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QUOTE OF THE WEEK

*“There are far too many women and girls
in this country who are being assaulted
and victimized each and every day.”*

See RACHAEL HARDER, BETTER, FASTER STRONGER, Page 3



December 2, 2016 Vol. 52, Issue 05



endeavour



Ellis assigned new role

Faron Ellis becomes chair of applied
research.

By Steve Seto Page 3



Cirque du so latex

Third Condom Couture fashion show
helps to promote sexual health in
Lethbridge.

By Todd Eagle Child Page 5

Setting up success in ACAC

Taking a look into the life of student
athlete Matt Primrose.

By David Selles Page 8



Warm Paws campaign collects clothing for less fortunate



PHOTO BY TODD EAGLE CHILD

The Kodiaks Warm Paws campaign gathered over 870 items this year. The Hands on Early Learning Centre was the recipient of some of the winter items on Dec. 1.



Construction continues on the new trades building at Lethbridge College. PHOTO BY NICK NIELSEN

Raising the roof at Lethbridge College

NICK NIELSEN
@nicknielsen

The new trades building at Lethbridge College is starting to take shape as construction continues.

Cranes are out lifting pieces to the roof and upper levels of the building.

The building is starting to take shape, with most walls being completely sealed.

The project seems to be running smoothly according to Gary Dunkin, Superintendent with N5 Glass Ltd.

“When I first got on site we were a little behind, but I cracked the whip and now we’re back in shape.”

The glass work on both the inside and outside of the building

has been completed.

The focus now is on the outer structure of the building before moving inside to finish up the building’s structure.

The project is still a long way from being completed.

The campaign to build the new trades building is one of the largest undertaken in southern Alberta and is the largest the college has ever spearheaded.

The college had many initiatives to support the \$70-million project, including the *Possibilities are Endless* campaign.

The fundraiser managed to raise \$27.8 million at the start of November when the college started its 60th anniversary celebrations, 10 per cent more than the project aimed to raise.

College president Paula Burns

says she’s excited for what the project generated for the college.

“We couldn’t be prouder of every single person involved in this campaign, or more thankful to the community that supported us to not only meet, but exceed, this ambitious target.”

The new space is going to open up a ton of new shop space for students to learn their trade.

“This was a true community effort that has already paid benefits for the college and its student and will continue to do so well into the future,” said Burns

The college has partnered with many different organizations in Southern Alberta to help fund the project.

If the project stays on schedule the building is set to be finished by late 2017.

Affordable child care is in our future

KAYLA SARABUN
@kayla9614

Childcare is about to get cheaper, at least in a few choice daycares across the province.

The government is fulfilling part of its promise by allowing 18 daycares across the province to provide care for only \$25 a day.

This works out to around \$500 a month which is a lot cheaper than other provinces.

Keira Meldrum works and lives in Elkford, British Columbia, she is also the mother of a 20-month-old.

"We pay a minimum \$60 per day here, average is \$66 plus," said Meldrum.

Almost triple what people here in Alberta will pay when the pilot project goes through.

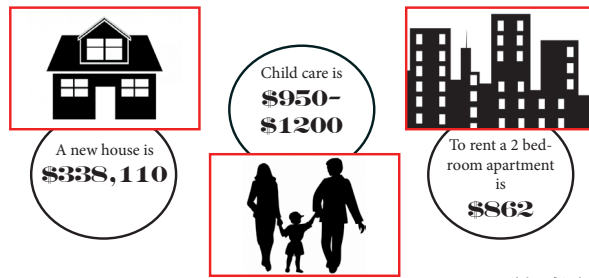
There are only 18 daycares that are part of the pilot project.

According to Living in Alberta, Health Edition, the average child care costs for licensed daycare in Alberta range from \$950 - \$1,200/month.

The average cost of rent for a two-bedroom apartment here in Lethbridge in 2012 was \$862.

Daycare is more expensive than rent in some cases,

IN LETHBRIDGE



INFOGRAPHIC BY KAYLA SARABUN

Average child care costs in Alberta is between \$950-\$1,200/month.

where you can rent a three-bedroom basement suite for \$1,250, working out cheaper per person than that of daycare.

Meagan Wickstrom has a six-year-old daughter, who was in daycare when she was a toddler.

Wickstrom thinks the lower cost of daycare would be beneficial to all those with children in daycare, as long as it doesn't affect the quality of care.

"Even when I had Alexa in daycare with subsidy, it

was taking more than I could afford out of my pocket. If they make a way to lower that cost for families I think it's wonderful, as long as it doesn't affect the quality of care, food and education given to the kids," said Wickstrom.

Lethbridge College has a daycare located on campus, located just off centre core.

Costs for the Hands On Early Learning Center depends on if the child requires full- or part-time care.

Full-time care is considered 100 hours or more per month.

Anything less than 100 hours is charged an hourly rate and the fees are set in August of each year.

