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QUOTE OF THE WEEK

“My dad would bring in snakes, lizards and scorpions whereas another store would only bring in snakes or lizards or scorpions for a certain remedy.”

See RESTORING BOW ON TONG FOR ALBERT LEONG Page 3



November 4, 2016 Vol. 52, Issue 03



endeavour



Coats for Kids

United Way Lethbridge is starting their yearly drive to collect used coats.

By Kayla Sarabun Page 2



Reborn Baby Dolls

A local artist is handcrafting specialty dolls for a variety of reasons.

By Kayla Sarabun Page 5

Kodiaks Cross Country

Men's and women's cross country teams finished off their season strong at ACAC championships this past weekend.

By Nick Nielsen Page 8



60 Years of Lethbridge College Plenty of events planned for celebration

DARASHEA GREGSON
@darasheagregson

Lethbridge College is beginning its celebrations for its 60-year anniversary.

For the next 60 weeks, the college will be holding a variety of events.

It was the first publicly funded post-secondary institution in Canada.

When the college opened in 1957, they were renting out classrooms in Lethbridge Colligate Institute high school to 38 students.

Two of the programs were Automotive and Office Administration, both of which Lethbridge College still offers.

The college has grown to nearly 4,500 students on campus with the highest enrollment rate in 10 years and with 50 programs to choose from.

“What our number one priority today is our students. Student success is one of our values and one of our strengths, it is the thing we are really

proud of,” said President Paula Burns.

Storm Liversuch, Lethbridge College Students' Association vice president, says when we come together as a community, it's not for the benefit of the individual, but for the benefit of all.

“That investment becomes an investment in the future, a future of students, a future for jobs.”

Liversuch believes this is what Lethbridge College is striving for. He also thinks as we reflect on the past, we can boldly look to the future with hope and ambition. College

“Student success is one of our values and one of our strengths, it is the thing we are really proud of.”

PRESIDENT PAULA BURNS

student Jarrod Crashley said he picked Lethbridge College because it was one of the schools he could get into.

“The college was accepting, family friendly and had the program I was looking for,” said Crashley.

Celebrations for the anniversary will continue into 2017.

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Search is on for new board chair

COLE PARKINSON
@coleparkinson4

The search for higher power is underway. Replacing former chair Randy Jespersen, who was in the position for five years is a tough task.

Lethbridge College's Board of Governors is looking for a new chair, but not just anyone can fill the role.

President Paula Burns says the board chair needs to have the necessary proficiencies to be compatible with the board.

"What we do is look across all board members to make sure we have all skillsets we need. When it comes to the board chair it is important that they have some leadership ability when it comes to running a board, good collaboration and relationship skills as well as being able to mediate conflict," said Burns. The board is currently made up of 10 members and any of those members can apply to become the board chair.

Burns says ideally they'd like to get four or five strong candidates to apply for the position before narrowing it down to the front runner.

The government has a role in narrowing down the applicants as they submit a list with rankings, then they work together to find the one who they both feel fits the best.

Even though finding a board chair is fairly urgent, Burns is comfortable knowing the board is in place and the search isn't affecting students.

"We have a great board, governance is happening. It's not affecting the students day to day. If we got to a point where we didn't have a board chair, I wouldn't even be concerned because we have solid board members who would be able to step in as an interim chair," said Burns.

Gwen Wirth, communications manager at the college doesn't have a seat on the board, but does a lot of the communicating when there are changes within.



PHOTO BY COLE PARKINSON

President Paula Burns, along with the rest of the board of governors at Lethbridge College, are looking for a leader who can mediate conflict.

Staff isn't affected by the search for a new board chair either and the president of the college does most of the communicating back from board meetings.

"The only person that reports into the board as a whole from Lethbridge College is the president of the college. They oversee a lot of things at the strategic level and do a lot of work behind the scenes," said Wirth.

With the deadline now passed, the sorting through process between the government and the college will begin.

