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## QUOTE OF THE WEEK

*“I thought it would be appealing to our audience at CNN because many of them can relate to a city like Lethbridge.”*

See how CNN spotlights Lethbridge’s refugee efforts on Page 6



February 12, 2016 Vol. 51, Issue 7



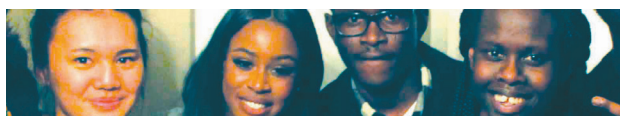
# ENDEAVOUR



## E-CIGARETTES

Is more research needed for these smoking alternative devices?

By Tawyna Plain Eagle Page 3



## PERSPECTIVE

New online platform shares community perspectives.

By Shereese Morrison Page 7

## KODIAKS ALL STAR

Men’s basketball player Chaz Johnson follows his father’s footsteps.

By Katelyn Wilson Page 11



## Freezing for fundraising



PHOTO BY MEAGAN WILLIAMS

Chelsea DeGroot welcomes the warm waters after jumping into the icy Nicholas Sheran Lake at the Lethbridge Polar Plunge which raised over \$17,000 for the Lethbridge Special Olympians Feb. 6.

# Local greenhouse combats rising food prices

SARAH REDEKOP

@slreed

Fresh vegetables are a growing cost for Albertans. With the loonie hovering around 70 cents US, importing vegetables is costing more.

Statistics Canada states the Consumer Price Index for vegetables in Alberta saw a 6.2 per cent increase from November to December last year. While the costs rise for fresh produce through the winter months, there are solutions being constructed closer to home.

Greenhouse operations are beginning to gain attention in southern Alberta. Ag Spectra Whole Earth Science and Technology is currently working on a greenhouse project in Magrath, 20 minutes south of Lethbridge. The Starfield Centre, scheduled to be complete in June of this year, will span approximately 20 acres.

The Starfield Centre will contain a veggie, orchard, berry and vine house. The centre will also include an indoor community park. The greenhouse will be environmentally friendly as it recycles water and uses mainly geothermal heat to house the plants.

Lonnice Mesick, CEO of Ag Spectra Ltd., says there are many benefits that the Starfield Centre will offer. “A lot of small communities don’t have access to fresh fruits and vegetables, unless you drive to Lethbridge,” said Mesick. The greenhouse will supply vegetables to communities surrounding Magrath.

Doug Overes, Lethbridge College culinary program chair says the imported food we receive from California lacks nutrients. “If you think about it, they’re pulling off two, sometimes three crops a year in California. Can you imagine how much energy and nutrient depletion there is in that soil just by doing that?” he said.

He explains that when that is the case, they replace this nutrient loss with synthetic fertilizer. “You’re adding impurities and chemicals which adds to a whole new plethora of problems,” said Overes.

Lethbridge residents are already finding ways to cut down on produce costs. Brian Nielsen is one local who will be planting a garden this year. He has already begun preparations by germinating seeds and establishing compost.

He says he is growing a garden this year because the cost of produce, fresh and frozen, is too expensive. He is also looking forward to having vegetables with a farm fresh taste. “I remember growing up... the fresh vegetables in the salad and the boiled vegetables just seemed to taste better. They weren’t so bland, they actually had some flavour to them,” said Nielsen.

For those who are not able to dedicate the time to growing a garden, in the future fresh and local produce may be more widely available. It is Ag Spectra’s goal to develop several seventy-acre Starfield Centres throughout southern Alberta by 2020.

# Lighting the way in your darkest hour

MEAGAN WILLIAMS  
@lili\_gean

A piercing knock at the front door in the early hours of the cold morning wakes you from a restful slumber. You see flashing red and blue lights outside and open the door to a police officer and someone dressed in a blue jacket with the letters VSU emblazoned on it. The officer informs you that the person you love most in the world is gone. An overwhelming black hole sucks in your stomach and heart, your mind swirls. You no longer hear what the officer is saying, you fall into a surreal world where nothing makes sense.

This is the stuff of nightmares for people the world over but it's sadly a horrific reality for many in our community. Mackenzie Casurella is a masters student at the University of Lethbridge who has experienced loss like this in her young life, tragically losing her partner in a motor vehicle accident eight years ago. Already on the path to higher learning at the time of her loss, Casurella pursued a career in psychology, a vocation that would allow her to help others through difficult times. Supporting and assisting people is also something the Lethbridge Victim Services Unit does for anyone that has been affected by crime.

"It's surreal when you go through it, because there's so much denial. So it's kind of nice that victim services are there. You're probably not going to use them right away, but from what I remember, she brought a business card and said here's my

name and call me if you need me," said Casurella.

Darcie James is the program manager of the Lethbridge Police Service Victim Services Unit, a program that helps those who have been affected by crime to find support in many forms. James is a retired LPS Staff Sargent who has been working with VSU for seven years and coordinates almost 60 volunteers from around the area, who make up the VSU team. James explains how VSU comes into contact with those they serve, going out alongside the LPS when called and being a friendly face is all that's needed when a team member arrives at the home of a victim.

"We don't overpower them with a lot of information because anyone who's impacted barely remembers what we've said, but they remember that we were there. We leave a card and some information they can glance at in a couple of days," said James, describing the other side of the VSU coin to Casurella's experience.

James and her colleagues offer warm blankets, soft and cuddly toys for children and a change of clothes for those in times of crisis. These small comforts can make a big difference to those going through the worst experience of their lives says James. VSU also offers information on where to claim financial support, restitutions from the Alberta government, walking victims through court proceedings and putting victims in touch with a counsellor. Lethbridge VSU supports victims every step of the way.

For LPS officer, Sargent Sheppard, having VSU available to assist victims is

an asset. Having someone who can spend time with a victim and just sit with them is a big comfort to many.

"Sometimes I think people don't want to see a police officer, often times a lot of people are intimidated by the police or perhaps they haven't had the best experience with the police in the past. Sometimes I think people like to see someone dressed in a t-shirt and jeans and a nice jacket, it isn't as intimidating as a uniform."

The Lethbridge VSU experienced a 22 per cent increase in call outs in 2014, assisting many across the community. Volunteers were sent out to deal with approximately 500 violent incidents in Lethbridge last year, with the highest number of homicides in Lethbridge ever. James and her team of volunteers spent over 20,000 hours collectively helping those who had been affected by crime in 2015.

The hard work and assistance Lethbridge VSU has given has been recognized internationally. In 2010 the team was awarded the International Chiefs Excellence in Victim Services Award. It is the only VSU in Canada to ever receive

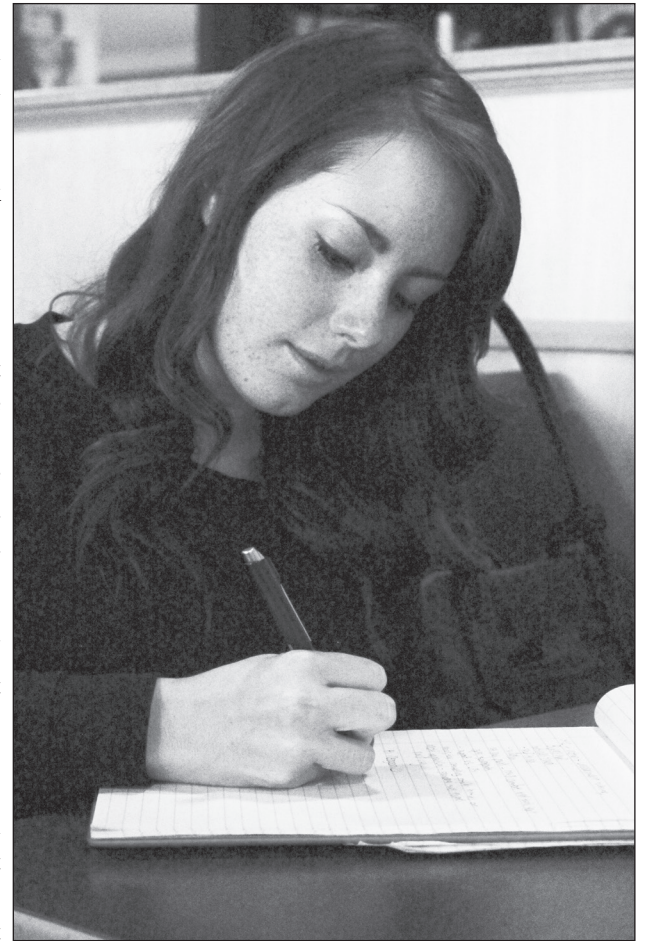


PHOTO BY MEAGAN WILLIAMS

Mackenzie Casurella works away at her Masters of Education in Counselling Psychology at the Zoo on Feb. 5.

this award and is displayed proudly in the Lethbridge office.