The daycare runs from Monday to Friday and opens at 7:45 a.m. and closes at 5 p.m.

According to the Lethbridge College website, the Hands On Early Learning Center provides 40 accredited spaces, primarily for the care of children of Lethbridge College students (and staff members if space is available) from 19 months to school age. Parents should apply early for a spot as there is a waiting list.

The Government of Alberta will be accepting applications to become an Early Learning and Child Care Centre until Jan 20, 2017.

This is the first step toward \$25-per-day child care.

Farewell Béchard

NICK NIELSEN
@nicknielsen

Some major changes are coming to Lethbridge College's senior leadership.

Michel Béchard, the college's executive director of advancement and external relations announced Monday he will be stepping down from his position.

Béchard's responsibilities at the college revolved around the public relations and fundraising for the college.

Lethbridge College president Paula Burns says the time Béchard spent at the college has been full of accomplishments both for Béchard and for the school.

"His heart truly is in collaborative partnerships and as a result we have gained many new connections," said Burns.

Béchard was a major part of some of the college's largest campaigns.

He was the head of the *Possibilities are Endless Campaign* which raised \$27.8 million towards the new trades building.

He also led his team in the *Extreme Career Makeover* last year and has currently been working on celebrations for the college's 60th anniversary.

Béchard says the time he's spent at the

college has been very rewarding for him.

"It's definitely been the people, the Lethbridge community is just absolutely amazing," said Béchard.

Before he came to Lethbridge, Béchard lived in Sudbury, Ontario and owned his own marketing company for four years.

Besides that, Béchard's past experiences include a six-year tenure as Laurentian University's director of public affairs, and 10 years working for other post-secondary and non-profit organizations.

"Right now I don't have any plans. I'm just going back to be closer to family."

Béchard's departure leaves a gap to be filled.

Three of the college's communications specialists will be taking over Béchard's day-to-day duties, while the revamp of the college's new website will be handed off to Simon Griffiths, vice president corporate services and chief financial officer.

Burns has announced that over the last few months, she's been looking at ways to change executive leadership structure at the college early next year.

Béchard's last day at the college is Dec. 16.

Pipeline protests continue

TODD EAGLE CHILD
@toddeaglechild

A movement of people in the U.S. concerned with environmental safety regarding oil pipelines, are staging protests and local support is growing.

On Nov. 5 and 15 rallies and flash mobs were held in the city by people standing in solidarity with the No Dakota Access Pipe Line (#NoDAPL) water protectors.

"People are being shot at, their civil liberties are being stepped on, there's crimes against humanity, we need the world to know and everybody to come together to try and make a change. We can't forever depend on fossil fuels," said William Singer III, a local Standing Rock supporter.

"It's real punitive, they were treated very poorly in jail..."

JUANITA SLOSS

The Dakota Access Pipeline is part of the Energy Transfer Partners who are building the pipeline with the Army Corps of Engineers (Corps).

The Corps who fast tracked the construction, were issued a restraining order to stop the project by U.S. Judge James Boasberg and to withdraw permits.

Construction continues on the 1,825 kilometre, \$3.7-billion (U.S.) pipeline which starts from the Bakken oil fields of North Dakota to Patoka, Illinois.

The #NoDAPL water protectors are from the Standing Rock Sioux and now include people from all walks of life and professions.

The pipeline was originally planned to pass by Bismarck, North Dakota but since it was a hazard to the city's drinking water, it was diverted to the northern edge of the Sioux Reservation.

The pipeline will travel under major rivers such as the Missouri, Mississippi and Lake Oahe, where the Sioux get their drinking water.

The Sioux sued the project claiming it violated several federal laws, including the National Historic Preservation Act which protects historical sites from infrastructure.

People protesting the pipeline have been shot with rubber bullets, sprayed with water in freezing temperatures, have had attack dogs unleashed on them and jailed.

"They were mostly women, they were surrounded and ambushed on two sides and were taken to jail," said Juanita Sloss from the Blackfeet tribe who was at Standing Rock.

"It's real punitive, they were treated very poorly in jail and strip searched... They've been traumatized by the government so many times and it's time to leave them alone," said Sloss of the

Standing Rock Sioux.

Political and celebrity figures have allied with the protestors such as Senator Bernie Sanders, Shailene Woodley (who was arrested), Mark Ruffalo and Susan Sarandon.

On Nov. 29, Federal cabinet approved two pipelines in Canada, the Trans Mountain which seen opposition for lack of consultation of the indigenous tribes located on its route.

Line 3 which, runs from Alberta to Michigan, spilled 3.8 million litres into the Kalamazoo river. The line will double in capacity and needs replacement by December 2017.

The Corps recently issued an eviction notice for Dec. 5 of the Oceti Sakowin encampments at Standing Rock Sioux Reservation where protesters have been camped.