When both sides agree on the candidate, interviews will happen. Then once they find someone who fits the bill, the position will be filled.

Coats For Kids needs your help

KAYALA SARABUN
@kayla9614

Nobody should be without winter clothes when the snow hits and the temperature drops.

Coats for Kids and Toasty Toes is a yearly drive that collects gently used coats and new socks for people of all ages who would otherwise go without.

Connolly Tate-Mitchell who works for United Way says it started as a small initiative, but has grown over the past three years.

"Last year we had a total of 450 coats and up to 1,000 other items of winter gear donated and this year we're on track to be about the same," said Tate-Mitchell.

The winter items get distributed around Lethbridge and surrounding areas where there is a need.

United Way works with lots of different agencies and partners in Lethbridge who work with at risk and disadvantaged populations.

Tanya Lee is a fourth year student at Lethbridge College getting her justice degree and feels the Coats for Kids drive is a beneficial cause, (not only in Lethbridge, but) across Canada.

"No child should ever have to suffer the consequences of not having suitable clothing in the cold Alberta winters," said Lee.

The public can get more involved in many ways. Anywhere from baby sizes to something that might fit up to a 16-year-old are the sizes needed for this year.

There are multiple drop off points like any TD Branch to the United Way located at 1277 3rd Avenue South.

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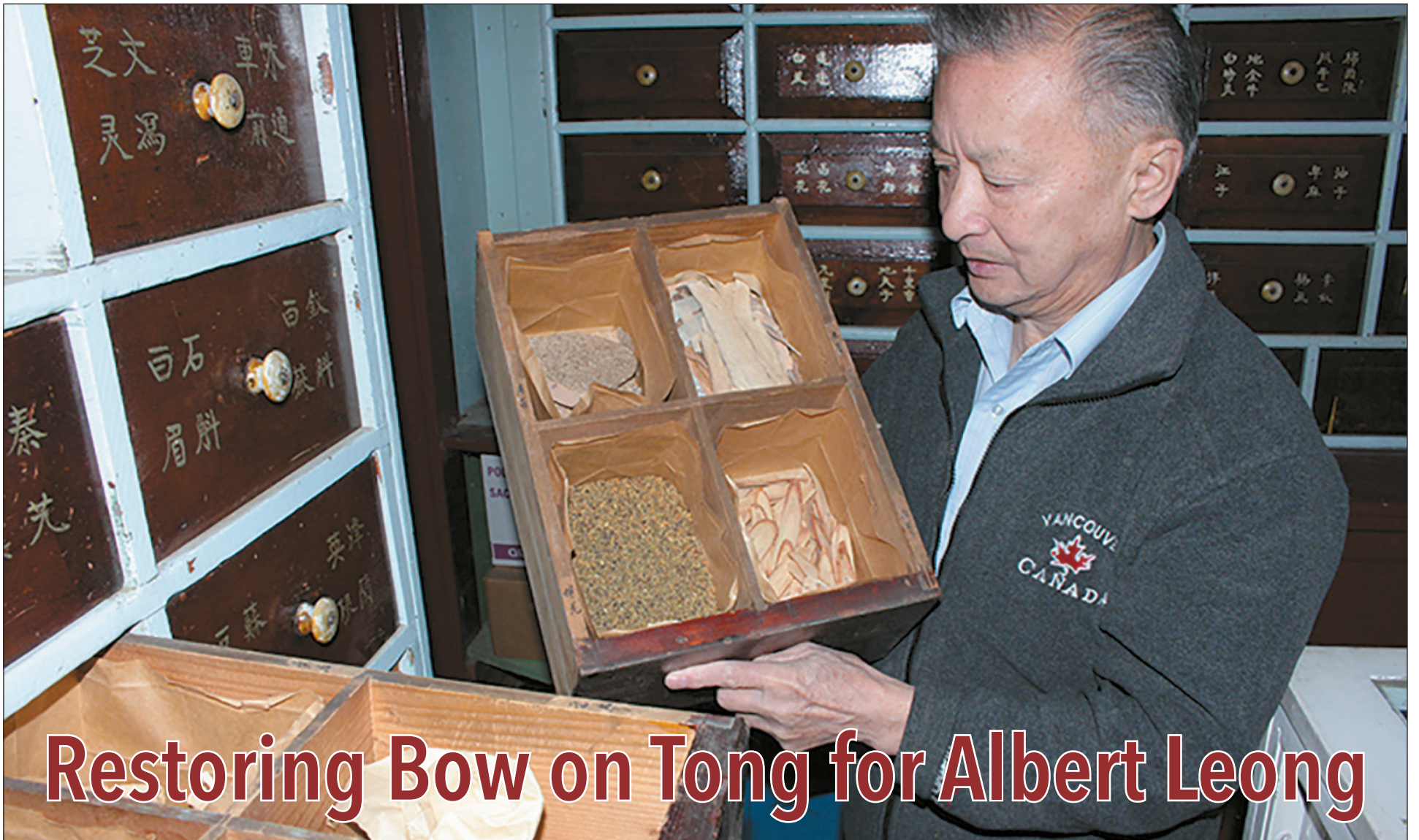
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Students Helping Students