Although Casurella didn't choose to connect with some of the resources the VSU offered, she still felt supported by the program.

"Even though I didn't access resources right away, I always had that card with me and I think that having that was a comfort."

## Friendly robot wipes away your tears

### New technology at CRH makes stay easier for children

AARON HAUGEN  
@ahaugie

A new robot at the the Chinook Regional Hospital is becoming a favourite amongst kids looking for extra company during their stay.

Chip is a two-foot-tall interactive robot that has the ability to interact with children in the hospital's pediatrics ward.

Programmed by an app on a mobile tablet, Chip can play soccer, give high-fives, follow conversations, blink his eyes, tell stories and can even address children by name to provide a distraction to children when they undergo medical procedures.

*"Children respond incredibly well to chip,"*

MARIA MALCOLM

Maria Malcolm, a child life specialist at the hospital, said that Chip's greatest ability is to keep children calm.

"Children respond incredibly well to Chip. One of our regular patients, a six-year-old girl, was so entranced by Chip that she didn't even cry when her blood work was done.

She began to get upset when she saw the needle, but we asked her to listen to Chip. She focused on him and what he was doing and the blood work was done. Chip cheered and she grinned. Her mom was so happy."

At \$18,000, Chip is not cheap, however, the Chinook Regional Hospital Foundation had no problem helping fund the purchase.

"Anything that can make a child's stay in hospital a little easier gets our vote," foundation CEO Jason VandenHoek said.

"This little fellow is absolutely amazing."

Malcolm said the foundation's support was invaluable for bringing Chip to Lethbridge.

"The robot was a large purchase, I never thought would be possible, but the foundation was more than willing to help," she said.

"This robot isn't something families or even schools have, so it's a unique and special item that children can only see when they are here. Being in a hospital is not fun for children, but meeting Chip can help turn a negative experience into a much more positive one."

Another young patient who made friends with Chip was six-year-old Kale Carrier.

Kale's mother, Sarah, said having Chip comfort her



PHOTO BY AARON HAUGEN

Child life specialist Maria Malcom programs Chip with a mobile tablet at the Chinook Regional Hospital on Feb. 2.

son, while getting blood work was reassuring.

"To watch your son go through any type of medical procedure is extremely hard for any parent," she said. "They brought Chip in when Kale was getting a blood test. Chip talked to Kale and explained what was happening. Even though he had blood taken before, having Chip talking to him made a world of difference. It brought a big smile to his face."

Chip has also been a hit with older patients as well, giving them a chance to play with his programming and discover new things to help younger patients.

# E-cigarette revolution

TAWNIA PLAIN EAGLE  
@tawnya\_pe

In recent weeks there have been reports of an electronic cigarette that exploded in a local man's face. It caused speculation over the potential safety hazards.

Grant Hepworth, owner of Smokers Revolution, a vaporizing shop in Lethbridge, says e-cigarettes are a better alternative when wanting to quit

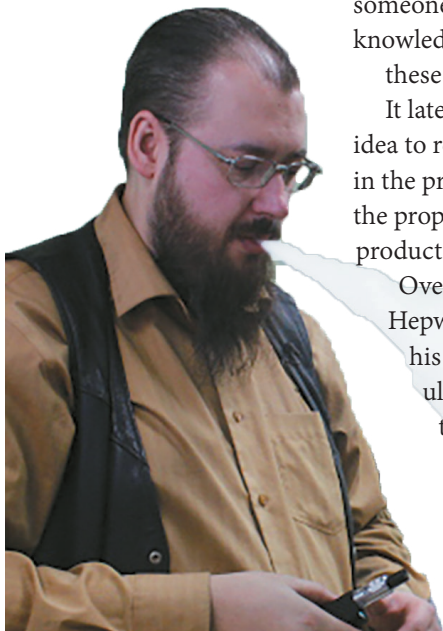


PHOTO BY TAWNIA PLAIN EAGLE  
Grant Hepworth smoking an e-cigarette.

smoking.

"We actually use it as a substitute as opposed to having a cigarette," he said.

Hepworth adds that after smoking for such a long time, it's more than just the addictive substances included in the cigarette.

Smoking one or two packs a day, people get used to the hand to mouth motion as well.

According to Hepworth the community needed someone with proper knowledge for these devices.

It later gave him the idea to research what is in the product and what the proper usage of the product may be.

Over a year ago Hepworth opened up his store to sell regulated cigarettes to the public as well as display and provide information on the product.

"There is a lot of mis-

information out there and a lot of misconception," said Hepworth.

According to Karen Goodison, medical officer for Alberta Health Services she says there is very little understanding for what occurs inside an e-cigarette.

Goodison says there is a lack of information on what the health risks could be regarding this electronic device.

"We do know, they contain propylene glycol and that's the same thing they use to create party fog. That sort of dry ice looking fog and some studies show that they can be a lung irritant," said Goodison.

Although researchers are still in the early phases of studies, Goodison says e-cigarettes could irritate the airways in your body.

She suggests that until researchers have more in depth conclusions on e-cigarettes, individuals who want to quit smoking should use alternative methods like nicotine gum or a patch.

## Cold for a good cause



PHOTO BY MEAGAN WILLIAMS

Down the rabbit hole into the freezing waters at Nicholas Sheran Lake for the Lethbridge Polar Plunge in support of Special Olympics Feb. 6.

## Election hits Lethbridge College in March

AARON HAUGEN  
@ahaugie

Lethbridge College students will soon have the chance to vote on next year's Lethbridge College Students' Association executive leadership team.

Nominations opened on Feb. 1 for students looking to join the executive team and the opportunity to suggest a peer will close on Feb. 12.

Students have the chance to run for President, Vice President of Operations and Finance and Vice President of Student Life.

Criminal Justice student Sharyn Moore is hoping to become the next LCSA President.

"It's going to be a really good experience for me," she said. "I like helping people and I'm in the volunteer club, but

this will be an even better way to help."

Current LCSA President Emmerson Reyes said serving on the executive is one of the best ways to develop professionally in college.

"There is a lot of responsibility," Emmerson said. "But you get the ability to interact with students, help them and grow as a person."

Elections will take place March 2 and 3 with voting booths open in the centre core, outside the cafeteria, in the lounge of the Cousins building and the Institutional building.

Nominated students will be giving speeches on March 2 at 11:30 a.m. in the food court and March 1 at 11:30 a.m. in the centre core.

Nomination packages can be picked up from the LCSA office and must be submitted by 3:30 p.m. today.