A day of action is planned for Dec. 5 with people across the world taking part in their own rallies, including here in the City of Lethbridge.

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Rachael Harder, better, faster, stronger

STEVE SETO
@steveseto

It has been just over one year since the youngest Member of Parliament (MP) from the Lethbridge riding was elected. Rachael Harder, the 29-year-old of the Conservative Party won her first seat in last year's federal election.

Harder is helping tackle issues happening in Lethbridge out in Ottawa and bringing up the conversation with important subjects.

"I am particularly passionate when it comes to violence against women. That is something we are studying right now on the standing committee for the status of women in parliament. It is a subject that I brought to the table and asked us to study and certainly want us as a country to take it very seriously," said Harder who feels that people should be safe whether they are walking to work or sleeping in their own bed.

"There are far too many women and girls in this country who are being assaulted and victimized each and every day," added Harder.

Alberta's economy has had some struggles over the past year with job loss spreading throughout the province. Harder knows there is work that needs to be done to get the economy back on the upswing.

"The provincial and federal government both have a responsibility to play in terms of helping people get back to work. And the best way to do that is by facilitating an environment where private enterprise is going to thrive. It's providing an opportunity for businessmen and women to create jobs," added Harder.

Being an MP means Harder spends a lot of her time in Ottawa on Parliament Hill. Plane rides back to Lethbridge gives her a chance to unwind without having to answer emails or take phone calls.

"You can just slow down a little bit and I'm learning to appreciate that more and more as the job goes forward. Sometimes I use that time to unplug and watch a movie or catch up on a TV show," said Harder.

The biggest part of it is spending time away from home and Harder misses being close.



PHOTO BY STEVE SETO

Rachael Harder addresses the crowd in Coaldale on Nov. 25 right after the unveiling of the Canada 150 maple leaf for next year's celebrations.

Harder says one of the biggest tests isn't the job itself, but spending time away from southern Alberta.

"I would say for me probably one of the challenges of this job that I face is being away from home so much. Being

away from community, being away from friends, from family, being away from the people who keep me grounded and the people who I love," adds Harder who tries to connect with those whenever she is back in Lethbridge.

All downstream from this point onwards

TODD EAGLE CHILD
@toddeaglechild

As the topic of clean sustainable water becomes a world-wide issue, a local organization is bringing awareness to the Lethbridge public.

On Nov. 23 at the Public Library's main branch, the Oldman Watershed Council (OWC) presented its latest research, historical project and videos.

The OWC is a not-for-profit and community-based organization working to find practical solutions to environmental challenges.

We are all downstream was the core message. It asks in a nutshell: how did we get to where we are today? Where are we today?

To get people involved about taking care of their watershe, they showed videos to get people's attention to call, volunteer, donate and share information.

"It's all about just raising awareness about what the issues are, what's happening with our water, trying to inspire people to make a change in their life and to get involved in making a change in the community as well," said Shannon Frank, Oldman Watershed Council Executive Director.

There was a behind-the-scenes look at the

#oldmangoestohollywood film project and a Q&A moderated by Knud Peterson of the Southern Alberta Council on Public Affairs.

The vision for the council is for a healthy, resilient watershed where people and wildlife can survive in the Oldman basin.

The council wants more community involvement to make better decisions about watershed management and health for clean drinking water for generations to come.

The Government of Alberta released the "Water for Life" action plan, the strategy focuses on healthy ecosystems, water quality for safe consumption and economic supply.

The balance between economic development and environmental preservation is in managing the watershed.

The history of the watershed includes the Blackfoot people's input on historical events since they were the original habitants of the Oldman basin.

There is a film being produced by the OWC that is still in production and needs the publics input and support in order to complete it.

There are videos on the website aimed at different demographics on important information including the city's water treatment plants along the Oldman River.



PHOTO BY TODD EAGLE CHILD

Anna Garleff and Shannon Frank of the Oldman Watershed Council doing a public Q&A at the Lethbridge Public Library on Nov. 23.

"What's required right now is active change. We are at a point with our watershed where we can stop pussy-footing around and pretending that it's a problem for the future generations to solve. We all need to make change and we need to do it now and together," said Anna Garleff, OWC Senior Communications Specialist.

The OWC says the community can get involved by not using products on lawns that leech into the watershed and reducing water usage.

Ellis assigned new role

STEVE SETO
@steveseto

The Citizen Research Society Lab (CSRL) has found its new Research Chair.

Lethbridge College announced last week that instructor Faron Ellis will now take on the new responsibilities.

The new position will allow Ellis to focus more on applied research experiences for students at the college.

"What we've really done is allowed him to do more of what he loves to do," said Gina Funicelli, dean of applied research and innovation.

Ellis now has more capacity to research a variety of programs.

"It's very exciting, I'm now involved in

research that a political scientist normally wouldn't be involved in," said Ellis.