Donations go towards the Lethbridge College
Students' Association Food Bank



Restoring Bow on Tong for Albert Leong

Albert Leong displays some of the original herbs and medicines still inside Bow on Tong apothecary.

PHOTO BY STEVE SETO

STEVE SETO
@steveseto

What is old can become new again. At 100-years-old, Bow on Tong apothecary is one of Lethbridge's oldest buildings in need of refurbishment. An apothecary is a natural medicine store established in the early 1900's that has Traditional Chinese Medicine such as herbal medicine and dried goods. Over the years, the building did not have the proper funding to maintain its structural integrity and is currently in the middle of renovations. The length of the project has now extended much further than originally expected. "The problem with this deadline is that it's driving on, which is nobody's fault, it's just that we're short on money," said Albert Leong who was born in the basement of the building. "When I moved out I was told it would take three months for me to get back in and now it's three years and three months." Leong hopes to be back in his home soon and share one of the many stories he has about living in the apothecary. "There used to be a saying that if my dad didn't have what you needed, no one had it. Because my dad would bring in snakes, lizards and scorpions where another



PHOTO BY STEVE SETO

Albert Leong shows off an old Chinese smoking pipe that was used in the apothecary. store would only bring in snakes or lizards or scorpions for a certain remedy," told Leong of many memories he still holds. Even when he isn't around, Leong wants the history of Bow on Tong to carry on and people to remember how important Chinatown was and is for Lethbridge.

"Say 50 years from now some kid comes in and says 'Look at this place, this is how it was in the 1920's,'" said Leong. "So that would be nice." The apothecary could be getting some good news in the near future as it is currently in a national competition to put \$40,000 into renovations and could be recognized by the province. "Bow on Tong [has] been one of our very important buildings, in fact we just got word the other day that it is on the final stage of being accepted as [a] provincial heritage site," said Ted Stilson, executive director of the Main Street Project. The importance of the building isn't only a big part of downtown Lethbridge, but it is only one of a few apothecary's left across the country. "The other good thing is there are very few Chinese apothecaries of that original build left in Canada, potentially North America, potentially in the world," said Stilson who has put years of work into making sure Bow on Tong holds its place downtown. Leong has his fingers crossed in hopes that they are lucky enough to win the competition, but knows they are in the same boat as other projects looking to reach their own goals. You can vote once a day until Nov, 15 on thisplacematters.ca to help Bow on Tong receive the necessary funds to bring it back to original form.