# DALLAS SMITH

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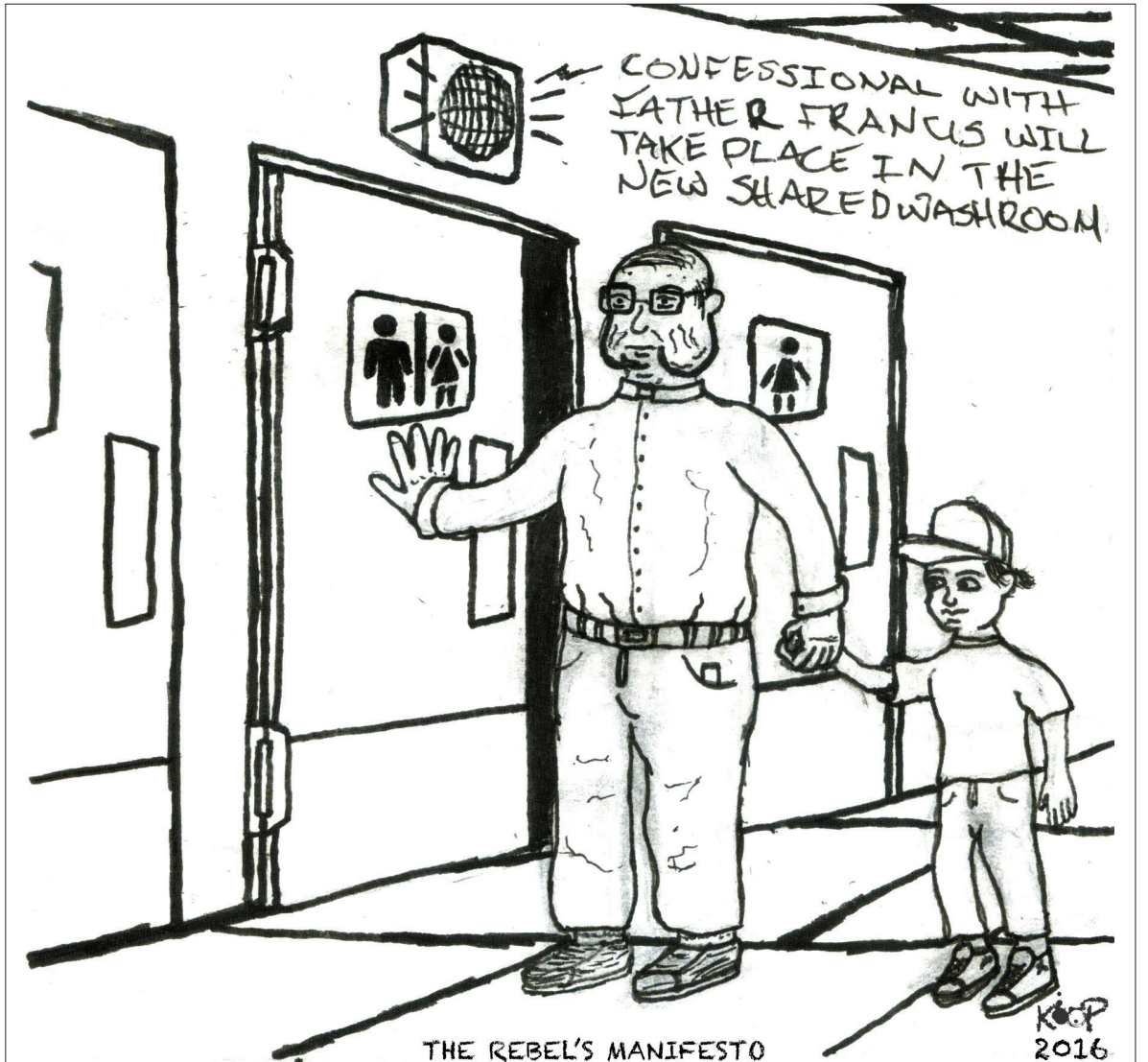
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# Health Canada needs to pursue more research into vaping

## DIGITAL TROOPER



CRAIG KAMBA

The lack of proper research by Health Canada has left two very opposing views on the safety of e-cigarettes.

While vapes have been sold for the past six years, one thing continues to be absent - research.

Health Canada continues to tell the public e-cigarettes are dangerous without sufficient studies to back up their claims. Provincial legislation and laws have either banned the use of nicotine in e-cigarettes, deterred users from using them on the street and raised the acceptable purchasing age.

Citizens and vendors across the country continue to sell vape products while ignorant of the menial unenforced laws that have been set in place. People continue to use the products, with numbers growing each

year.

In the midst of all the confusion, Health Canada has stayed fairly quiet, only releasing a statement saying e-cigarettes have not been tested for safety as well as a statement saying some ingredients could include cancer-causing chemicals such as propylene glycol.

Propylene glycol can be found in a number of food items and beverages, not simply e-cigarettes, though Health Canada has opted to portray it as a cancerous causing product if consumed in high doses on the e-cigarette information on its website.

Health Canada admits only a few small studies have been done on e-cigarettes. A statement on [myhealth.alberta.ca](http://myhealth.alberta.ca) states: "Health Canada advises not to use e-cigarettes because they haven't been tested and may be harmful."

So where is the testing? Why has it not been done?

For an organization that has spent millions,

if not billions putting a full-fledged effort in anti-tobacco lobbying campaigns, it only seems natural they undertake proper measures to thoroughly test the product in a chance it could save the lives of millions of smokers. It has left some skeptics questioning whether or not there truly is a tie between the tobacco company and health industry at the upper echelons of corporate politics, where the concern of losing money is valued above the health of a population.

A growing number of both younger and older generations have entered the vaping world and whether or not it is healthier than a cigarette, vaping has become profitable and mainstream.

Thousands have used it as a tool to quit smoking, while others have gone as far as to say it has even saved their lives.

Why not have the unanswered questions solved, once and for all?

## More education needed on transgender policy

TYLER WILLMENT

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A social media outburst on transgender issues has erupted since the Alberta ministry of education announced its *Guidelines for Best Practices: Creating Learning Environments that Respect Diverse Sexual Orientations, Gender Identities and Gender Expressions*.

The Alberta government has recently issued all school boards to come up with *Guidelines for Best Practices* when involving LGBTQ students at the end of March.

The guidelines David Eggen, Alberta's education minister has sent out, helps the school boards create guidelines to address several issues regarding LGBTQ students such as washroom usage and team oriented sports.

"I think it's great," said Erik Mikkelsen, board member for Lethbridge Pride Fest.

The announcement has sparked concerns on how these new guidelines will take place in the education system.

"I think the education ministry is not trying to dictate rules but are trying to provide general guidelines," said Brent Miller, pastor at College Drive Community Church.

Mikkelsen and Miller share viewpoints that there are some misconceptions to the governments document.

Miller feels he shouldn't comment too much on the ministry of education's guidelines until he has read them, but has seen the response on social media.

"People are overreacting to the argu-

ment" said Blair Bruder, a high school student at Lester B. Pearson High School in Calgary.

"This gives the school's the chance to create their own [guidelines] rather than being dictated rules."

Miscommunication has fueled an emotional response.

"If you are a parent and you think your little girl is going to be in a washroom with a young man who has now identified himself as a female, you maybe concerned for their safety," said Miller.

Jeremy Light, local parent and pastor, shares Millers viewpoint on the emotionally charged social media response and said people should read the guidelines and get more information before commenting on it.

Safety of the children seems to be the defining issue.

"It is okay to be scared, but it is another thing to be scared and not learn about it," said Mikkelsen.

"I think we have to keep our kids safe, but all of our kids safe, not just mine," said Light.

Bruder said there is a significant population of LGBTQ students and some LGBTQ faculty at his high school and there has not been any issues involving transgender students and these guidelines will make children grow up with a more open mindset.

The information coming out in the next few months, as school boards create their next set guidelines, may answer the questions people have.



PHOTO BY TAWNIA PLAIN EAGLE

Students Jeff Adams, Jeff McClellan and Cole Bishop hard at work in the trades building last Monday during class.

## New program at the college

TAWNIA PLAIN EAGLE

@Tawnia\_PE

For the very first time a new apprentice program has made its way to Lethbridge College.

A four year plumbing apprentice program is giving local plumbers the opportunity to seek training right here at home.

It offers courses that give individuals the opportunity to seek hands on training before entering the plumbing industry.

Rory McKeown is already a commercial plumber in Lethbridge.