The program was established in 2001 right after Ellis began teaching at the college. The college president is excited to see what Ellis will do in the future with his expanded role.

"[It] will give Faron more time to oversee the CSRL, allowing the lab to take on more topics and work with a broader spectrum of students," said president Paula Burns who is proud to see the program put Lethbridge College on a national scale.

Ellis says the college has been tremendously supportive in funding and formal recognition for the work they've done over the years.

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Trudeau mourns Castro, Canada mourns Trudeau

Fidel Castro is dead and there's been a myriad of reactions across the world.

Prime Minister Justin Trudeau has extended remarks about feeling "sorrow" over Castro's death and how his father Pierre Trudeau was "proud to call him a friend" in his first appearance since his death.

These comments have sent people into frenzies over how Justin failed to mention Castro was a dictator and had less-than-stellar human rights policies.

After hearing the people's cries over how he remembered the Cuban leader, Justin has now gone back and expanded on what Castro was – a dictator.

It may have been a case of trying to be respectful after the man had just passed, but people aren't taking kindly to what Justin has said.

During the Castro regime though, Canada and Cuba had good diplomatic and economic relations so was Justin really in the wrong?

He should have given a reaction that better summed up what Castro was to Cuba instead of being flowery as he had already stated some negative comments.

Justin had brought up human rights issues with Cuban officials earlier this month.

He isn't 100 per cent in agreeance with everything Cuba has been doing.

Those who have been saying Justin is a "disgrace" and "an international embarrassment" need to tone back their over-the-top comments.

The critics have seemed to forget that Canada and Cuba have remained in each other's good graces for a long period of time.

In 1959, Castro took control of the Cuban government and Canada was one of two countries to not break relations with Cuba.

From prime minister John Diefenbaker all the way to Stephen Harper, trade relations were strong. Maybe Justin was just backing up what he saw and what history had shown between the two countries.

Pierre and Castro were known to be good friends and the Cuban leader was even an honorary pallbearer at the senior Trudeau's funeral in 2000.

Even though the two were friends, Pierre had been critical of Cuba's human rights policies and military involvement in Africa.

The younger Trudeau has already stated he would not be in attendance for the funeral as the prime minister's office has said "his schedule doesn't permit it."

Conservative leader hopeful Maxime Bernier urged the prime minister not to attend the funeral calling Castro "a brutal dictator who killed and imprisoned countless Cubans."

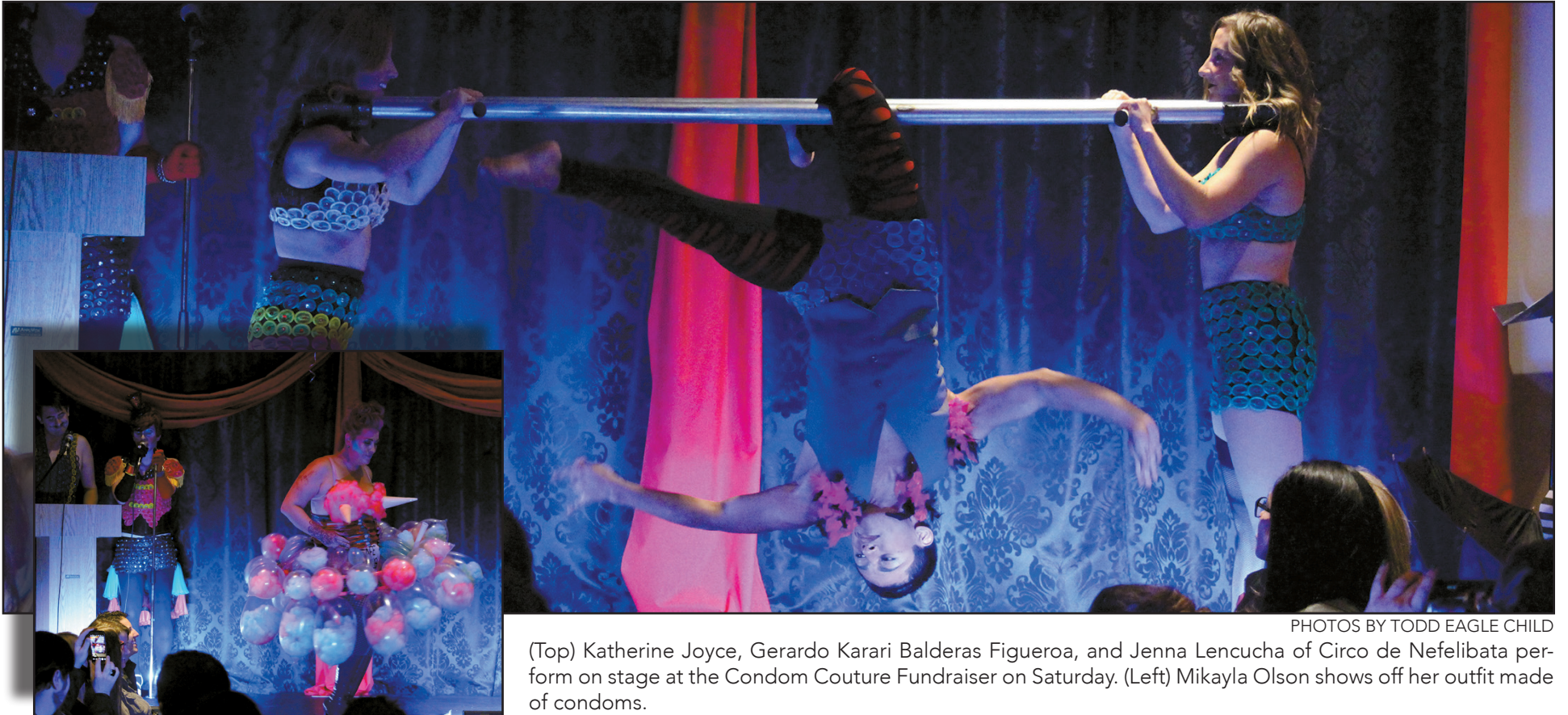
Now with Fidel Castro gone, the Trudeau government will want to keep a good relationship with Raul Castro, Fidel's younger brother, who leads the government.

