors you have to run on a 200 metre track. So running around, around and around 15 times can be very tedious and boring," said Johansson.

The Kodiaks next indoor track meet is being held at Concordia University on Feb. 6.

High-paced sport making leaps across the province



PHOTO BY HALEN KOOPER

Breathe Parkour offers a variety of class for ages ranging between six and 81. Jan. 19, 2016.

HALEN KOOPER
@koop_kulture

There is no obstacle in life able to stop a parkour enthusiast. Parkour is less of a sport and more of an art form.

According to World Freerunning Parkour Federation's website, its principles were molded in a training program for French Special Forces called *parcours du combattant*.

Those who participate in parkour are known as

"traceurs". Further evolving the sport of parkour, some traceurs wanted more of a challenge.

Adding unique tricks and flips into the previous goal of efficiency, they created a way for traceurs to express themselves creatively called "freerunning".

Growing in popularity throughout Europe in the '90s, it caught the attention of North America in its Hollywood debut of *Casino Royale*.

Although becoming a traceur a number of years after the movie, Doug Hoffman

started his training for the martial art of judo.

Hoffman got into parkour when his friends asked if he'd like to join in on jumping off equipment in his high school's weight room.

Since joining in the parkour movement, Hoffman has noticed it holds a positive influence, not only because it's a progressive way to exercise, but also because the atmosphere brings a sense of unity.

"I think it's great for the community. You have to understand the environment, it's very welcoming. Because it's a sport based off of overcoming your personal goals,

it's very selfless," said Hoffman.

As a member of Lethbridge's only parkour team, Anomaly Parkour and Freerunning, he helped proposition Calgary-based, Breathe Parkour to open a local training facility.

While they've seen success, district manager Rob Hill understands the obstacles they'll need to overcome.


"People are reluctant because they don't know what it is or they see YouTube videos. But once they see our trainers interacting with the kids, teaching them safe progressions, they're getting fit and having fun. They're signing up for memberships," said Hill.

Taking part in community events and the confidence in his trainers, Hill hopes to use word of mouth to spread information and continue the growth in the sport.

Hired as a Breathe trainer, Hoffman is excited to pursue his passion. But having an opportunity to pass his experience and skills to a younger generation is what makes it worthwhile to him.

"I can't really explain the feeling you get when someone you taught is coming up with these skills and they're so excited. They come to you with this glow in their eyes, oh look what I got can I show you this? Honestly, it's the most rewarding thing I have done," said Hoffman.

As the movement spreads, Hoffman and Breathe hope to bring the new martial art of creative expression, mental discipline and physical fortitude to the entire nation by opening Breathe training centres anywhere they can.



The
**Mongolie
Grill**

*A unique experience
suited to YOUR taste*

502 5th Street South, Lethbridge, AB