Entering the work field with no educational training, McKeown says this program is teaching him the importance of why the work needs to be done and how to do things properly.

"There are times when you learn not necessarily the right way to do it, but the quickest way to do it," said McKeown.

Learning to be more efficient is something McKeown will take away from the program.

"You can't just do the job and walk

away, there are consequences to doing the job poorly. So we're going to do the job right the first time," he adds.

According to Jeremy Bridge, instructor for the program, students learn the basics of plumbing over the first eight weeks.

His training includes threading steel pipes. Learning it in a classroom lets students learn the do's and don'ts.

"There's a lot of different types of joining methods for different types of material that we as plumbers would use on a daily basis," Bridge said.

He adds they train their students in all three plumbing categories, so when it comes time to seek work the individual will understand every aspect of the field.

Cal Whitehead, school of construction and trades chair say there will be more plumbers in Lethbridge.

"The apprentices can stay at home and don't have to travel to Calgary or Edmonton," said Whitehead.

This is a four-year program that trains students eight weeks at a time. Once students complete the eight weeks, students enter the workforce for 10 months.

## Lethbridge metal scene keeps city rocking

NELSON ANNABLE

@Nelson\_Annable

From fans shaking cars, to a naked performer, Lethbridge is home to a crazy music scene.

The heavy metal scene in Lethbridge had been growing for years.

From circle pits to walls of death. It's the adrenaline rush their fans are looking for.

One of the main venues for the bands is Loyal Order of Moose Lodge 792.

It is located about 200 yards from a church and in the lot beside an old folks home.

Hall manager Garry Beattie said the bands are very respectful to the hall because there aren't a lot of places they can play.

It's open to all ages so they bring in the biggest crowds.

"We are basically taking the entire scene by storm. You want a show you go through us," said DJ Temple of Temple Entertainment.

Temple Entertainment is one of the main show booking companies in Lethbridge for metal music.

Over the years they have developed connections throughout Lethbridge and set up some of the biggest shows the town has ever seen.

Ryan Klassen, a local musician hasn't been involved in the metal scene but he still sees its place in Lethbridge.

"The growing metal scene in Lethbridge is a great place to network with others. To an outsider it may seem like a very niche interest however heavier music is becoming more and more widely accepted and enjoyed in many social circles."

Dethbridge Records, is one of the most well known metal labels in Lethbridge.

Not all metal bands in Lethbridge are signed by Deathbridge Records.

Local band Maelion is an independent progressive instrumental band that just released their first EP.

They have also had their music played on CKXU 88.3.

Maelion is a project consists of Layne (Shreddie) Murdoch, Joshua (Scruffy) Turner, Matthew Walser, David Besplug, and Alex Budd. Murdoch and Turner have been part of the scene in Lethbridge for around five years.

"Lately the local metal scene hasn't been super active but that's changing. Some of the biggest shows in years are coming up and we are a part of them."

With businesses and bands starting up there is a chance you are going to be hearing more about this in the years to come.

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# e LIFE

## CNN journalist sheds spotlight on newly arrived Syrian refugees

JONATHAN GUIGNARD  
@guij26

Leaving her southern comfort for a trip up north, a world-renowned journalist made her presence felt in Southern Alberta.

Senior reporter for CNN, Moni Basu, traveled all the way from Atlanta to Lethbridge to cover a story on Syrian refugees.

It's been a global issue for months and once Justin Trudeau was elected Prime Minister, Basu felt the attention would shift from Europe to Canada and saw it as an opportunity to visit the western province.

"I thought it would be appealing to our audience at CNN because many of them can relate to a city like Lethbridge opposed to a city in Germany or other European cities," said Basu.

During her research, Basu came across a Facebook page titled: *Syria to Lethbridge*.

Ryan Dueck started the page in the hopes of bringing privately sponsored refugees to Lethbridge, which encouraged Basu to reach out to him.

"We had a great conversation on the phone. He was very open with me and very honest about everything and was very welcoming. He was a big reason why I chose Lethbridge," she said.

According to the city website,

Lethbridge is expected to receive 125 Syrian refugees by March 1.

Dueck felt Basu was a great person to share the city's story because of her previous work.

"I went through some of her stories in the past where she covered war zones and earthquakes. Seeing those stories she pulled out of those places gave me confidence she could do it here as well," said Dueck.

Over the last week Basu has spent time with many Syrian refugees. She said the Lethbridge community has impressed her with the way they've handled the Syrian refugees.

"I think Lethbridge definitely has the right attitude. I haven't spoken to anyone who says they are against what's happening and the general vibe in the community is very welcoming," she added.

The refugees are escaping war and bloodshed, many families are splintered and they're dealing with trauma.

Having to start life from scratch, let alone not knowing the language, is bound to be a challenge for anyone.

With that being said, Basu believes Lethbridge has recognized those challenges.

"I'm very impressed to see how involved the city is, including the mayor. The coordination between the official government agencies and immigration



PHOTO BY JONATHAN GUIGNARD

Moni Basu, senior reporter for CNN, inside the lobby of Holiday Inn Express last Monday afternoon finishing up some business before heading back to Atlanta.

services seems to be working, along with a lot of support from the churches and really the entire community," said Basu.

Mayor Chris Spearman agrees with Basu and is happy with the support being shown from every level of the community.

"I'm very impressed with the support that's been offered by the community organizations. Alberta Health Services is involved, along with school boards and housing organizations, which have

allowed us to integrate them into our community very quickly," said Spearman.

As Basu heads back to Atlanta, she leaves with a heavy heart.

She has spent valuable time in Lethbridge getting to know many of the Syrian refugee families on a personal level while learning their stories.

She has built relationships along the way with members of the community, new and old and is planning on making a return to Lethbridge in the near future.

## Soulful Stagger sings and strums it all away

MEAGAN WILLIAMS  
@lili\_gean

The long, hard road to making it in the music industry is one that local roots rocker Leeroy Stagger knows well. Far from the days of singing in a punk rock band and playing three chords on a guitar, Stagger still breaks away from the mainstream with his new album, *Dream It All Away*.

Stagger's latest release is receiving praise both far and wide. Music critic and writer B.Simm describes Stagger as an artist with an exhaustive workload who is relentless in his drive.

"The tension between happy and sad, depression and rejoicing, darkness and deliverance is what Stagger crafts so well on the record: a duality, the coexistence between opposing emotional forces which is the fabric both he and his music is made of," writes Simm on Beatroute.ca.

The soulful songwriter has nine studio albums to his name, showing his audience and critics he is a solid pillar of performance in the music community. Adding to his credibility, Stagger took home the Alberta Peak Performance Project's top prize of a cheque worth over \$100,000, late last year. The initiative sponsored by Calgary radio station 95.3 The Peak, brought together some of Alberta's best and brightest musical talents to learn and grow in this unique project which supports and promotes homegrown talent.

Stagger describes the project as a summer band camp for adults and believes it was a real honour to work with

and be inspired by other artists. It was an experience he wasn't expecting to have.

"I begrudgingly applied and assumed that I was too old and not hip enough for the program, but I think my producer at the time encouraged me to apply. When we got in I was like, wow OK, let's give this a shot so I worked my ass off for that project," said Stagger.



SUBMITTED PHOTO BY DAVID GUENTHER  
Leeroy Stagger.

Competing in the music initiative wasn't a walk in the park. As part of the application process, he had to create a business plan and outline exactly how he could use the cash injection to improve his career. This was on top of having the talent and chops to back up his ideas.

Hard work and the right attitude is also key to making it in the business according to Scott McGregor, program director for 98.1 The Bridge, Lethbridge's alternative

music radio station.

"I feel like the people that work hard and do the work like Leeroy, in the long run become more successful because they're not overnight sensations. It's more than just getting a song on the radio. It's about building an audience base, it's about touring, it's about living that hard life and some people don't want to do that," said McGregor.