Free flu shots now available

TODD EAGLE CHILD
@toddeaglechild

As fall temperatures drop and the cold weather sets in, so does the flu season. According to Alberta Health Services the 2015 – 16 flu season had high H1N1 and Influenza B activity. The flu season usually begins in December, peaks in February and can last until May. Last season there were 5,311 lab-confirmed cases, 1,698 hospitalizations, 271 patients sent to Intensive Care Units and 53 fatalities due to influenza. This flu season Albertans are dealing with a number of different flu strains.

"We're protecting against four strains this year, H1N1, H1N3 and two B strains," said RN Jan Pawlak of Lethbridge College Health Services. "That's fairly normal." People getting the flu shots not only want to protect themselves but their loved ones as well. "My husband is on dialysis and he can catch the flu very easily so I get my flu shot so I don't pass it on to him," said Tracy Dickson, a Lethbridge College student. Along with your local clinic, there are a number of pharmacies offering the flu shot as well as the Lethbridge Exhibition Pavilion. For exact times, visit albertahealthservices.ca

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OPINION

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Lest we forget Christmas

We shouldn't have to delay decorating for the fact that we should be paying our respects year-round.

Christmas decorations will be up soon if they aren't already.

People will still honour the veterans on Nov. 11, many of which include our own relatives.

We don't get mad at those who put up decorations for Halloween before Thanksgiving. So why should this be any different?

We plan for numerous occasions months in advance, such as Valentine's Day or Halloween.

One can decorate for Canada Day weeks or over a month in advance, but when it comes to Christmas

decorations before Remembrance Day, it becomes an issue.

Christmas is one month and two weeks after Remembrance Day and for some it is their favourite holiday.

Remembrance Day is no different.

It is a day of remembering those who sacrificed their lives so we could have our freedoms today, not just a day off of work or school.

Why would we take only one day out of the year to remember those who gave everything when we should respect and remember them year-round.

Our veterans fought for our freedom and our respect.

Sometimes things are beyond our control, like work schedules or family members becoming ill.

People will celebrate Christmas early,

but it doesn't mean that they won't pay respect to our veterans by going to a cenotaph or wearing a poppy.

Of course, there are people dead set against it.

One of the biggest questions raised is what were the veterans fighting for? They fought for our freedom.

Keira Meldrum has family that served overseas and still continues to do so.

"I won't think less of you for decorating for Christmas, or whatever holiday you celebrate around that time. Why? Because we all have our favourite holidays," said Meldrum.

If you truly care about veterans, then you'll wear a poppy, go to the cenotaph and thank those remaining who sacrificed.

Pay your

respects by actually thanking those who fought. Treating it as just another day off, sitting in front of the television or lounging about in bed is not showing your respect.

Get up and thank a veteran.

Thank those who are still fighting in combat overseas. Respect and thank our veterans every day of the year. They fought for us for days on end and in brutal conditions. It wouldn't be right to thank them just one day of the year.

Don't get upset over people who also love other holidays that still have months to come.

What truly matters is that we don't forget about those who so valiantly fought in the war so that we could have and continue to have the freedoms that we have today.

Lest we forget.

"We don't get mad at those who put up decorations for Halloween before Thanksgiving."

e LIFE

Reborn Baby Dolls the key to recovery

KAYLA SARABUN
@kayla9614

It's a labour of love.

Countless hours of work go into handcrafting each and every single reborn baby doll.

Deedria Shaw is a soul artist who creates Heirloom Reborn Baby Dolls here in Lethbridge which are then shipped around the world.

They all have a multitude of uses.

"It's for anxiety, for people that have problems having children, or for people that don't want to have children but want to have that nurturing. For men, women, children, for children that suffer from anxiety or that have lost a sibling," said Shaw.

One of the more popular and well-known uses of the dolls have been to help those with dementia or Alzheimer's. They began to become more popular in the United States and Europe in 2010.

Recently, The York Care Centre in Fredericton started using the dolls to bring comfort to those living with Alzheimer's disease.