Raul has promised to step down in 2018 which will signal a significant change for Cuba after nearly 50 years of power by the Castro family.

Justin Trudeau may even play a role in influencing Cuba to open up more trade opportunities with other countries and allow its people to emigrate to places they want.



eLIFE



PHOTOS BY TODD EAGLE CHILD

(Top) Katherine Joyce, Gerardo Karari Balderas Figueroa, and Jenna Lencucha of Circo de Nefelibata perform on stage at the Condom Couture Fundraiser on Saturday. (Left) Mikayla Olson shows off her outfit made of condoms.

TODD EAGLE CHILD
@toddeaglechild

Cirque du so latex

The age of the sexual revolution pushed those who had no voice or place in the community to the forefront of a movement.

On Nov. 26, Aids out Reach Community Harm Reduction Education Support Society (ARCHES) formerly known as the HIV Connection presented the third annual Condom Couture Fashion Fundraiser.

The fundraiser was in partnership with Club Didi and the Lethbridge College's Fashion Design and Sustainable Production.

The event was held at the Southern Alberta Ethnic Association (SAEA) that recognizes and celebrates cultural diversity that enhances environments in a respect-driven community.

Hosted by Mama Didi, the evening featured models walking the runway in the latest condom creations.

ARCHES recognizes the individuals who reside in

the community who are at risk by promoting safe sex, information and services in harm reduction.

The theme for this year's event was circus couture with performances provided by Circo de Nefelibata, a local troupe of aerialists, jugglers and acrobat artists.

The fundraiser was a chance to bring together local talent to showcase the diverse communities within the city by having a night of fashion and entertainment.

"It provides a lot of exposure to some pretty cool things like Club Didi and theatre. It shows off the skills of the designers and the college program," said Stacey Bourque, ARCHES Executive Director.

"It helped us build some bridges and made us visible. People recognized who ARCHES is and what we do and to deliver our message to a larger audience," said Bourque.

The talent and designs of the outfits created from

condoms allowed designers free range of what they could create and the outfits were well received.

The event was sold out and people from all walks came to support the show.

"Lethbridge is definitely willing to embrace unique events like this and come out and support organizations like ours...it's grown ever since...there were police officers, professors, nurses, everyone had a great time," said Bourque.

This was the third annual event aimed at promoting a safe, healthy lifestyle while having a blast.

The night was full of models displaying outfits, drag show performances and circus acts.

Local businesses and organizations included, Coulee Brew Co., Club Didi and Catwalk Salon.

For information on upcoming events and how to get involved, visit the ARCHES and the SAEA websites.

LGBTQ club offers support and services at college

COLE PARKINSON
@coleparkinson4

The LGBTQ club is offering support to those in need at Lethbridge College.

After many renditions of the club, this year's version features two key figures running the association.

President Tara Ludman and vice president Zachary Wigand have support systems in place and have opened talks to get the club up to their standards.

Ludman says she chose to see if she could run the club after hearing it was not functional at the beginning of the semester.

"I decided to open up the group and Zach was the first person to show interest in becoming vice president, I was really impressed with his application and he's been amazing," she said.

They got their start early in the semester and have already accumulated 28 members throughout the college.

As with all members of the larger LGBTQ community, there has been concern over the US Presidential race results.

Both Donald Trump and Mike Pence have stated views against same-sex marriages, transgender rights and other issues that affect the LGBTQ community.

Trump has been back and forth on the issue. In 2011 he stated he was opposed to gay marriage.