Living the musician lifestyle can often be a struggle financially. When music wasn't paying the bills, Stagger took to one of his other talents, carpentry. Successfully creating his own line of furniture with his wife Coby, their label Hatch & Thicket, can be seen throughout several businesses in Lethbridge and beyond. Using his hands to bring in an income to support his young and growing family is complimentary to his music life according to Stagger. Laughing, Stagger said working through a writing block and physically making something, then selling it and getting it out of his house is cathartic in a way.

While the prize money provides a cash injection to Stagger's career plans, it's business as usual for this laid back family man. Getting ready for the arrival of his second child, preparing to write a new album in the spring and a European tour are all on the horizon. Wanting to give back to the Lethbridge and Canadian music community, Stagger is also working on building a studio and performance space in town. With his keen eye and ear for up and coming talent, Stagger is excited to be able to create a space where he and his colleagues can thrive in southern Alberta.

# Lethbridge start up helps people find a voice

SHEREESE MORRISON  
@sweet7z

Everywhere you go, people are always trying to make a name for themselves.

But in a smaller community such as Lethbridge, sometimes those attempts can actually be strides towards an ultimate goal.

At a launch party held last Friday night, four local students, Samuel Ali, Dan Irete, Bernardshaw Igodan and Mohamed Abdullahi unleashed their brand, The People Like Me (TPLM) and Moments of Our Dream.

TPLM is an online platform for sharing individual perspectives and having the community relate with one another on an open field.

It's a way for the people who aren't necessarily well-known, share their own point of view.

When asked, what both were all about, co-founder, Samuel Ali stated it was a community within a community to help and encourage each other to reach their maximum potential.

"We believe in everybody that we meet that they can do their own thing too and they can follow their dreams and reach greater heights than we'll reach. But hopefully

we can all grow together," said Ali.

Some university students gathered to see the unveiling of their fellow classmates turn their own dream into a reality giving them the inspiration to go after their own personal goals and dreams.

"It's inspired me in the sense that seeing my friends do something like this and finally begin to achieve their dreams, it makes me believe that I too can achieve my dreams and accomplish what I have set out to accomplish," Natalie Lewis, Psychology Major admitted.

Lewis stated she not only wants to see TPLM become locally known, but also reach a national and international audience as well.

Already, the team of creatives seem to be achieving what they set out to do, inspiring the masses to follow their dreams wherever it may lead them.

In the words of Igodan, the time is now.

"To me this dream begins now. Today was the launch of our website, we had a nice get together, people asked questions, it was very involved," Igodan said.

TPLM have already hinted at some new projects underway.

Check out [thepeoplelikeme.com](http://thepeoplelikeme.com) and see what else is next for this group of creative individuals.

## Gun show scopes out firearms enthusiasts



PHOTO BY CRAIG KAMBA  
Gun hobbyist Matt Horg checks out a rifle at the gun show over the weekend. The show at Exhibition Park attracted enthusiasts from across Alberta, Saskatchewan and B.C.

# University students encouraged to get healthy ten minutes at a time

HALEN KOOPER  
@koop\_kulture

Serving up a new way to look at exercise, the University of Lethbridge is hoping to get students to become aware of their physical well-being.

The *Take Ten: Make Movement Fun* program was developed to get students exercising and having fun, while only taking up a few minutes of their day.

Lori Weber, U of L Health Centre director, collaborated with Kinesiology student Janelle Downing-Baker and used Canadian Society for Exercise Physiology (CSEP) guidelines to bring *Take Ten* to life.

The CSEP recommends adults get 150 minutes of moderate to dynamic intensity aerobic exercise per week, with a minimum of 10 minutes intervals.

When Weber heard students mention how sore they were after their workouts, she decided something had to change perceptions to get more people exercising.

"I hear people saying I had to go sweat, it was so hard or my muscles are sore. I thought there must be a way for people to understand even 10 minutes of activity can be fun and exercise doesn't have to be a chore," said Weber.

She believes partnering with Downing-Baker was perfect due to their shared beliefs on student health overall and the program she is involved in.

"As director of the health centre, I'm always interested in, personally, trying to figure out how can I incorporate some movement and fun into my day," said Weber. "Janelle is a Kinesiology student,

so it was a really good match to put us together."

Given the amount of attention paid to mental health awareness on campus, Downing-Baker got on board with *Take Ten* when she noticed an opportunity to promote physical health.

Knowing the difficulties of bringing awareness to students in relation to

their physical health, she put together a program to make it as easy as possible.

"We have quite a bit of stuff going on for mental and emotional well-being. It can be difficult to promote physical well-being for students, especially when they are so busy coming in for the second time around," said Downing-Baker.

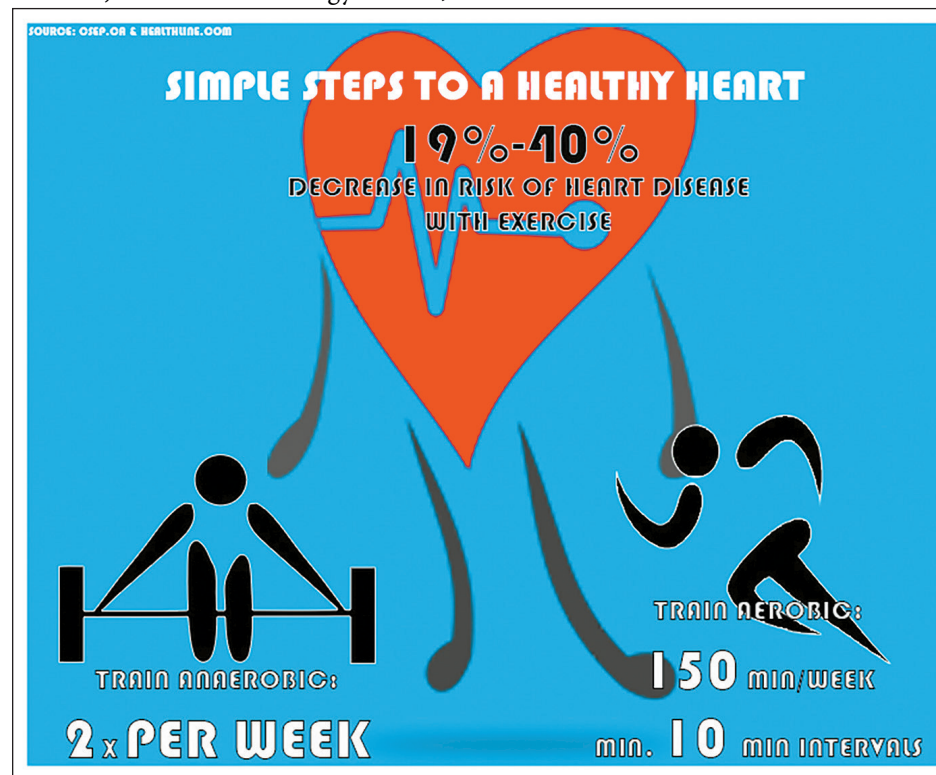
The program includes simple activities such as pickle ball, hula hooping or yoga, twice a week throughout the entire winter semester.

But Downing-Baker and Weber hope to garner more attention and add more extravagance to the campaign, if the grant they applied for comes through.

While adding glitz and glam may provide more interesting or exciting events and draw attention or student involvement, U of L student Olivia Stinchcombe is thrilled at what is already being offered.

"It would be cool to see what they could go with extra money, but people seem pretty pumped without it. I usually do yoga a few times a week and pay the drop in fee, so a chance to do yoga on campus for free has me signing up," said Parker-Wood.

*Take Ten* is free to participate in and runs in the University of Lethbridge's U-Hall atrium.



INFOGRAPH BY HALEN KOOPER



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## Kicked to the curb

Well Lethbridge, it's official. We've been condemned to the dark ages. Our city council voted against curbside recycling. Although I assume most people either don't care or are exhausted of the topic, I believe there are a few of us who are not only outraged, but also sad to see our city move in a direction that is neither forward thinking nor environmentally friendly.