The dolls are very lifelike, from the way they are

Painted to how much they weigh.

Christen Friesen is a 14-year-old girl that likes to interact with the dolls because of how lifelike they are.

"[I] like how detailed they are, how unique they are, how heavy they are. The weight of them," said Friesen.

The dolls are very intricately made with countless hours of work going into the creation of each.

From washing the kits, to hand painting and baking each layer of paint for 10 minutes at a time, it can take upwards of 40 hours to complete the lifelike appearance.

The dolls are so real, that Shaw has been pulled over by the Lethbridge Police when transporting her dolls in her car, because they weren't in a car seat.

"I always make sure to put mine in a car seat, I don't want to be pulled over," said Renee Schellhorn, the owner of reborn baby dolls.

Each of the dolls can be handled and dressed like a real

baby, with one major difference.

The dolls won't grow out of the clothes that you buy them.

Deedria Shaw can be found on Facebook along with a selection of her work on different Lethbridge buy and sell pages.

"I like how detailed they are, how unique they are, how heavy they are."

DEEDRIA SHAW



PHOTO BY KAYLA SARABUN
Renee Schellhorn and her reborn baby dolls wait for the Halloween party to start.

Research and efforts being made to end homelessness

STEVE SETO
@steveseto

Most of us don't worry about where we rest our heads to sleep. In many cases around Lethbridge, people face the reality of homelessness.

The provincial government and communities around Alberta are doing their best gathering information in an attempt to end the number of people sleeping on the streets.

Seven cities throughout the province participated in a point-in-time count where volunteers went out around the city to assess how many people were

without a roof over their head.

"It's a snapshot of homelessness in our city. The purpose of the event is to try and capture through that one picture what the scope of homelessness is in our city and how we can best work towards meeting those needs," said Shauna Cox, Housing First Program Specialist for the city.

These events are all part of efforts made to see what can be done to bring people into shelters and back up on their feet.

"Within that plan to end homelessness is our strategic plan to provide services and to try and meet the need of homelessness in the city. The end goal is

of course to end homelessness within the city of Lethbridge," said Cox.

The range of the issues in being on the streets can be not having enough money to put food on the table. Lethbridge's lower cost of living makes it an attractive place to move in the midst of Alberta's economic downturn.

"Because of what's happening in our economy in Alberta, Lethbridge is seen as a lower cost living community, so we actually have an influx of communities moving here for that lower cost of living," said executive director Turdy Carrels of United Way.

Carrels knows awareness needs to be

created for these issues and is looking to focus at the younger generation to be more involved. United Way holds events for college and university students to become engaged on what it is like to live in poverty.

Cox said homeless awareness should not be ignored and more community action should increase to help end homelessness.

"The plan to end homelessness is based on the premise that housing is a human right. These are our neighbours, these are our community members and we want to recognize we share this community with them."

The important step in disasters is being prepared

DARASHEA GREGSON
@Darashea.Gregson

Being well equipped for winter driving conditions is one of the many things students should keep in mind as the weather changes.

In the Canadian Red Cross emergency preparedness guide it recommends you be prepared to take care of yourself and

your family for an extended period of time.

If a disaster happens in your community, it may take emergency workers some time to get to you.

"You should plan for what emergencies there might be and plan for every situation. You should keep water on hand. You need a 72-hour kit and enough gas in your car and put away a little extra

money," said Debra Pitcher with LDS family services.

Gini Holoboff, a recent graduate from Vauxhall, says when thinking of the fire in Fort McMurray she wonders if more could have been done to safely get out of the situation.

"It is important to be prepared all the time I think because you never know what is going to happen down the road," said Holoboff.

University student Matt Emery says planning ahead is not something he does very often.

"I don't like thinking ahead much. It's hard being a student and finding time just for life and school," said Emery.

The Red Cross says emergency preparedness is a shared responsibility. Individuals who can find ways to help them and their family will help to lessen the burden on all levels of government.