"I was a little hesitant at first with [Trump] holding the LGBTQ flag upside down but he has stated that he is still going to support the LGBTQ, so I just have my fingers crossed," said Ludman.

Trump stated in July of this year that he would do "everything in my power

to protect our LGBTQ citizens from the violence and oppression of a hateful foreign ideology."

Ludman isn't quite sure what to think of his back and forth comments but is hopeful Trump maintains LGBTQ rights.

Vice president Wigand says the goal of the club is to offer support and services for those in need.

"We'll be doing counselling and offering resources. We have connections in the community that can help inform people when events are," said Wigand.

Ludman and Wigand say a big reason for starting the club back up was for peer support from students at the college.

Ludman says she doesn't see the group as a club and more for peer support.

With the semester winding down, the club doesn't have any more events

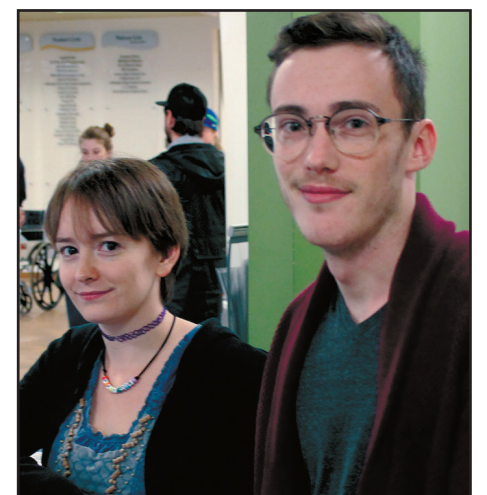


PHOTO BY COLE PARKINSON
Tara Ludman and Zachary Wigand are two students running the LGBTQ club this year.

planned but Ludman says ideas are already formulating for next year.

Lastar FM celebrates 20 years on the air

TODD EAGLE CHILD
@toddeaglechild

A local radio station on the Blood Reserve just celebrated 20 years of transmission.

Lastar Radio 89.9 FM is a radio station run by Anthony Many Fingers, known by his Blackfoot name "Saahkoikakatosi" meaning Last Star.

Lastar Radio's mission statement is to inform, entertain and enhance the radio content for the Blackfoot people of the Blood Tribe.

Many Fingers previously worked as a probation officer for the Kainai Community Correctional Society throughout the early '90s.

After being disenchanted by the justice system, Many Fingers wanted to pursue something else and after watching *Wayne's World* he was inspired.

"I saw *Wayne's World* and I thought if two long hairs could run media from their basement, I'm going to give it a try. So I took my savings ... bought some

equipment and away we went," said Many Fingers.

Lastar debuted its first broadcast on Nov. 1, 1996. The latest issue that was on the minds of the Blood Reserve community was the chief and council elections where candidates used the radio station as their personal platform.

Being the centre of attention on the reserve the radio station has been a place

where everyone wants to come and be a part of.

"We've had a whole slew of different DJ's, all kind of personalities from the community, celebrities and it's been a riot. I'm

"So I took my savings... bought some equipment and away we went."

Anthony Many Fingers

glad I chose this field, thanks Wayne and Garth," said Many Fingers.

As the future of aboriginal entertainment grows into all segments of possible programming, Many Fingers would like to move into television.

He would also like to see more aboriginal involvement in the news and entertainment industry to which he feels



PHOTO BY TODD EAGLE CHILD

Anthony Many Fingers has operated Lastar Radio from the Blood Reserve for the past 20 years.

is vastly under represented.

Many Fingers feels the treatment of the aboriginal community would improve.

Lastar Radio has the ear of the reserve, so community organizations use the radio station to promote their latest news, programs and issues.

"We've tried to touch base with all communities, starting each broadcast day with a prayer from various schools, we've dealt with most entities on the reserve," said Many Fingers.

Lastar Radio can now be heard live online at lastar89.wixsite.com/radio.

College helps fundraise for agriculture instructor

NICK NIELSEN
@nicknielsen

The Lethbridge College Aggies Club hosted a fundraising dinner on Tuesday night to raise funds for one of their instructors on medical leave.

The event was put on in honour of agriculture instructor Vince Ellert, who was diagnosed with prostate cancer five years ago and was forced to quit teaching this year to focus on his treatment.

The event had been kept a secret from Ellert and the reaction he had was an amazing thing to see as he walked into a room full of his friends, family and former students.

"I was really, really surprised to see a couple of my second year students at the door selling tickets and they said 'here you need a ticket' and there's my name on it, so quite surprised," said Ellert.

Since his diagnosis, Ellert has taken part in the Movember campaign to help raise money for cancer research and his students felt the need to return the favour.

That's why all proceeds of the event coming from



PHOTO BY NICK NIELSEN

Byrne Cook (left) and Vince Ellert catch up over the happenings of this semester at "A Night with Vince."

liquor and food tickets and a silent auction were donated to Ellert's cancer treatment.