As someone who lugs her recycling to the depot and bottle depot weekly, I would have welcomed the extra hour a week to spend with friends and family or completing assignments. I don't know anyone who wouldn't appreciate an extra hour in their week. Not to mention the environmental benefits this initiative would give our city.

For those of you who think our

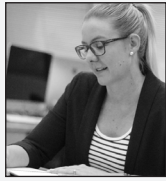
current system is fine, I believe you're wrong. There is only a small portion of people in this city that actually take advantage of the current recycling system. People can be lazy, but more commonly want to find the quickest and most convenient way, to do anything. If

you offer a service that will cost you the price of a fancy Starbucks coffee a month, to feel good about doing something for the environment, then I find it hard to believe that more people wouldn't recycle. You get to say

you are environmentally conscious and do nothing simultaneously - generation Y's anthem.

But here we are, one of the few cities across the country that don't have an environmentally proactive program that others have had for decades. Way to go Lethbridge City, way to go.

LILLI GEAN LAMENTS



MEAGAN WILLIAMS

## Donating guilt

As my last item scans across the register, I glance at the cost of groceries I have just purchased. I get ready to insert my debit card into the machine as the cashier blurts out, "Would you like to donate a dollar to help out sick children today?" I think to myself, well it's only a dollar- I can certainly afford that. "Sure," I say.

A few days later I return to the store for a couple more items. I find myself in a similar situation.

Upon payment, the cashier once again asks if I would like to donate to the cause. I look down at the two generic items I just purchased to save a dollar. Suddenly I feel guilty for

the "No," that is about to come out of my mouth. I start to wonder what the person behind me in line must think? What does the cashier think? I hope they realize I do care about people who are less fortunate!

As I gather my items and walk out of the store with my head not as high, I wonder how many before me have felt this uncomfortable moment of public shame. Upon a little more contemplation, my feelings of guilt become feelings of

frustration.

Why must this billion-dollar corporation make their customers feel an obligation to donate? Not only that, but every donation they receive is made under the name of their corporation? It was not the corporation that contributed the money for this charity. It was their patrons, the people who are spending their hard-earned money and keeping them in

business. Not to mention, a few hundred thousand donation dollars later, they are able to make a substantial tax write-off.

It's not right that these large corporations are calling out their customers for donations. What the cashier is really saying

is, "Hey would you like to contribute to our large corporation so we can get a tax kick-back?" If a large corporation wants to show their support for an organization, maybe they should find a new method. But they won't because this way is probably working out just fine for them. So next time in the store, I'm saying "No" loud and proud. I'll save my money and donate to my own charities as opposed to feeling guilty about not donating to theirs.

SARALOSOPHY



SARAH REDEKOP

## How to succeed in the digital age

It will be only a matter of time before the world of journalism takes a drastic shift. Digital media has picked up speed with exponential opportunities.

Where does this leave the world of print journalism? In 10 years, will you still be picking up that newspaper that sits in a box on the corner of first and third?

Will you still wake up to a daily newspaper on your front doorstep? These are a few questions I ask myself, as an aspiring journalist.

A steady decline in daily newspapers and a mass layoff of reporters has a number of the population thinking the print industry is dying and with that, the age of print journalists with it.

I see this state of thinking as false. As a digital communications and journalism student, I stand to the side unafraid and watch society and the field I have chosen with observance.

A journey of education, experience and networking has widened my horizons and I now can see opportunity at every gaze.

For the second year in a row I've had the opportunity to attend the Alberta Weekly Newspaper Symposium held by journalists, publishers and editors across the province. This year I had the opportunity to sit in on a Q and A discussion panel where topics varied from the future of the community newspaper industry, to industry expectations.

Though a second year

adult student, I was one of the youngest and inexperienced journalists to join in, finding it more beneficial to listen to what those with more experience had to say. One panelist made a solid point.

"What we are going through right now is a revolution. Not unlike the industrial revolution, at the time people lost their jobs and things were automated and evolved," said Bryan Bachynski, senior publisher for Great West Media. Bachynski's career in journalism brought him to the community of St. Albert with a population of 60,000, overseeing the St. Albert Gazette. His business model and dedication to provide readers with lo-

any format: Print, photo, video, online and social.

Lethbridge College Digital Communications and Media students could lift their heads with pride at the conference when the topic of industry skills came to light at AWNA. With a program offering a diverse set of industry skills, it seemed we may have been the most qualified out of the students in attendance when prospect employers explained what types of people they look for. As I explained our programs skillset, I couldn't help to see some northern students shake their head in awe.

One SAIT student, with camera in hand, asked a panelist if there was room in this industry for a niche skill set such as photography, to which he was quickly shut down and told a wider variety of skillsets is much more valuable.

So is the print industry in decline? Certainly not. It is shifting, evolving and will forever continue to do so, even with Postmedia conglomerate corporations eating away at the local level, a proper community voice is still able to thrive.

The way we consume information may change, but certain niche markets seem to be left unscathed from the digital push if modeled properly.

As for us, the journalists, especially those breaking into the industry now, it would be wise to hone all our skills and prepare to evolve. It will demand more than ever, but most of all it will require a willingness to evolve.

DIGITAL TROOPER



CRAIG KAMBA

cal and fresh content first, has proven successful to a point where the small city holds a full time staff of 12 reporters and two full time photographers and a newspaper at every door. Almost unheard of in any small community, yet proof that a solid plan can go a long way.

There is no question though, the way we as a society consume information has become increasingly quicker due to digital media. That's where we as journalists come into play. As long as there's a need for information, there will be a need for those to properly deliver it and in

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# CBC host challenges the way we view the world

CRAIG KAMBA  
@craigkamba

Lethbridge residents had the opportunity to shift their perceptions of reality on Monday evening.

CBC talk show host of Quirks and Quarks and Canadian science journalist Bob McDonald was invited to speak to the community to share his unique perception of the way science has altered our reality in an attempt to shift the way we perceive the world around us.

The presentations *What If Everything You Know Is Wrong*, leaves little to the imagination as McDonald shredded apart complex scientific theories for the audience and challenged the way we see the world around us.

“Our ignorance is greater than our knowledge,” explained McDonald. “What we don’t know exceeds what we do know and this is still true today.”

He explains that with all the problems our environment is facing, science can be a wonderful tool to understand the world and the part humans have to play, especially with the global environment.

“Science pointed those problems out, so science can also provide some interesting solutions,” said McDonald with optimism.

His message over the evening was clear, and his objective as well: A paradigm shift of thought is needed to identify who we are and how the world works. He added science can be fun and

interesting, but humans are not as smart as they would like to think they are.

The presentation was filled with humour and interaction where McDonald was able to poke fun and share his own life experiences, leaving the packed audience in laughter throughout the evening even as he gave friendly jabs and poked holes in the common collective thought of how time and space truly function.

Bryce Shug, a Bachelor of science student came to the event in hopes to hear what one of his most favourite talk show hosts explain his scientific findings.

“I’ve been a huge fan of his show since I was 15. Having a program purely dedicated to science really attracted me. He is such an easy person to listen to, the questions he poses are very insightful and he helps his audience gain an understanding of what is being talked about,” said Shug, who added the evening presentation completely shook his worldviews.

McDonald was invited to Lethbridge as part of the University Global Citizen Program. The university looked to educate the public on renewable energy, water sustainability and social justice.

“We wanted a presenter with experience who could speak about specifically how all of the aspects are connected,” said Dr. Jackie Rice, U of L Associate Dean of arts and science.

He can be heard on his show weekly CBC show Quirks and Quarks at [cbc.ca](http://cbc.ca).



PHOTO BY CRAIG KAMBA

Bob McDonald CBC Quirks and Quarks talk show host, visits the University of Lethbridge to challenge science and change perceptions Feb. 8.

## Dancing with colours, Geomatic Attic leaves impressions on community with its inspiring blend of music and art

TANNIS BRUDER  
@tanniskb

The hallways danced with colour from the paintings, posters and photographs of various artists and bands whose work adorned the halls of the gallery.