Reimagining The Indian Act

**Eagle
Eye**

by
Todd Eagle Child



The Blood Tribe elections and the Dakota Access Pipeline protests are a few of the things going on in Indian Country.

Native politics basically boils down to the Indian Act created by Sir John A. MacDonald in 1876.

Everything about the Indian Act was an assimilation policy - reservations, residential schools, and the suppression of native language and religion.

Even though Canada has tried to implement Indigenous Relations, as long as the Indian Act is still what governs First Nations, nothing much will change.

The new chief and council will still run the affairs of the reserve but the real decision making comes from Indian and Northern Affairs Canada.

The reservation sits on Crown land owned by the federal government, making it difficult for any type of loans or liens.

If there are no businesses, there is no economy. If there is no economy, there are no jobs and reserves will remain in a third world status.

So First Nations need to make changes to the Indian Act that will enable prosperity not only financially, but to regain sovereignty as a real nation.

Election day for eligible voters will be on Nov. 22 in Standoff, AB and at the Sik-ooh-kotoki Friendship Centre in Lethbridge from 9 a.m. to 7 p.m.

Talking about protestors that brings us to the Dakota Access Pipeline threatening the water supply of the Standing Rock Sioux Tribe.

The 1,200-mile pipeline is a \$3.7-million venture and will transfer 500,000 gallons of crude oil from North Dakota to oil refineries in the Gulf of Mexico.

The pipeline was originally supposed to go under the Missouri River by Bismarck, ND but was diverted because it threatened the city's water supply.

Since there is a media blackout you won't see any of the peaceful protestors getting maced, shot with rubber bullets or violently arrested and detained.

Celebrities joining the protests are Jesse Jackson, Marc Ruffalo, Shailene Woodley who was arrested, as well as Ben Affleck and Leonardo Di Caprio who voiced their support.

As the pipeline also threatens 17 million people downstream it is being protested across the United States and seen on social media around the world.

In a show of solidarity, a Standing for Standing Rock rally will be held at Henderson Park, Nov. 5 at 2 p.m.

Little Monster Playtime at Boo Bash



PHOTO BY TODD EAGLE CHILD

Mason Wafer bounces a ball at the Family Centre's second annual Halloween Boo Bash at the Exhibition Pavillion on Oct. 29. Check out the full gallery at lethbridgecampusmedia.ca

Athletes supporting athletes Kodiaks achieve success as a team

DARASHEA GREGSON
@DarasheaGregson

Kodiak athletes not only compete on their own, but they also cheer on their entire Kodiak family.

Athletic director Todd Caughlin brought the idea of Athletes Backing Athletes from previous schools he worked at down in the states. He saw the initiative trying to start but it never took off.

"From what I saw, I learned a lot of what not to do to get it going and we have been able to initiate it up here."

Caughlin has started the program to create a culture of support within every single team. He noticed that most athletes did not know the players on other teams.

"It's a chance for them to come out and cheer their fellow student athletes

and give them what they want when they compete," said Caughlin.

"It's been a great program and I hope that the athletes keep buying into it."

Being a student athlete takes a lot of time management and preparation because you have to balance studying,

"Everyone wants to have a big crowd, why not."

JANELLE GRAHOM

game time and class time.

"Having [fellow athletes] for support, you can't ask for anything better. It makes it one big family," added Caughlin.

Carlos Mena, Kodiaks cross-country

runner said it's a great way to each other on.

"It's just a way for us to support our fellow Kodiaks and get some wins and hopefully some banners."

Mena adds the energy Kodiaks athletes bring the audience helps gives teams a boost in confidence.

"It helped pump them up seeing that some of their fellow athletes are cheering them on."

Fellow runner Janelle Grahom believes support is a two-way street.

"Everyone wants to have a big crowd, why not. You should support other people and get supported."

