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QUOTE OF THE WEEK

“As a 10-year-old I just wanted to do something to help and give back.”

J.R Wikkerink

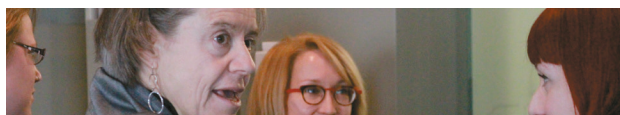
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March 18, 2016 Vol. 51, Issue 9



endeavour



GENDER EQUALITY

A century after women get the right to vote, there's still a long way to go before we achieve gender parity.

By Meagan Williams Page 2



CUSTOM QUADS

Lethbridge ATV enthusiast receives attention with quad customization skills.

By Sarah Redekop Page 6

ROAD TO RIO

Optimism and resilience are key to paralympian's dream.

By Kayla Sarabun
Page 10

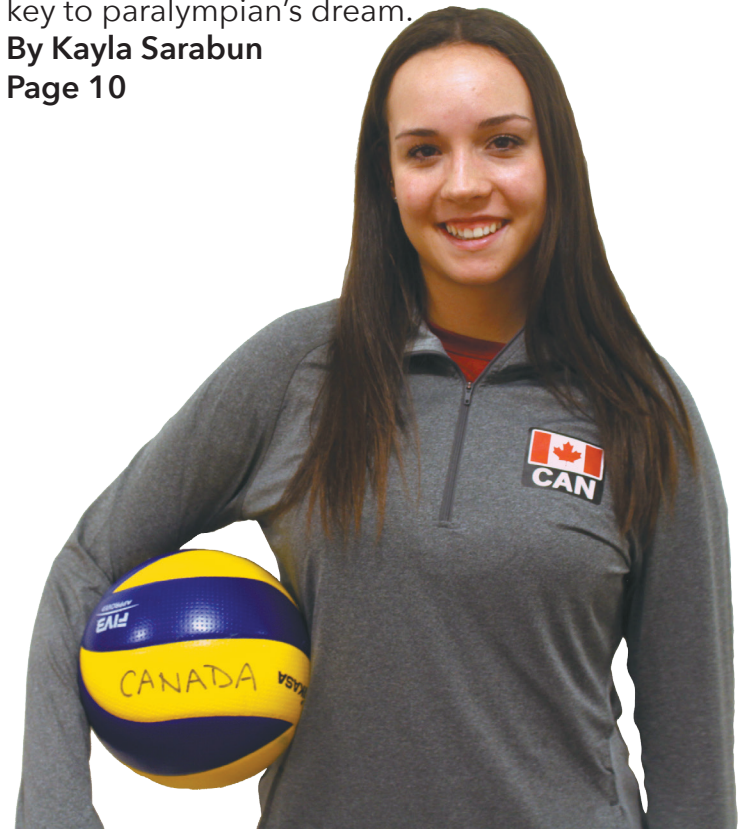


PHOTO BY SARAH REDEKOP

Spirits remain high as University of Lethbridge student volunteers Stephanie Wickham, Izzie Brock, Andrea Kobbert and Jeff Oudman, live outside for five days to raise money for Woods Homes.

Helping the homeless

SARAH REDEKOP
@sleered

Five University of Lethbridge students voluntarily became homeless this week. With the comforts of home far behind, these students spent five days outside raising money and awareness for the homeless. The students were participating in a charity event that began in 2005 by students at the University of Alberta. Since then the annual 5 Days for the Homeless charity event has raised more than \$1.5 million across the country. Donations raised by the students are given to local charities.

With only a sleeping bag, a pillow and some cardboard boxes for comfort, the money the U of L students raise will be donated to Woods Homes in Lethbridge. Woods Homes is a local shelter for homeless youth. They provide a place to sleep, shower, eat as well as counseling services for youth that don't have a home.

Stephanie Wickham is a University student participating in the event this year who grew up in Lethbridge. She says growing up she had a lot of friends who were kicked out of their homes. Many of them stayed at youth shelters in town.

“Because I've been around it so much in my life, I really want to give back to the community that raised me and really just help another person out if I can,” said Wickham.

She volunteered as a guest sleeper last year, meaning she only stayed out for one evening. This is her first year participating for the full five days. She has maintained a positive outlook on the event.

“We keep warm and we have a whole bunch of layers,” she said.

Students participating are only able to

bring a sleeping bag and pillow, they aren't allowed to shower, bring their own food or have communication devices. Students are still required to attend classes during the event.

Participants are also able to receive food donations. Wickham says not always having her phone on her has been one of the most difficult challenges. She says it's been challenging not being able to be connected.

Bob Boudreau, the Dean of Management at the University of Lethbridge volunteered as a guest sleeper on Monday night. He explains how it's important for him to show his support.

“It's the students that inspired me. Our students do so many neat things over the course of the year in terms of volunteering,” he said. “It's to raise awareness of what's happening in our local community. Often times we go home at night and we don't pay much attention to what we need to. Anything we can do to raise that awareness... That's why we're here.”

The goal for the students is to raise \$10,000 for Woods Homes over the course of the five days. A portion of the money raised will be used to provide one more bed in the Lethbridge Woods Homes facility.

Participants are hoping that along with raising money they can help promote awareness regarding homeless issues in our community.

“The aspiration is that what we do now, will make a difference to somebody's life or lives in the future and we may never know it, but we believe it. It's about trying to make that difference. That's why we do it,” said Boudreau.

If you would like to learn more about the fundraiser, you can visit 5days.ca.

Gender gap still apparent

MEAGAN WILLIAMS
@lili_gean

Being made to wear skimpy uniforms and vertigo inducing high heels to work on your feet for eight or more hours a day is the story of many women in the serving industry. With the spotlight shining on businesses that force their female employees to work in these uncomfortable positions and a new report showing a considerable wage gap between men and women, it's hard to imagine the pioneering women who lobbied for the right to vote would be pleased with the current working conditions for women.