Morgan Klaiber, president of the LCSA Aggie's club and one of Ellert's students last year, says she's extremely grateful to have had Ellert as a teacher.

"Vince has just always been a great inspiration despite

everything that he's gone through and battling cancer, he was never late for a class," said Klaiber.

Klaiber went on to say that having Ellert's uplifting personality and hard work is something that's been missed this year in the classroom.

"He was always a very positive influence, he brought a positive atmosphere to the classroom, he was funny and light hearted but he had a noble attitude towards teaching too."

Byrne Cook, the interim chair for agriculture at the college and a long-time friend of Ellert says Ellert has always been a special person.

"He's willing to pitch in and find time to do all of the extra things. We are missing his full-time presence and his ability to help out with Ag Expo and Career day and all of those things. It's a tough spot to fill," said Cook.

Ellert says the thing he misses most while being away from his students is the relationships he built with them.

"I was in Costco the other night and a young guy stops me and talks to me. I didn't recognize him, it's been 10 years since he's been in the program and people still after that time, they thank you for what you did for them," he said.

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Festive fun in Fort Macleod



PHOTO BY KAYLA SARABUN

Children dressed both themselves and their ponies up for the Fort Macleod Santa Claus Parade, this time as elves, on Nov. 26. For more photos from the event visit lethbridgecampusmedia.ca

Realtor tells students to embrace opportunities

KAYLA SARABUN
@kayla9614

The Business Club at Lethbridge College had a local entrepreneur visit them recently.

A graduate of the University of Lethbridge with a bachelor of management, Tyler Martineau has had a successful career since he graduated in 2003.

He has become senior partner and listing specialist for Tyler Martineau and Associates here in Lethbridge.

Martineau received "Rookie of the Year" in 2004 for real estate and since 2006 he has run the top team for RE/MAX in Lethbridge and area.

He spoke on how encouragement from those around you can help better your life, as well as not to pass any opportunity you are given.

"I was pointed in two different directions: real estate and the other one was life insurance... I played in a pro-am in the fall with a very successful real estate individual... I had a week to pick his brain," said Martineau.

He has listened to those around him who are successful and took what they said and put it to use.

The mission of the Business Club is to help students network with a diverse group of people. This is accomplished through various activities and events.

They work with the Lethbridge and District Chamber of Commerce, attend career fairs, fundraise and volunteer. For more information on the Business Club, check out their Facebook page at LCSA Business Club.

To learn more about any clubs at Lethbridge College, check out the Lethbridge College Students' Association.

Cooking up a storm at Lethbridge College

NICK NIELSEN
@nicknielsen

For most students at Lethbridge College, the food court is just a place they go to grab a bite to eat and study.

But for the students working behind the counter, the atmosphere is busier.

Culinary students are up every day and in the kitchen by 7:30 serving breakfast.

The student-run Garden Court Restaurant is unique to this post-secondary institution.

From purchasing ingredients to the preparation of food, culinary students are given the real life experience of owning

their own restaurant.

Culinary student Kayla Keetch says even though it's hectic, she's happy with the way things are taught.

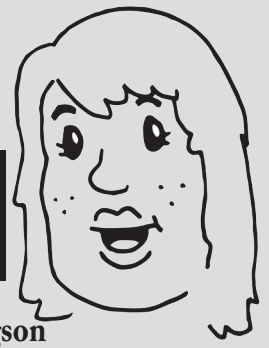
"It's definitely busy keeping up with assignments while also working in the kitchen, but it's great knowing that we're getting real-life experience before we are sent into the real world," said Keetch

As for students enjoying the service, John Curlew, a business student at the college, says it's great to have something so readily available.

The Garden Court Restaurant offers many options for students to enjoy and has different specials all year.

Dare I Say

by Darashea Gregson



Sports bars vs nerd culture

Sports are something that is a part of everyday society.

But why?

Do sports actually add to society?

I mean, it is a chance for people who enjoy watching their favourite team to talk with each other and bond.

But what about those of us who don't like athletics?

We can't use the line, "did you see that game last night," to find our friends.

So what do we do?

What I have done is to make references to my favourite shows in every day conversations.

If others watch the same show they will pick up on it. True, it is much harder to find friends that way, but it seems to have worked for me.

What about sports bars?

They have specialized places where you can watch your favourite game and get wings.

Why does this not happen with your favourite television shows?

If there was a bar dedicated to just science fiction television shows where you could order a pizza that looked like the Tardis while you were watching Doctor Who, I would be all over that.

Why should professional athletes get all the attention?

What about a place that airs season finales or premieres of shows and then has the show playing all night?

Why is it more socially acceptable to verbally cheer on your team that you have no control over how they do, than to gush over a new show that you have started watching?

True, things are changing, Lethbridge has opened a new board game cafe.

Should there be a bigger shift in culture?