Caughlin believes that this will help bring the athletes closer together as the result of a new athletics policy that requires athletes and teams to turn out and support one another.

eSPORTS

Skating to the front of the line

COLE PARKINSON
@ColeParkinson4

The Coaldale Copperheads are once again in a battle for first in the Heritage Junior Hockey League. (HJHL)

The team has only lost one game so far this year and currently sit tied with the Cochrane Generals at the top of the southern division.

Despite their success so far, coach Derek Wiest says the team can still improve on their game.

“We were lacking in the defensive zone, we are kind of running around. We want to clean that up a bit,” said Wiest.

This is the third year with Wiest behind the bench as head coach. Two years ago they won their first HJHL championship.

The team has been a powerhouse in the south division ever since the current staff took over and so far this year that trend has continued.

Coaches and players say support from the fans and the community of Coaldale is also a big reason behind the success of the team for the past few years.

The 2016-17 season has gotten off to a good start and has given fans and the team a reason to be excited to see what the group can accomplish.

Team captain Ryan Swier hopes to see his team get better as the year goes on and return to the top of the league.

“There is obviously still more to work on, the little things are what win championships. To win the league is essentially our goal,” said Swier.

The squad hasn't been to the final since 2015 when they beat Blackfalds in three straight games.

Last year they were ousted by Cochrane in the south division final.

The two teams are once again at the top of the standings this year, with Coaldale winning the first game against Cochrane.

Both the coaching staff and Copperheads players say they expect it to be a back and forth battle all year.

“I think they will be our big rival in the South, hopefully it's us two in the south final again,” said goaltender Dillion Kelly.

There is still lots of season left but both teams look to be heavy playoff favourites as they each have plenty of experience in the post-season.

The Copperheads will be looking for retribution but first they get to play them in the regular season three more times.

After beating them 9-3 in their first match up, Coaldale will travel to play Cochrane on the road this Friday.



PHOTO BY COLE PARKINSON

Coaldale Copperhead Matt Krusky chases the puck during a game against the Cochrane Generals on Oct. 22.

Not all kicks and giggles for the Kodiaks

NICK NIELSEN
@nicknielsen

The Alberta Colleges Athletic Conference's soccer post-season began last weekend, but it started without our home town Kodiaks.

The women finished the season with a record of 2-8, finishing last in the southern conference.

Part of the women's troubles came from their inability to score. They only managed to put eight goals into the net this year, finishing with the second least in the southern conference.

But the offensive side of the game was not their only problem. The Kodiaks also were not much better on the defensive side.

The team let in a total of 29 goals, second worst in the league to only the Keyano College Huskies.

Mike Racz, head coach, is not willing to make excuses for his team and is still optimistic for the team next year.

They only have a single player leaving the team this year, midfielder Mikayla Luettecke, a fourth year nursing student.



PHOTO BY NICK NIELSEN

Kodiaks Lyndee Saler (right) and Kaylin Snodgrass (left) fighting Lakeland Rustlers defenders in their second last game at home.

Leaving the team with a large core of young players is something Racz is excited about.

“Luckily both teams are a little

younger, so the chemistry they built this year should transfer over to next year. Now it's just a matter of fine tuning a few things,” said Racz.

As for the men, they didn't fare much better than the women.

The men finished with a 3-7 record for the second last spot in the southern conference.

The scoring was a problem for the men as well as they finished with 10 goals, second worst in the southern conference.

The defence let in 21 goals this season third most in the league.

Throughout the year the guys were only involved in a single game that ended in a one-point difference.

Samuel Wabugwe, midfielder for the Kodiaks and a third year nursing student, thinks the team was getting on the right track.

“We had some struggles, but in the end it started to feel a little better. We had some tough games against some tough teams, we just needed to finish.”

The soccer teams are done until next season, but there is still plenty of Kodiaks action for you to enjoy.

Basketball and volleyball are in full swing, with both teams in action at home this weekend. Visit gokodiaks.ca for a complete schedule.