The report, *Equal Worth*, authored by Kathleen Lahey of the Parkland Institute, found women in Alberta earn considerably less than their male colleagues. Many attribute this gap to those women who stay at home to look after children or who work on a flexible basis to ensure their childcare needs are met. On the contrary, the report found that women working full-time earned an average of \$31,000 less than their male colleagues.

Dr. Carol Williams is an associate professor in women's and gender studies at the University of Lethbridge and finds disparity amongst women here in southern Alberta. One of the courses she teaches looks at women's labour and the sexual division of labour.

"We look at how occupationally, women have been sort of rooted into more maternal activities or jobs that are an extension of their domestic abilities. So I also emphasize the emergence of what I call the breadwinner wage which in a sense is the origin of paying women lesser wages," said Williams.

Cheryl Dick is the managing director of local architectural firm FWBA and was the CEO of Economic



PHOTO BY MEAGAN WILLIAMS

A crowd of women listen as Dr. Susan Carter discusses the history of the women's suffrage movement in Canada at the Galt Museum and Archives on March 13.

Development Lethbridge for 10 years. Speaking to the wage gap amongst men and women, Dick says that it's important for women to keep in mind that hard work and holding your own will always pay off in the end.

"I don't know at any given point in my career whether there was a big gap or not because I was being treated respectfully and I was working hard so I was being rewarded for that hard work," said Dick. I've worked in oil and gas, the airline industry and media and I have always been of the belief that if I am earning recognition through my work, because I'm doing good quality work, I am probably being paid commensurably," said Dick.

At an event reflecting on the plight of women's suffrage in Canada this past Sunday at the Galt

Museum and Archives, Dr. Sarah Carter, professor at the faculty of native studies of the University of Alberta spoke to the injustices Canadian women faced while trying to establish a voice in government.

"There were many obstacles and a lot of resistance in the campaign. There were many men and women who needed to be won over in favour of the cause," said Carter.

"In the academic world and beyond, this generation of feminists did not fare well in the last few decades. Around the '40s, '50s and '60s they were celebrated for combatting injustice and being very progressive, but by a later generation of historians and activists they were dismissed or discredited."

April marks the 100-year anniversary of women having a vote in Canada and while we have come a long way in giving women a voice and a platform on which to be heard, it appears we still have a long way to go in paying them an equal wage for doing an equal job.

YMCA gives the gift of activity

TAWNIA PLAIN EAGLE
@tawnia_pe

One local organization is raising money for kids in the community who cannot always afford extra-curricular activities.

Bobbi Cullum, director of communications and funds development at the YMCA, says it is important they raise money throughout the year so children can have the opportunity to be physically active and play sports.

Callum states 19 per cent of youth are under privileged in the city and could benefit from local organizations like the YMCA.

"We think that if the community comes together to help these children become active and healthy, they will be better off," Cullum says.

Local resident Terri Wright says it is frustrating not being able to afford extra curricular activities.

Last year she was able to enrol her child in summer programs, but due to

other expenses Wright says she may not be able to do the same thing this summer.

"It would be nice for some places to allow parents to sign up and volunteer so they can help out in groups," Wright says.

Wright also has an infant who recently underwent surgery for a low immune system.

She says with the care her baby needs, sometimes it is not always easy to take her son to the playground.

Caylee Vogel a personal trainer at Lethbridge College says it is important for children to be active at a young age.

"If a kid plays soccer, and are active around the house, they are more likely to be active when playing with their friends," Vogel says.

Adding a child lacks physical activity when they're young, their confidence levels will go down when it comes to playing with other children, says Vogel.

"It is important they have a positive idea about physical activity," she adds.

Vogel says that a child should get up to 60 minutes of physical activity a day but adds that more activity is always best.

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PHOTO BY KATELYN WILSON

Monica Stetar, pictured with son Andrew, is working with the city in the hopes of changing the Service Dog Act to prevent people from losing their emotional service animal due to housing restrictions.

Housing restrictions force woman to lose emotional support animal

KATELYN WILSON
@katewils14

A local woman is working with the city to ensure no one has to face losing an emotional support animal due to housing restrictions like she did.

Single mom and university student Monica Stetar lost her emotional support animal Kiera a Siberian husky, after her landlord said she violated the leases no pet clause.

Now she is advocating for change to the Service Dog Act across Canada.

According to the current Service Dog Act, emotional support animals are not classified as service dogs and don't have the same rights to public space and housing.

Emotional support animals are used largely for helping those with mental illnesses, whereas service dogs are task oriented, helping people get through day-to-day activities.

Stetar has struggled with anxiety and depression for years and got Kiera after her friend recommended she look into getting an emotional support animal.

"You would think that having mental illnesses and a learning disability that you shouldn't give someone like that responsibility. But that responsibility and routine made things easier in life, it made me feel more in control."

But three months after getting Kiera, Stetar's landlord gave her an eviction notice, for violating the leases no pet clause.

Despite having three medical documents stating she needed an emotional support animal, Stetar had to find Kiera a new home.

"Two weeks after I had to get rid of my dog, I was really angry. I asked around the university how I go about creating my own website to raise awareness about emotional support animals," said Stetar.

Cedar Santanna Executive Director of Alpha K9, a company who trains service dogs for people with Post Traumatic Stress Disorder, says emotional support animals can be tremendously beneficial and need their own category under the Service Dog Act.

"There are people who could benefit from an emotional support animal that don't necessarily need a service dog and are applying for service dogs and that would take the burden off service dog providers and help us with the paper work."

Recently Stetar started a website helpmentalhealth.squarespace.com, along with an online petition.

She's also started working with an MLA office to see what can be done to change the act.

Constituency assistant, Lisa Lambert says emotional support animals may fall under other legislation such as the Human Rights Act.