I mean there is a lot of stereotyping in both groups.

The stereotypes for being a guy big into sports is that you may not be that smart or that you drink a lot of beer.

Whereas the stereotype for the social outcast is they don't like to leave their home and are just awkward to be around.

But if both groups work on understanding the other, interacting could be a lot easier.

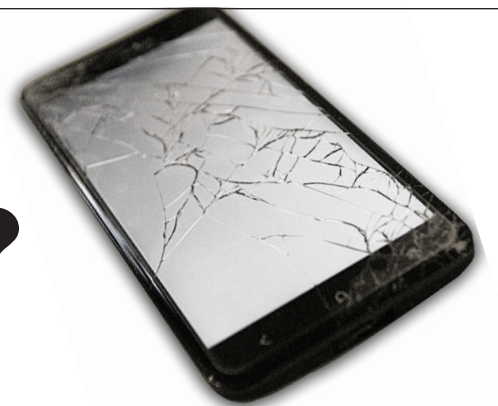
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eSPORTS



Shoes for Thought

Kodiak players show a diverse range of footwear options worn at practice on Wednesday Nov. 23.

PHOTO BY STEVE SETO

COLE PARKINSON
@coleparkinson

Athletes can be very particular with everything they wear, especially on their feet.

Most players can be seen wearing some recognizable brands on the basketball court.

Nike, Under Armour and Adidas are all popular shoes, but most players like to stick with a brand they feel comfortable with.

Change with an athlete isn't something that happens very often, especially with their gear.

One of the men's guards says he has tried other shoes but always comes back to Nike.

"I wore Adidas because my team was sponsored by Adidas so we had the Crazy Eight's but that's the only time. After that it's always been Nike," said Robert Myles III.

Other than the one season, Myles III says he has worn Nikes for around eight years.

While there are plenty of options brand wise for basketball shoes, Nike seems to be a popular one for Kodiak players.

Taking a look around the court during games or practices, it's easy to spot the Nike swoosh on many.

According to SoleCollector.com, nine out of 10 of the top selling shoes of last year's holiday season were *Air Jordan's*, which are produced by Nike.

Chris Maughan plays post for the men's team and he too uses Nike shoes, specifically Nike HyperDunk's.

Maughan uses the HyperDunk's now but isn't as committed to the big brand as Myles III is.

"I've been notorious to for just going to the States to Ross and finding what's on sale and in my size and just getting those," said Maughan.

Sporting a shoe size of 14, Maughan says finding the

size he needs is easy enough with online shopping and heading down south.

While most players have one go-to pair, some have different shoes for different situations.

Amy Arbon is a forward for the Women's Kodiaks team and like her male counter parts, she too likes what Nike has to offer.

She says she has a different pair of shoes for practice and for games.

"For game day I wear Air Jordan's because they're ultra-fly [laughter] and for practice I wear Kobe's because they're really light," said Arbon.

With tons of different types and brands of basketball shoes, players can find the shoe that looks and feels right for them.

Basketball players now have the choice of hundreds of different shoes and several different brands in order to find the right shoe for them.

A look through the eyes of a Kodiak

DAVID SELLES
@DavidSelles97

A local volleyball player is spiking a lot of things off his athletic career with the Lethbridge College Kodiaks.

Matt Primrose started playing in Grade 6 as an outlet and had no idea it would lead to him starting for the Alberta Colleges Athletic Conference (ACAC) team.

He grew up in Lethbridge and attended Gilbert Paterson Middle School where he started playing the game he would grow to love.

"Coming out of high school I didn't think I would be playing in Lethbridge. I thought I would be playing somewhere else," said Primrose.

Being able to come back and play in Lethbridge was a dream come true.

He had a couple of different options for where he could have gone to play.

"I could have gone to Medicine Hat or some other schools in the ACAC, but I stayed at home, with my family. You know staying within the community and staying with my friends was a huge pull for me," Primrose said.

Primrose is currently taking Canadian Studies at the college and hopes to transfer to the University of Lethbridge for his education degree. This also played a role in his decision to play for the Kodiaks.

Primrose had a list of goals heading into this season that he hoped will all be checked off by the end of the season.

"Obviously make the team, get some playing time and this past weekend I achieved another one which was to start. I knew that there would be some good guys ahead of me and that I'd need to work hard to get ahead of them. Hopefully I can continue to get more starts on a regular basis," Primrose remarked.

The Kodiaks are currently sitting at 6-6 on the season. Primrose believes that even though the record might not show it now, they can compete with the best.

"I think if we all mesh together. I think any good team can be beaten on any given day. Going into the second semester we need to have a different mentality and we need to go out and we need to get some wins."

The Kodiaks currently sit two points out of a playoff spot with 12 games remaining in the season.



PHOTO BY STEVE SETO

Matt Primrose and the team will return to action Jan. 6 when they take on SAIT in Calgary.