Lethbridge sweeps its way into new house

COLE PARKINSON
@coleparkinson4

The Lethbridge curling club has a new home.

After signing a 10-year lease with the ATB Centre, the club now has a long-term future on the west side.

The joint venture between the club and the city has given the home town curlers a brand new site to grow the game.

Rob Miyashiro, a city Councilor, is a curler himself and says the new building will have an impact on the popularity of the sport.

"I was there one night and there was 40 people there learning to curl at a course, which is pretty significant and I never saw that at the old rinks which is pretty cool for the club," said Miyashiro.

The Civic Ice Centre was the club's leased out home for over 60 years.

Due to the city owning the building, the Curling Club had to rent the ice out.

When they moved over to the ATB Centre, both parties were in negotiation on the financials for the lease.

"The curling club and the city started talking about what it would cost for the Curling Club to be there. We wanted to make sure the lease was fair to both sides," said Miyashiro.

The City of Lethbridge and the club have already made big plans for the new recreational facility.



Lethbridge Curling Club Ladies League play at the ATB Centre on Oct. 24.

PHOTO BY COLE PARKINSON

The 2017 World Mixed Doubles and World Senior Curling Championships will be staged at the ATB Centre later next year.

Before that gets under way, the regulars get to break in the ice.

The 10 ice sheets are booked constantly during the week by the leagues associated with the Curling Club.

"I think it means so much advancements, so much fun, so much good curl-

ing and hopefully the sport will improve and grow," said curler Trish Cullen.

Cullen is excited to be able to play in the brand new building and to see if people from the community join the sport because of the new complex.

"It has all the latest technology which helps provide really good, consistent ice. These things allow both competitive athletes to refine their game, as well it allows recreational curlers to develop skill," said

Krista Shortridge who has been curling for over six years.

The amount of ice available gives those who are competitive curlers as well as those who have never played but have an interest in curling, plenty of chances to get out and play.

The curling club has league play on Monday, Tuesday and Thursday as well as open play league's for those interested in joining.

Three Kodiaks to represent at ACAC nationals

NICK NIELSEN
@nicknielsen

One Kodiaks athlete had the time to catch her breath and grab a sip of water before the next competitor crossed the line.

Emily Spencer finished 36 seconds later to take third place in the race.

"I had a great race and it was tight down to the end. Finishing with a bronze feels pretty good."

The Kodiaks cross country team was in action last weekend in Grande Prairie for the ACAC Championships, where they continued their strong season.

On the women's side of the tournament, the team was led by Rachel McKenzie and Spencer, two of the team's nursing students.

McKenzie finished her 5 km run with a time of 20:20 taking the first place finish.

She became the first Kodiaks woman to take the title since Purity Kandie, another Lethbridge College runner took home the honours in 2009.

The women's team managed to secure the second place medal in the competition as Kirstyn Janzen and

"I feel like I've found my stride really well this year."

BOAZ KORIR

Janelle Graham both finished 10th and 18th respectively.

As for the men, Boaz Korir stole the show for the Kodiaks as he finished his 8 km race in 28:23, 34 seconds behind the winner from SAIT, earning Korir a silver

medal.

Korir says he has felt great all year running and it's been a great season all year.

"I feel like I've found my stride really well this year and I haven't been able to stop."

Behind Korir was Alex Andres, who finished fourth in the men's 8 km with a time of 28:45, seven seconds behind third place.

After battling injuries, former ACAC champion Edwin Kaitany managed to pull off a 12th place finish, and Dayton Jans managed to finish 22nd, giving the Kodiaks the silver medal to match the women's team.

Korir, Andres, McKenzie and Spencer all earned ACAC All-Star selections and will be representing the ACAC at the Canadian Colleges Athletic Associations in Sault Ste. Marie, Ontario, Nov. 11 and 12.

The Kodiaks finish the season as the top combined men's and women's team at the ACAC championships.