Lambert adds there are still questions that need to be answered, but is encouraging people who have had similar problems to come forward and share their story.

CJ crisis scenarios get new home

JONATHAN GUIGNARD
@guij26

Lethbridge College's criminal justice program has been forced to move from one end to the college to another due to a structural issue.

One wall inside the crisis classroom was deemed unsafe due to ongoing construction of the new Trades building.

The CJ program has shifted classrooms and is now sharing space with students in the Digital Communications and Media Program, and staff in the audio/visual department.

CJ Instructor David Maze, said the condition of the wall was something they couldn't ignore.

"It's actually physically moving so we had a safety issue in relation to the students and being able to instruct in the class."

Due to the construction of the trades building, it became the only wall separating the room from the outside.

The move comes at a time when the crisis class introduces role-playing.

The students are put in real life crisis situations where they are taught to react to different controversial scenarios.

Maze was originally concerned the move would lessen the students experience.

He adds he is impressed with how quickly the college reacted to the situation including the audio-visual team.

"They were extremely flexible and were able to re-establish us within 24 hours. They set it up to record and audio tape all of our stuff," said Maze.

Elio Girardi, audio-visual coordinator, got the new room ready for the CJ department and said he's happy to share his space, adding it wasn't much of an adjustment.

"It's an easy move, because in the studio it's a blank space. We have lighting grids on top and it was really easy to hook up the cameras, send in some microphones and set the control room," said Girardi.

Maze said the move is temporary and expects everything to be put back in order in time for the fall semester.



PHOTO BY JONATHAN GUIGNARD

Local actor Jeff Carlson role plays with criminal justice student Josh Hagen as part of crisis scenario on March 8.

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When a hope and a herb just aren't enough

LILLI GEAN LAMENTS



MEAGAN WILLIAMS

As the debate continues between anti-vaxxers and pro-vaxxers, (or as I like to call them, those who believe in science and medicine and have common sense), will there be a time where vaccinations are before the court and considered a necessity of life?

The Australian government has recently drawn legislation where those parents who rely on government welfare to get by, who don't get their children vaccinated, will stop receiving their dependent income allowance.

Perhaps if measles outbreaks keep resurging like it did in southern Alberta recently, the Canadian government will consider putting this practice into policy.

Bringing a child into the world comes with a great responsibility. Feeding, clothing and housing are a few of the basic necessities as is health care. When children are too young or too sick to verbalize their pain, loved ones provide comfort and take care of their health.

What happens when your loved ones choose to approach your medical care from a natural remedy standpoint? Rather than seek the advice of a medical doctor, someone who has spent years of their life learning the causes and consequences of illness in the human body, they seek the advice of a naturopath.

That's not to say naturopaths don't have years of education behind them. I have sought out a naturopath on many occasions to help where I felt my overall wellness was lacking.

However, a naturopath is not my first call when I have a high fever, a rash and a debilitating headache. The difference in this situation when

compared to that of a child suffering from these symptoms, I can tell someone exactly what is wrong.

In the current court proceedings where a former southern Alberta couple is being tried for being unable to provide the necessities of life for their 18-month-old child, the Alberta justice system is deciding how to handle this challenging case.

Many believe the loss of a child is punishment enough for this couple, many believe it's not. I would argue that vaccinating your child is also providing the necessities of life. If there was a way to immunize your child against diseases that could kill them or make them seriously ill, why wouldn't you take it?

Farmers vaccinate their livestock against common diseases; border agencies prevent you from taking fruits and vegetables into new countries and states in case they carry insects and pests. Isn't the health of your child worth the same consideration?

For those who argue the point that most diseases we vaccinate against aren't even common anymore, it's because of vaccinations. Polio isn't a common occurrence in Canada because we have been immunized against it for decades. An analogy on government website, healthcanadians.gc.ca, speaks to this issue.

"It's just like when we started bailing out a boat that had a slow leak; the boat was full of water (full of diseases). We have been bailing (vaccinating) fast and hard, and now the boat is almost dry. If we stop bailing (vaccinating) the water will continue to come in as there is still a leak (infectious diseases are still present)."

While natural remedies are often praised for the overall health and wellbeing of many, I believe they are best used in conjunction with modern medicine. If I'm ever unfortunate enough to be struck down by a serious illness, I'll be putting my health in the hands of physicians and science, not in herbs and hope.

Local entrepreneurs finding a way around food allergies

MEAGAN WILLIAMS
@lili_gean

Sitting down at the dinner table each night can be a stressful process for many families. Finding a meal that everyone is willing to eat as well as taking the time to prepare it are sometimes the biggest stresses of a family's day. According to new research, this daily ritual is now getting more difficult for families due to a rise in the number of food allergies across the country.

Research published in the Journal of Allergy and Clinical Immunology shows around 2.5 million Canadians suffer from food allergies. This equates to roughly 7.5 per cent of the population. For one local family, this problem bought about a successful business.

Lethbridge's own Screamin Brothers is a family owned business run by talented

16-year-old J.R., 15-year-old Dawson, nine-year-old Joseph and six-year-old David. J.R. started developing the frozen treat product at age 10 after the

devastation of the Haiti earthquake hit home for the southern Albertan family. The youngest members of their family Joseph and David were born in Haiti.

Shortly after bringing Joseph home to Lethbridge, the natural disaster hit the Central American country where David was still living at the time.

"David was still living in Haiti when the earthquake hit and he ended up getting cholera and the orphans were living in tents," said Dawson.

Suffering from several food allergies, Dawson says it can sometimes be hard to enjoy a sweet treat. "I'm allergic to dairy, eggs, gluten, soy, peanuts, tree nuts... I believe that's about it," laughs Dawson. "So J.R. made this ice cream that I can actually eat, which is amazing."

Local holistic nutritional consultant, Cris Robinson says the Wikkerink family is not alone in their fight against food allergies. She has seen an increase in the number of people she in her office who are finding ways to combat the health issue.