The Geomatic Attic has been showing the work of artists for a few years now, the strokes of bright red clouds stained by the colours of the setting sun and the guitars signed by bands who played there, giving the walls a burst of creativity.

Mike Spencer opened The Geomatic Attic above his own business Mike Spencer Geometrics, to show the work of local artists. It started as a place for bands to come play their music and for people to dance, mingle and have fun.

“It’s become our motto, trust in the Attic. Whenever a band comes and plays that people don’t know, they say trust in the Attic because we always have a good show,” Spencer said.

Spencer enjoys the fact people can have fun in a place he created. Every year the Attic receives two guitars as donations that get autographed by the bands throughout the year. Once the year is over the guitars are put up for auction and the money goes to the Lethbridge University.

The university also records and produces two songs from four bands and one student designs the album cover.

Admiring the work of the last album the students came out with, Spencer reflected on his partnership with the university.

“I think it’s cool for the students. It gives them an opportunity to use their skills,” Spencer said.

The Geomatic Attic doesn’t just focus on music, but also on artwork and photographs of local people.

Steve Coffey is one artist who has had artwork in the Attic for years, his swirls of bright colour and images of sky, trees and buildings adorn the walls and prompt people to pause.

With his mom always coaxing him to draw, Coffey has been an artist ever since he was a kid.

His inspiration to attend art school came from his boss while he worked in the trades, who fired him for drawing on the job.

Coffey recalls the memory with a hint of amusement in his voice.

“I was always drawing and so he asked me if I ever thought of going to art school and so I did,” Coffey said.

Not only did Coffey love to make art, but he also loved to make music. His love for music was how he first came to be known at The Geomatic Attic.

“We actually met Coffey when he was performing here. We got to talking and I discovered that he was also a painter, so we made some arrangements and now a few of his paintings are shown here,” Spencer said.

Coffey’s paintings were given their own section and one in particular caught the eyes of the viewers. Coffey’s red stained clouds brought a lot of colour to the gallery and cost \$1,300.

With every painting an abstract reflection of memory, Coffey’s paintings balance colour and vibrant strokes.

“My paintings have a kind of surrealism to them because everything is from my memory. I’m not there right when it happens. That’s where all the colour comes from because that’s how I remember

seeing it,” Coffey said.

But he isn’t the only person who has work in the gallery. Danny Ponomar and Leanna Lomanski also have photographs adorning the walls.

Newcomers continue to be attracted by the Attic’s ability to peak their curiosity of what is offered. Painting with the colour of his memory, Coffey mentioned one thing both him and Spencer could agree on: everyone has a certain taste for some kind of art.

“Everyone has a passion for art at a young age. We are all colouring and drawing, making music with a wooden spoon and a pot. It’s just whether you stick with it.”

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## Triathlete gears up for 2016 Rio Paralympics

SARAH REDEKOP  
@sleered

A local athlete's declining vision is racing him in a new direction. For Lowell Taylor, tandem biking is the beginning of his new rush.

"It feels like pain. Your legs are screaming, your lungs are screaming, your throat's dry and your brain becomes fog and mush."

This is how Taylor describes flying around a track, on a bike, at 60 kilometres an hour.

Taylor is not your average athlete, he has been visually impaired since he was a little boy and his lack of sight continues to deteriorate as he gets older. He describes it as though he's looking through a tiny hole and he cannot see anything peripherally. It's been closing in his whole life and eventually it will completely disappear.

For Taylor though, his less than perfect eyesight has not held him back. His athleticism has been demonstrated in the numerous marathons and triathlons he has raced and excelled in throughout his life. He won a gold medal at the International Triathlon Union

in Edmonton last year. Lowell has also competed in numerous other national and international races.

A series of events last year led Taylor in a new direction with sport. Long story short, Canadian cycling coach, Stephen Burke, quickly realized Taylor had some power on a bike. Shortly after Burke introduced Taylor to Mark MacDonald, an ex-professional racer and the two became a team. MacDonald serves as Taylor's pilot on the tandem bike. "It's a selfless thing," says Taylor, "they do it for us, their names aren't out there- they're putting their effort in to help us achieve a dream," said Taylor.

The two of them began training together in the beginning of 2015. In August they competed in the Parapan Am Games and received two bronze medals. Their sights are now set on the Rio Paralympic Games this summer, then Tokyo in 2020.

"It's a new dream. It's fun and everything is just kind of getting started," said Taylor.

MacDonald says they make a good team.

"He's a great guy, super positive and he keeps everything into perspective but

still shoots for the big goals. He's fully committed and dedicated to make it to Rio and Tokyo," said MacDonald.

It's not only Taylor's athletics that keep him busy. He also balances a family and a job amidst his vigorous training. Taylor gets up at 5 a.m. to train prior to heading off to his job at the medical clinic as a psychologist. After work he spends his evenings with his wife and two kids. "My wife is a massive support, she's super quirky and super awesome," said Taylor.

Taylor's wife, Julie, describes him as an incredibly determined person. "He doesn't let his lack of vision get in his way," she says. "He's a very helpful and kind person." "We're all very proud of him," she said. "He's a great role model and a great dad."

Taylor says being able to race at an elite level allows him to pursue a dream. He mirrors his goals with his training in psychology. "It's kind of cool... As psychologists we try to reframe obstacles and overcome challenges. I kind of feel as though I get to do that when I'm cycling," he said.

Taylor is currently funding the majority of his trips on his own and has

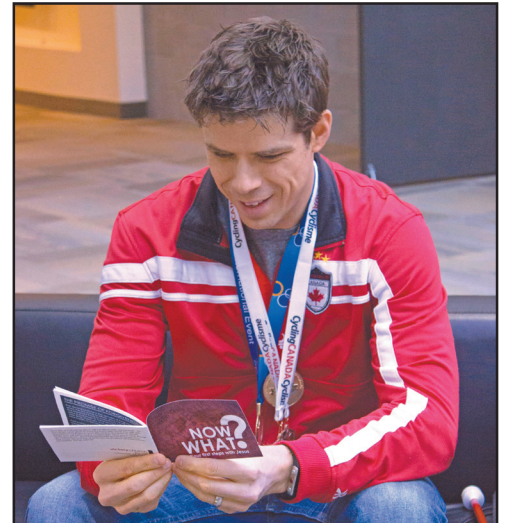


PHOTO BY SARAH REDEKOP

Lowell Taylor thumbs through a pamphlet prior to his speech on Feb. 9. at Victory Church.

recently put up an Indiegogo fundraising account looking for sponsors. As it stands, his donations have been minimal. I feel bad, I don't really push it because it's my dream and it's not other people's dream," he laughs. "I always feel bad saying to people hey, can you give me money?"

If you're interested in following Taylor's progress and journey you can catch up on Taylor's wife's blog: [lowellandjulie.blogspot.ca](http://lowellandjulie.blogspot.ca).

## Get educated before you get frustrated about supplements

COLE SWIER  
@coleswier

Whether it's taken as a pill or consumed as powder, it seems that workout supplements have taken the world by storm. Ranging from protein powder to pre workout, to creatine, the contents of these supplements is usually hard to explain. What are the health risks of these products? Is the extra burst of energy really worth the pay off?

Whether it's calling the supplements steroids, saying they can result in kidney damage, or explaining they cause muscle cramping, the Internet is full of opinions on the topic. Although Terry Thorpe, owner of Popeyes Supplements said he feels the vast majority of people

don't completely understand the products. He thinks more education around health and supplements is needed in schools.

"There is a lot of misinformation. People are just not taught this in school and some just don't understand nutrition and health and that whole end of it."

The cycle of misinformation continues with Javier Seidel, a college student who has been using creatine off and on for years. Seidel said the health stigma around supplements has more to do with lack of research, than it does the actual product.

"People see something that you're taking that doesn't look very natural so people all of a sudden think it's bad for you without even doing any research on it,"

But what do supplements offer users? When you

walk into a supplement store there are supplements for everything.