"It amazes me how quickly we're seeing allergies evolve and how much they're affecting our bodies."

-CRIS ROBINSON

"It amazes me how quickly we're seeing allergies evolve and how they're affecting our bodies and how much younger (we are when) they're

affecting us," says Robinson.

The Wikkerink's started selling their product at the local farmer's market where they discovered that many other



PHOTO BY MEAGAN WILLIAMS

The Screamin Brothers (left to right) David, Dawson, J.R. and Joseph Wikkerink flash big smiles after a game of soccer on March 4.

people also struggle with food allergies. Having a product that enabled them to help out children's charities as well as something that could be enjoyed by their whole family has now boomed into a business none of them expected says J.R.

"As a 10-year-old I just wanted to do something to help and give back. That was my only goal. I could not have expected it, even in my dreams I would not have expected it to go this far," said J.R.

The scream team have also achieved

commercial success in their venture to give back. Recently being awarded the young entrepreneur of the year award by the Alberta Chamber of Commerce is the cherry on top of what has been a successful few years.

Five per cent of the Screamin Brothers net profits go back to children's charities both locally and abroad. While their sales are continuing to increase, J.R. is ecstatic that they can keep giving more back to one of the world's greatest resources, children.

Canadians are eating their way to an unhealthy lifestyle

KATELYN WILSON
@katewils14

Canadians are eating their way into a health epidemic. According to a recently released report by the Senate, there is an obesity crisis in this country and Canadians are paying for it, with their lives and wallets.

In fact, findings identify obesity costs Canada between \$4.6 and \$7.1 billion annually in health care and lost productivity.

It also showed that each year 48,000 to 66,000 Canadians die from conditions linked to excess weight.

Right now two thirds of adults are either considered overweight or obese along with 33 per cent of children.

In total 21 recommendations were released on how Canada can combat these rising rates of obesity. Among them is a call to update Canada's food guide.

Lethbridge College's Chef Doug Overes says although the food guide still has a role to play, certain areas do need to be examined, including dairy.

"Dairy is needed as you're forming as an adult, but after you form as an adult, your bones and your teeth and your nails and everything is set, you don't need to consume as much dairy."

Nutritional consultant Cris Robinson agrees saying dairy is the most common food sensitivity she sees in



PHOTO BY KATELYN WILSON

According to a recent obesity report released by the Canadian Senate, 62 per cent of the typical Canadian diet consists of processed and ready-to-eat food.

her clients.

"As much as it is a source of calcium and that's the biggest reason we are pushed to drink dairy, there are lots of other sources of calcium. All your dark green leafy vegetables have calcium...if you're eating a wide variety of nutrient dense food it's easy to get a lot of calcium."

In fact, she said nutrient dense food is the key to healthy eating.

"You can follow the Canada food guide right now and eat packaged fruit cups and hot dogs and ice cream and still meet the guidelines. It is out of balance and there needs to be a focus on less junk, less processed foods."

And according to the senate report, 62 per cent of the Canadian diet is processed and ready-to-eat foods.

The report also recommends a tax on sugar and artificially sweetened drinks, a ban on advertising of food and drinks to children and a national campaign to combat obesity.

But Robinson says in order to solve the problem we need to teach people how to eat and get kids eating healthy from the get go.

"We need to not have some of the foods even on the market so not tax it, why make it? Why are we making food with bizarre ingredients in it? There are chemicals in our food that don't need to be there."

For more information or to read the report visit parl.gc.ca.

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Custom quads become labour of love

SARAH REDEKOP
@sleered

If you get too close, you may feel a few sparks.

An electrically-charged powder coating process is one way a local man is adding his personalized design to his All-Terrain Vehicle (ATV).

As you step into the garage of local resident Craig Weston, it's apparent artistic work takes place within the four walls.

Rows of powdered colours are aligned neatly on the doors of his spray booth.

Next to it is an oven the size of a refrigerator used to heat seal the powdered colour onto the metals.

This garage is where Weston spends his spare time to customizing his quad with decals and pieces he has built by

hand.

Weston cuts checker plated scraps of metal, powder coats them, then uses adhesive to apply them to his quad. The shiny, sparkling blue powder coating adds a unique look and design to his ATV.

Weston has also added his own custom upholstery and graphics to compliment the design.

The process has required immense patience and attention to detail.

Weston's unique designs and additions have brought him international attention.

He explains the whole process began as a hobby and he didn't realize how much interest it would gain.

A simple post on social media put his work of art into the eyes of many ATV enthusiasts.

"I basically posted it on Can Am Monsters, which is a Facebook site and it

took off from there. I kept expanding it, posting it here and there, and pretty quick it went worldwide," said Weston.

According to ATV Rider, his quad has been dubbed "the monster of all Outlanders."

"It's crazy, I didn't think it would turn into this, but things are going real good and there's a lot of opportunities starting to open up," said Weston.

The process has taken Weston about seven months to complete including a custom made snorkel and exhaust system and a 30 horsepower shot nitrous system. Weston has also designed and installed a pressure washing system which makes his ATV unlike any other.

"I wanted to do something that's never been done, and take what customization is out there and expand on it," he added.

Casey Wilson, Newway Motorsports

Store Manager, says there's a trend among ATV enthusiasts.

"I think quad customization isn't so much a matter of necessity, it's more of a passion for people. It's a hobby, guys just like to make the biggest, badest ATV they can."

Weston says he hopes to connect with Can Am to do a custom build.

"Now that I know what it takes to wow everybody, I've got a project coming up that will make everyone's heads spin."

Although he is looking forward to starting on his next build, he says it may have to wait until he can fit it into his budget.

He explains that adding custom parts can get quite expensive.

He's currently communicating with some companies to try and secure some sponsorships.

Hunting show finds partner with Environmental Sciences

AARON HAUGEN
@ahaugie

Lethbridge College is bringing its environmental sciences program to TV with the help of a nationally broadcasted hunting and fishing show. Thunder Boyz Productions is partnering with the School of Environmental Sciences to produce small segments for their hunting and fishing show Trigger Effect.

Thunder Boyz co-owners and Trigger Effect hosts Dean Trumbley and Kent Michie both have a background in biology and felt that bringing in post-secondary instructors for the educational segments was needed. Trumbley said Lethbridge College was the right place to partner for the show.

"Lethbridge is in our backyard. Kent (Michie) is from Manitoba and I'm from B.C., so it's halfway in between," Trumbley said. "But the biggest reason is it's probably got the best known environmental sciences program in Canada and we just felt that it's a great fit for us having Lethbridge College involved."

The segments filmed at the college will go into more detail with issues surrounding the episodes' hunt,

whether it's about conservation or risks to game like chronic wasting disease.

"[It's about] understanding conservation and understanding management. What can harvesters do to contribute back and to inspire youth to get into the environmental sciences," Trumbley said.

Environmental Sciences chair Terry Kowalchuk said that having the same goals as Trumbley and Michie helped make the partnership an easy choice.

"We want to add an educational element which will benefit all who watch the show," he said. "It's a great partnership as we can showcase what we're teaching, while Trigger Effect gets an interesting educational segment to help separate itself from other hunting shows."

He also added that partnering with the show will allow for a wider audience to learn about the programs offered.

"Having that exposure is valuable to the college," he said. "It also shares a little bit of our expertise with the general public and lets people know who we are and the type of work we do and the type of people we have working here."



PHOTO BY AARON HAUGEN

Terry Kowalchuk (left), Dean Trumbley (centre) and Kent Michie (right) pose behind a portion of the Hubbard Collection after announcing the partnership between Trigger Effect and the Lethbridge College School of Environmental Sciences on Mar. 15. Season four featuring Lethbridge College will air on July 1 on Wild TV.

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Blackfoot culture rich and diverse

TAWNYA PLAIN EAGLE
@tawnya_pe

Surrounded by the largest reserve in Canada, Lethbridge is home to a rich wealth of indigenous culture.

Thinking back to her childhood one Blackfoot elder remembers the days when she was a young girl living in a world that was full of rich culture.

Shirlee Crow Shoe, from the Piikani Nation, spent the majority of her childhood living on the reserve with her grandmother.

It was a time when the Blackfoot people were adapting to the new culture of the growing city of Lethbridge.

Crow shoe shares what it was like living in their small log house with linoleum floors, two rooms and a few windows.

“It was a very simple floor plan,” Crow Shoe adds.

She goes onto say a lot of the elders she grew up with were born in teepees. Eventually with colonization they had to leave the tepee behind and move into one-room houses added Crow Shoe.

Transferring those traditions from teepees to houses, many elders still had

their doors facing east said Crow Shoe.

A practise Blackfoot ancestors used many years ago to greet the sun first thing in the morning.

Crow Shoe feels fortunate she grew up close to the traditional way of life. Being close to her grandmother, she attended a lot of traditional games and ceremonies.

Crow Shoe is a respected elder in the community. Her knowledge on the traditional Blackfoot way of life doesn't go unnoticed by members of her community.

She says the values she learned in her childhood will be passed onto younger generations.

One Blackfoot man is an example of passing those traditions onto a younger generations.

Nathan Warrior, from the Piikani Nation, grew up in a home where his parents prayed differently from the Blackfoot culture. He expresses his lost connection when going to church with his parents.

When Warrior was eight, he joined the Niipoo'maakiis society (Chickadee society). During these four years he learned the Blackfoot language, songs, ceremonies and traditional ways of the

Blackfoot people.

“Going through this, I really felt connected. In a church I never really felt connected. There was always pressure to be someone I'm not,” Warrior said.

He adds that talking to different elders around the reserve led him to gain more knowledge and find out more about himself as a person.

“What really helped me and grounded me was culture, going to sweat lodges, ceremonies, bundle openings,” he adds.

Warrior recently moved to Toronto to go to school and study art and theatre. He expresses that without his strong connection to his culture, he wouldn't have the courage and determination he does today.

Locally, the college and university dedicate one week to honour the Blackfoot people attending those institutions.

Martha Many Gray Horses is the director of FNMI services at the University of Lethbridge.

She believes that universities started celebrating First Nations based on a social justice movement.

“That was a powerful way to restrain



PHOTO BY TAWNYA PLAIN EAGLE

Trevor Solway, lighting sweetgrass as a traditional way of prayer.

or strengthen your culture,” Many Grey Horses said.

She adds she feels the culture is still rich and strong today.

Head Smashed in Buffalo Jump and Writing-on-Stone Provincial Park are two local resources that teach those wanting to know more about the Blackfoot culture.

Drama students learn professional combat fighting skills

COLE SWIER
@coleswier

Whether it's *Die Hard* or *Star Wars*, an integral aspect of any story comes down to the action sequences.

Last weekend, drama students at the University of Lethbridge welcomed Paul Gélinau, the director of the Academy of Fight Directors Canada.

Gélinau offered two workshops to university students, one of which was geared towards teaching drama students the fundamentals of unarmed combat for actors and stunt people.

The other session aimed to introduce the basics of the fight techniques used in *Star Wars*.

“Our job is to create the illusion of violence but obviously do it in such a way

to keep you safe. We are pretty critical towards any production that actually uses violence,” said Gélinau.

Whether the violence is real or not, Gélinau stressed the main selling point of any fight scene comes down to performance.

“We are bringing a bunch of people together to learn some techniques and they get to seemingly kick the crap out of each other, it's great!” said Gélinau.

Tyler Grier stressed that workshops such as Gélinau's are a necessity for students trying to perfect their craft.