Chris Drake is the temporary fitness centre team leader at Lethbridge College. Drake feels that if anyone is interested in using supplements, the best thing to do is research and find the one that suits exactly what they're looking for.

"It's just making sure you are reading the labels, doing your research and learning about what company's have what, but mostly what benefit you are looking to get out of the workout."

At the end of the day, whether you feel supplements are good, bad, or you don't really know how to feel about them, research should always be involved before making up your mind.

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# Finding your stride

JONATHAN GUIGNARD  
@guij26

Participants are walking their way into a healthier lifestyle as part of a new program in Lethbridge.

Campbell Clinic West has partnered with Alberta Health Services to bring the *Find Your Stride* program to the city.

The program was introduced to Alberta in the fall of last year and has recently found its way to Lethbridge with the help of Brooke Mulder co-organizer and Registered Nurse.

"*Find your stride* is an eight week program and is designed to help current tobacco users and people who have recently quit using tobacco get more physically active."

Each session includes an hour of group discussion followed by an hour of physical activity.

Something Mulder believes is especially important in this part of Alberta. "Southern Alberta actually has some of the highest rates of smoking in the province so it was really important for us to bring this program into the city."

Participant Murray Wiens smoked for

most of his life before quitting six months ago and said the program has definitely helped.

"Once I started taking the classes, I found out there was a lot of good information that they were disseminating during the class time, very interesting things and very helpful things."

Some of those things include nutrition, learning to set goals and how to achieve them, creating better habits along with smoking cessation methods.

Pharmacist Elizabeth Wong is the other co-organizer and believes this program is more effective than other stop smoking programs she has seen.

"There is less pressure on people because the focus is more on physical activity and introducing that into a healthier lifestyle, which ultimately motivates people to quit smoking."

Wiens says the program has been great so far due to the people who have been participating.

"It's been a very positive experience. I have met people who are in the same situation as mine who are trying to make healthier life choices and makes it a world of difference."

Wiens adds that Mulder and Wong are

doing a great job running the meetings.

"They're great. They are all always very positive, they are always encouraging and have great ideas, strategies and information to pass along."

Mulder is more than happy to help.

"I think it's important because a

healthier community is a happier community," she smiles.

*Find Your Stride* is held at the University of Lethbridge every Monday from 6-8 p.m. until Feb. 29.

To register, contact Brooke Mulder at Campbell Clinic West.



PHOTOS BY JONATHAN GUIGNARD

Participants of the *Find Your Stride* program get active last Monday evening inside the indoor track at the University of Lethbridge.

## Following in his father's footsteps

KATELYN WILSON  
@katewils14

With the end of the basketball season in sight, one Kodiak athlete is looking at following in the footsteps of his father. Growing up in Spokane Washington, point guard Chaz Johnson was introduced to the game by his dad who was formally a professional basketball player in Australia. Johnson was initially recruited to the University of Lethbridge to play for coach Dave Adams.

Once Adams left, he found

himself a new home as a member of the Lethbridge College Kodiaks. Johnson is in his second season and leads the team in scoring, averaging just over 20 points per game. He also leads the team in assists and steals.

Head Coach Ryan Heggie said Johnson's strengths are key to the team's success.

"He brings a lot of leadership to the team, he brings poise, he's a clutch player. He's good with his teammates, he's unselfish, he hits big shots for us and he's not afraid of the moment." Last season, the Kodiaks men's

basketball team swept provincials, but fell shy of first place with a bronze medal in Nationals.

"Going to Nationals they ranked us seven out of eight so we felt a little disrespected. No one thought we were going to win bronze and we did that. We ended up proving a lot of people wrong," said Johnson.

Head coach Ryan Heggie said Johnson was instrumental in leading the Kodiaks to their gold medal finish at the ACAC provincial championships.

"There's a few things you need to be successful at basketball. One is the point guard and you need to have a big man and mix everybody else in there. Right now we have him at the one and we have a solid big man. We just need to continue improving and Chaz is a big part of that," said Heggie.

At the end of last season, Johnson was named League All Star and Canadian National Tournament All Star.

"I just got a lot of assists from throwing it at Chris Maughan or any of our wings and they could make shots, so I got a lot of assists and it made me look good," laughed Johnson. Teammate Pierce Van Gaalen said Johnson is a great player both on and off the court.

"Off the court he's a great friend and will help you out with anything you need and on the court he pushes you to be the best player you can be," said Van Gaalen.

When Johnson's not playing basketball, he can be found studying for the Wind

Turbine Technician program.

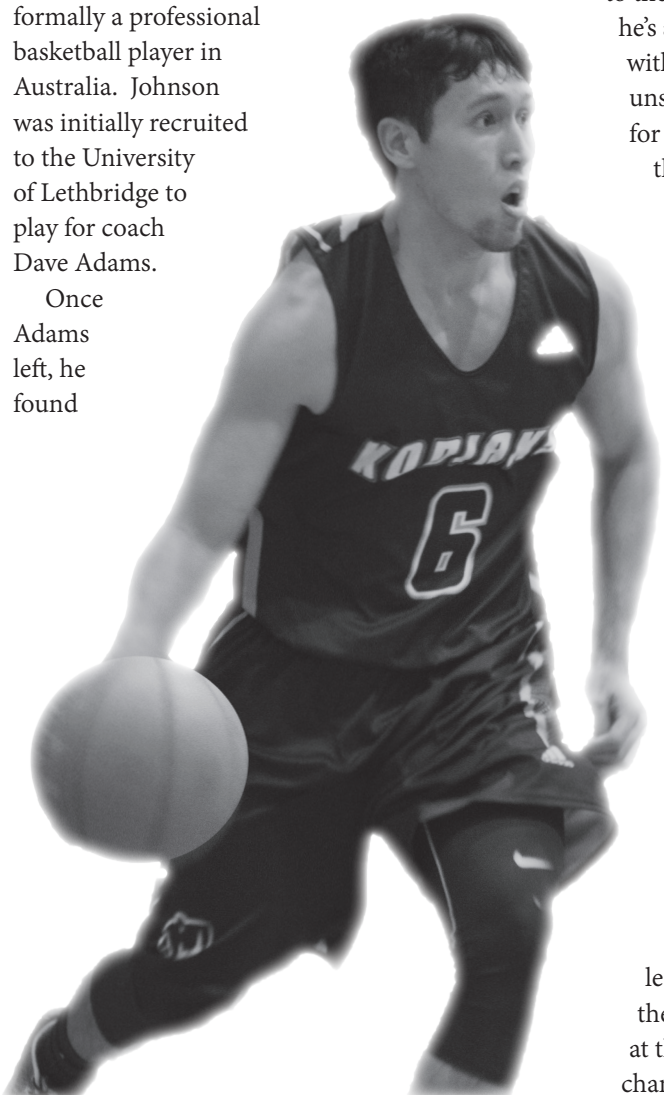
"Schoolwork comes first, study in the day, get all the tests done and then practice at night. It's all about time management," he said.

With six games left in the season, Johnson is hoping for a strong finish and a shot at another national title. "We are looking for him to continue to lead us. He's a quiet leader. Our goal is to win a championship and get to nationals and compete for a national championship," said Heggie.

Johnson is set to graduate this year. As for what comes next, Johnson said he's not sure, but heading overseas to play professional basketball is on his radar.

"Right now nothing is set in stone. I'll go back to the states for the summer, I might try to play pro ball or go with my fiancée who is going to law school."

The men are back in action on home court on Feb. 20, when they take on the SAIT Trojans.



Chaz Johnson sets a pick for his teammate.

PHOTOS BY KATELYN WILSON



Left: Jailyn Bayle serves it up to the Rattlers on Jan. 15.



Right: Laura Serafini goes up for the block in the Val Matteoti gym.

# Kodiaks kill at net



Above: Nils Reger goes up for the kill.

Right: Andre Pires takes the dig against the Rattlers on Jan. 15.



Photos by Meagan Williams.

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