“It's important because a lot of plays and movies these days feature combat of some sort so learning how to do that properly is vital” The workshops ran from 10 a.m. to 3:30 p.m. at the David Spinks Theatre on March 12.

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PHOTO BY JONATHAN GUIGNARD
Ken Reid and Evanka Osmak speak to students at NAIT's Media Workshop.

WORDS

from the wise

JONATHAN GUIGNARD
@guij26

Two high profile sports anchors made the trip to Edmonton last Saturday to speak with future media students from across the province.

Ken Reid and Evanka Osmak, hosts of Sportsnet Central, kicked off the morning with inspiring words. The two guests shared insight on what students need to do to achieve their goals.

“Build yourself up, which is not natural for a lot of people. I was painfully shy as a kid and wouldn't tell anyone.

But I remember when I did tell somebody suddenly it started happening,” said Reid.

Osmak remembers when she was a student and how helpful it was to hear from people in the industry.

“I came from a field of engineering and didn't know the right way to do it. When you hear people's stories and hear their advice and experience it's beneficial,” she said.

The workshop also included a question and answer session with a panel of guests in the media industry.

Lamya Asiff, event or-

ganizer, agrees it's a great experience for students.

“It gives them that face to face access with people who are working in the industry and working successfully. So we are kind of just the bridge and a lot of times you need that bridge to connect with those people.”

The NAIT Media Workshop has been held for the last eight years.

Asiff says it's a great way for students to learn from some of the best in the business.

She encourages all media students from across the province to attend next year's event in March.

American politics 101

As an American citizen, I feel it is my duty to try and explain what exactly is going on with the presidential election.

We won't be getting into specifics of candidates or political parties, as those things are quite subjective and have led to many flame wars.

Instead we'll just cover the process and the terminology used.

What's a caucus and what is a primary?

Caucuses and primaries are the methods used by the state branches of the Democratic and Republican parties to decide which presidential candidate gets that states' respective delegates.

A caucus involves party members in an area getting together and then dividing into groups supporting candidates until one group has a strong majority of its members.

A primary is an election where people vote for the candidate they wish to support. The candidate with the most votes wins.

There are two types of primaries: closed primaries only allow members of the respective parties to vote in them, while open primaries allow any eligible voter to choose which party's candidates they wish to vote for.

So, what's a delegate?

Delegates are party members chosen to attend their party's nomination convention to vote for a presidential candidate.

The parties have reformed the process opening it up to all party members and even the public at large to decide which candidates the delegates would vote at the convention.

The Democrats also have “super delegates” who are able to pledge support to any candidate regardless of how people in their states vote.

Why do party outsiders like Donald Trump and Bernie Sanders seem to have such growing support?

There has been a growing narrative over the years about how insular and out of touch politics in the establishment has become within both parties.

Supreme Court rulings overturning donation limits to candidates have also played a part, with the wealthy seemingly able to buy whomever they need.

This is why Trump's message of “I'm so rich I don't need to be bought!” and Sanders' campaign and record against the big Wall Street banks is resonating with different disaffected groups within the parties.

Older white conservatives in the Republican Party for Trump and younger progressive liberals in the Democratic Party for Sanders.

I hope this was able to shed a little light on the cabaret taking place down south, and if you found this incredibly boring, I hope you enjoyed the nap.

ANGRY YOUNG JOURNALIST



AARON HAUGEN

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SPORTS

Kodiaks look for new coach

AARON HAUGEN
@ahaugie

A new face will be at the helm of the Kodiaks men's volleyball team come next season.

Current coach Mike Hawkins has left the program to take the reins of the Thompson Rivers University Wolf Pack men's program. Hawkins began his playing career with the Kodiaks before moving on to the Wolf Pack.

Afterwards he returned to the Kodiaks first as an assistant coach, then as head coach.

Kodiaks Athletics manager Todd Caughlin said that appointing Hawkins head coach was the natural move for him.

"Moving into the program after Ian (Bennett) was big shoes to fill for Mike and he did not miss a beat, handling it with poise, professionalism and a great work ethic," Caughlin said.

Hawkins tenure as head coach of the men's team came

on the heels of the suspension of the program during the 2013-14 season.

Hawkins' rebuilt the men's team to a 13-11 record for 2015-16, good for third place in the south division as well as beating nationally ranked Red Deer College. However, a strong Augustana Vikings team ended Hawkins hopes of winning a quarter finals match.

"I have had an incredible time with the Kodiaks and have a lot of pride in the program," Hawkins said.

"The athletes and the coaching staff have done an incredible job bringing the team back to a position to be perennial contenders for an ACAC championship and I am very confident in the group's ability to continue building on our success. I am extremely thankful to have been given the opportunity by Todd Caughlin to be the head coach this past year."

Caughlin and the Kodiaks are currently searching nationwide for Hawkins' replacement and hope to have them named by the start of the fall semester.



PHOTO BY MEAGAN WILLIAMS

Mike Hawkins gives a half time pep talk to his Kodiaks in the Val Matteoti Gym.

Farewell to a familiar face

COLE SWIER
@coleswier

You hear it all the time: If at first you don't succeed, try again. Starting Kodiaks guard Morgan Gunderson was living by this motto for the past four years.

Gunderson recently finished up his third and final year on the basketball team, but some would be surprised to know he didn't quite make the cut on his first attempt.

During his first year at Lethbridge College, Gunderson took a year off from post-secondary education after being cut from the Kodiaks during tryouts. Despite the disappointment, Gunderson was back again the following year where things ended on a more positive note.

Whether it's his ability to stand his ground on the court or put up points, Gunderson has been a crucial part of the Kodiaks for the past three years. Despite being seen as a threat around the league, he feels he makes the most impact off the court and in the locker room.

"I like to stand up for my players and be a leader. I bring the intensity up by bringing the energy to practice and pushing the young players to do better and improve more."

As a guard, Gunderson's main focus is shutting down the opposing teams main players before serious damage is done on the scoreboard.

Even though Gunderson is over six feet tall, shutting down his opponents can prove to be more of struggle because he does not have the regular guard stature.

Being slightly smaller than most of the guards he

plays against, Gunderson makes sure to counterbalance his size when it comes to his mental game.

Colin Richardson plays alongside Gunderson and claims his mindset when it comes to his size is what sets him apart from most other players.

"He doesn't have the mindset that he's as small as he is. He has the mindset that he is just as big and just

as aggressive and strong as everyone else. He doesn't play to his size, he plays bigger than that," said Richardson.

Another way Gunderson compensates for his smaller physique is with his intensity and aggressiveness.

Gunderson feels that putting an



PHOTO BY COLE SWIER

Morgan Gunderson makes space in the Val Matteoti Gym.

emphasis on knowing when to take a penalty and mentally manipulating your opponent, is just as important as putting up points.

"Basketball is very much a head and confidence type game. Sometimes you have to do things to other players just to let them know that you're there," said Gunderson.

The Kodiaks guard is currently finishing up this third and final year in the criminal justice diploma program at Lethbridge College. He looks forward to walking across the stage and fulfilling his childhood dream of joining the police force.

Touchdown for equality

MATTHEW PERRELLA
@matty_goose

With the push for equality, it seems Canadian football is not having a problem. Lethbridge is one of eight teams in the Western Women's Canadian Football League.

The Lethbridge Steel will take to the gridiron to kick-off their new season against the Calgary Rage on May 7.

With the Steel being the only football team in the city outside of high school, what makes it special is it's a women's team.

Starting quarterback for the past three seasons, Christina Wipf loves seeing women come out and take part in a sport that's often viewed as a man's game.

"Football is looked mainly as a man's sport. So for girls to come out and actually get involved in something that should be a male dominant sport and try something new, is cool," Wipf said.

The Lethbridge Steel has been around for seven years and continues to see growth with each passing season.

Working her way from player to head coach, Kessie Stefanyk knows its growing popularity is from building the program properly.

"For a long time, there hasn't been an opportunity for women to have this experience and I know there's a lot of passion for it," Stefanyk said.

But wide receiver coach Mike Peters warns with all the new women, there is always a margin for injury.

"The biggest thing for me as a coach is teaching proper fundamentals. If I'm confident, my athletes are coming out with the proper body position and footwork," Peters said.

With Lethbridge hosting the WW CFL Championship game, the Steel are not only looking to perform better than last season, but to win it all in their home town.



Jaffray athlete to represent Canada in Paralympic games

KAYLA SARABUN
@kayla9614

It's a sensation like no other, and for one younger competitor it's the chance of a lifetime.

Representing Canada in the 2016 Paralympic Games, 19-year-old Shacarra Orr has been playing volleyball for 11 years.

Starting her career on school and city club teams in Jaffray B.C. Orr was left unable to compete when an accident in Oct. 2011, changed her life forever.

Tragedy struck Orr, her father Bruce and her friend Terryn Penner on a trip to a volleyball tournament in a nearby town.

With a driver falling asleep at the wheel, an oncoming car crossed the yellow centre-line and collided with them head-on, sending them rolling into a ditch.

The accident left Orr with a broken femur, a completely shattered elbow and multiple scrapes and bruises, which sent Orr to the Children's Hospital in Calgary.

"After my accident, I hoped I could keep my arm. Then it was I hope I can move my hand again and after that it was I hope I can play again," said Orr.

After working hard to regain movement in her arm and strength in her leg, Orr started playing volleyball again.

Playing in her grade 11 year, Orr worked hard to rehabilitate enough to play on a local club team.

It was there her determination was noticed by scouts and invited to a try out and eventually, be added to the lineup of team Canada.

"I felt like I was closing a chapter of my recovery and of my accident. So for me, it meant a lot more



PHOTO BY KAYLA SARABUN

Shacarra Orr of Team Canada's women's sitting volleyball team preparing for an upcoming tournament in China come March 12th.

than just going to the paralympics and representing my country," said Orr.

"Which is already a huge deal. It's something I've been working on for the past five years."

Laura Serafini former teammate and long-time friend, recalls how supportive of a person Orr is.

"I remember Shacarra always telling me I could go to the Olympics and now she is, on team Canada," said Serafini.

Feeling she is a role model to thousands of people, the opportunity to represent Canada in the paralympics is one Orr will not underestimate and

holds great significance to her.

"Showing that your country has respect and etiquette and that we are kind. It's also being a role model to thousands of people out there."

Redefining normal is something Orr hopes to accomplish.

She wants younger people who have disabilities to know they can overcome their obstacles.

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Pebbling the ice

PHOTO BY ADAM TREMBLAY

Ice technician Geordie Peat waters the lanes at the Lethbridge Curling Club.

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The Dawgs days are back

STEVE SETO
@steveseto

The cool crisp weather and blowing winds of March don't turn the focus away of a baseball player's hunt for another championship.

The Prairie Baseball Academy is getting set for another run to win their sixth straight Canadian College Baseball Conference.

As the season draws near, practice is handled as if they've been doing it for months.

They have already been doing off field conditioning and spent 11 days in Las Vegas to shake off the winter rust.

Practice flows without a hitch, as players know what drill is next and where they need to be.

Everyone is on the same page, which is key to the team's chemistry and work ethic.

The players are motivated and know they have to be ready for when the season comes.

They know other teams in the league will be trying to break their streak.

"We want to show everyone that we aren't here just to have fun, we want to show them what we can do and take no mercy," said catcher Mitch Grisbrook.

Pitcher Andrew Grieder keeps his preparation the same going into the season and doesn't change the way he approaches each game because of past success.

"We're just trying to win every single game, pitch by pitch, that's the best way to do it," said Grieder.

This team culture comes from the top. Head coach Todd Hubka is in his sixth year of coaching the PBA, Hubka makes

sure they keep their routines the same going into the season and not getting caught up on previous championships.

"Everything stays the same. Nothing changes. If we changed our routines, we wouldn't have won five in a row and be as successful as we are. Our work ethic stays the same," said Hubka.

Many of the players want to continue playing baseball at a higher level after playing with the PBA and hope to earn scholarships in the US.

According to Canadian Baseball Network's Bob Elliott on March 6, 2016 there were 752 Canadians playing on an NCAA team.

Playing in the CCBC is a way for players to get noticed by scouts and be recruited to schools in the US.

The PBA isn't all about winning games and adding championships to the trophy cabinet though.

Hubka is making sure the players not only perform on the field, but also make sure they excel off of it.

Players must be a full-time student at either the college or university and acquire nine credits to be eligible for the championship season.

"One thing we pride ourselves on at Prairie Baseball is our work ethic and think that in turn, goes into life skills when they leave our program," he said.

Hubka who stresses that working hard leads to athletes success on and off the field.

"We also build a person and for him to be ready for life. That's what this program means to me and that's what we try to do with this program," added Hubka.

This has rubbed off onto the players in a positive way and they have noticed it away from the diamond.

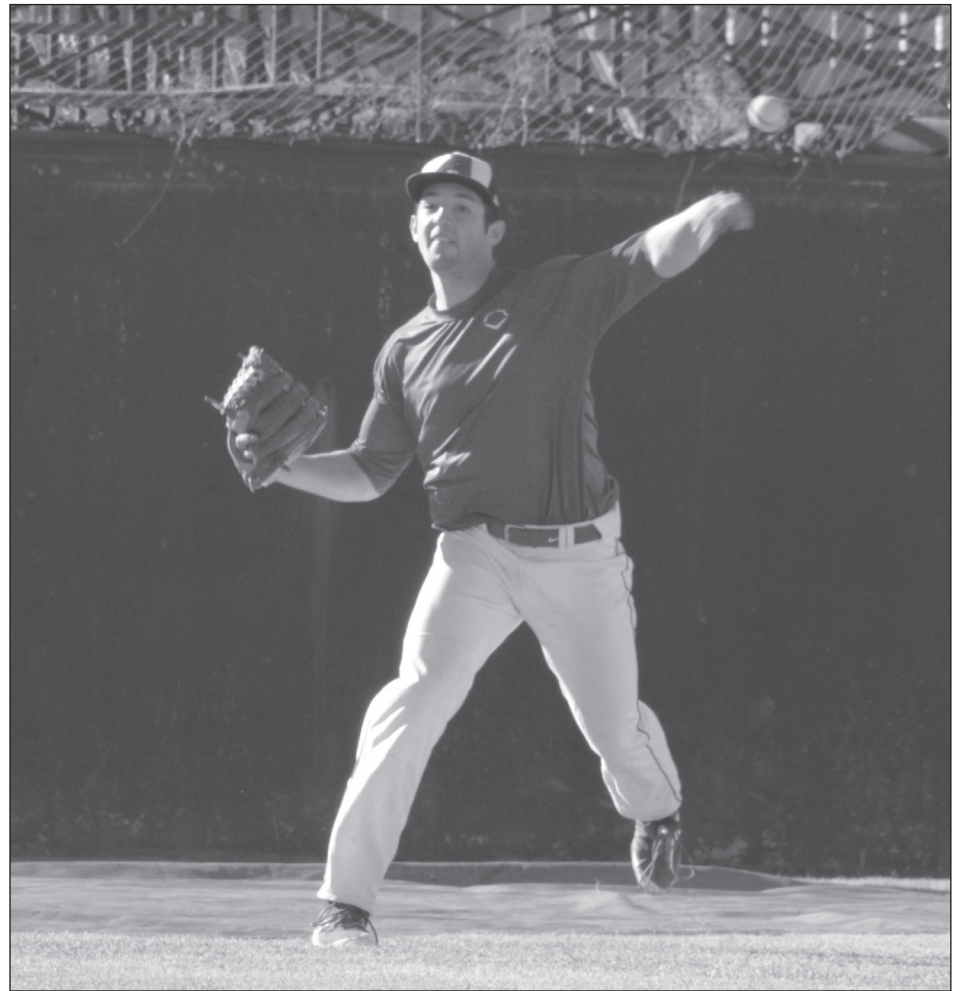


PHOTO BY STEVE SETO

Pitcher Andrew Grieder throws to first base during a fielding drill at practice last Thursday.

"Respect on and off the field as well and what we bring off the field shows in the classroom and the community in how we interact in different places," said Grisbrook.

It can be tough for players to balance baseball and studies at the same time, especially while trying to win as many games as possible.

The team has an academic advisor at the college to help the students find a

student-athlete balance in daily life.

Hubka is the first to know if a player is straying from class or falling behind in his studies.

Building these strong ethics off the field is helping the players excel during the season as well as after they finish playing with PBA.

The team starts the season March 26 and hopes to win their sixth straight championship and ninth overall.

What's happening in our city



PHOTO BY TADASHI TOMIYAMA

Left: Little Leeland was having fun spinning around at the Henderson Lake on Monday afternoon. Right: "Guitar Wes" performs outside of Equires Coffee Shop on the corner of 7 St. and 4 Ave. South downtown on March 7. He said he enjoyed taking advantage of the nice weather to get out and play.



PHOTO BY AARON HAUGEN

Photos by Meagan Williams

Extreme Career 2 Makeover



Dr. Paula Burns announces Cody Gray as the winner of the Extreme Career Makeover 2. Gray receives two years free tuition, books and accommodation in residence.

Winner Cody Gray hears his name called on March 9.



Remaining contestants receive their scholarships.



Cody Gray and wife Tanis embrace after hearing the good news.



Runner up Jaimie Griffiths reacts to her name being announced by Dr. Paula Burns in Centre Core on March 9.