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QUOTE OF THE WEEK

*“We’d like to see changes in the way
the officers respond to these injured
animal calls.”*

Read About The Deer Protest on Page 5



January 25, 2019 Vol. 54, Issue 03



endeavour



Citizen Protest

Locals gather over outrage of a
Lethbridge police officer

By Chase Maley Page 5



Local Award Winners

Mocha Cabana wins a competition by
supporting local

By Megan McCoy Page 7

Kodiaks Action

Kodiaks mens volleyball team’s success
on and off the court leads to season long
winning streak

By Megan McCoy Page 10



PHOTO BY RYLEY MCCORMARK

Karen Hann holds a sign to show what she thinks about the Yellow Vest movement in Canada. She has been part of counter-protests taking place every Saturday in front of Lethbridge city hall.

Yellow vest protest immigration, energy sector

RYLEY MCCORMARK
@mccormark

Canada’s yellow vest movement has been holding demonstrations across the country, including Lethbridge.

Since November, groups have been gathering outside of city hall with signs, megaphones, and some controversial ideas. The yellow vest protestors held signs with slogans including, “No open borders” and “Trudeau for treason.”

For the past four weeks, the protests have been met with counter-protesters, who are showing Lethbridge is a welcoming community, to dispute the yellow vest’s anti-immigration claims, which they deny.

The counter-protesters held signs with slogans about Canada welcoming immigrants and some directly addressing the controversial claims of the Yellow Vest movement. Some signs included quotes from the bible.

Tammy Teneycke, a yellow vests protestor, said her involvement in the movement is over concerns of globalization.

“We can’t keep seeding power to the power that be, we don’t even know who they are. Nobody

voted for them,” said Teneycke. “We want our sovereignty. We want control of our borders, our nation, our politicians.”

The protests to this point have largely been peaceful with some arguments and shouting between sides about immigration and state-sponsored media.

On the surface, the yellow vest movement’s main points are protecting Canada’s oil and energy industry and exiting the UN, but it has been associated with conspiracy theories and white supremacists.

One viral video from a recent Lethbridge rally shows a woman wearing a “White Lives Matter” shirt, and describing herself as a “Pan Aryan.”

In France, the yellow vest movement is associated with pro-union and pro-workers’ rights.

However, it has been a movement popular with far-right groups in Canada.

One counter-protester, Karen Hann, says they shouldn’t be taken at face value.

“There are a few people that are distancing themselves [from claims they are a hate group], but if you look at the yellow vest pages, they are full of the anti-immigration sentiment, hugely

full of anti-Muslim sentiment. It’s just this racist, xenophobic, hateful attitude that’s still pervading their discussion.”

Teneycke says she doesn’t agree with the group’s association with white supremacists but says she can’t deny anyone their freedom of speech.

“It’s a public rally, anyone can come out. It’s free speech for everybody, it doesn’t mean I agree with them.”

The protests for the last few weeks have seen growing numbers on either side, with the counter-protestors outnumbering the yellow vest demonstrators every time.

“My great grandfather died in a POW camp because he was one of the first people in the Netherlands to stand up and speak out against the Nazi invasion,” Hann continued.

“There’s Nazis in Lethbridge and I’m standing up against them. If the men that contributed to me being in this world can risk their lives, I can give up a few Saturdays to come here and say no, this is a welcoming community.”

The organizers of the counter-protest plan to continue showing up every Saturday until the yellow vest demonstrations end.

Increased opioids leaving street drugs more dangerous

SKYLAR PETERS
@skpeters17

Street drugs in the Lethbridge area have been found with increased doses of lethal opiates over the past two weeks, compounding an issue that has already become a city-wide epidemic.

Drugs such as methamphetamine and heroin have become even more dangerous than they were previously, due to the amounts of substances such as fentanyl, becoming more and more prevalent.

This has resulted in increases of the rate of overdoses and deaths among drug users in Lethbridge.

ARCHES, Lethbridge's safe consumption site, has seen an increase of overdoses by nearly 20 per cent since the more potent drugs have made their way into the city.

"We use the same precautions every day, no matter what's going on," says Stacey Bourque, Managing Director of ARCHES. "From time to time the community sees batches of drugs that are more potent than others and see increased overdoses."

Though the alarming increase of overdoses is rare, it is not unprecedented in Lethbridge, Bourque says. On the safe consumption site's opening weekend, ARCHES saw 54 overdoses in a four-day period.

Bourque says ARCHES hasn't pinpointed any trends concerning the more potent drugs, but mentioned clients are bringing in colours of substances that haven't been seen before, such as red heroin.

Outside of the walls of the safe consumption site, the potent drugs have resulted in a busy week for members of the Lethbridge Police Service.

Members of the Downtown Policing Unit have been taking a proactive and aggressive approach to alleviate this problem.

"There's only one room inside the safe consumption site where drug use is legal," explains Ryan Darroch of the LPS. "We routinely arrest people using drugs in the alley (behind ARCHES), downtown, or anywhere else in our city."

The arrests have also been moving up the drug chain.



PHOTO BY SKYLAR PETERS

Naloxone kits such as this one, administer oxygen to the brain of a person who is overdosing on opioids.

On Saturday, the LPS arrested Cory Hagan on drug trafficking charges, after the accused was found downtown with multiple doses of purple carfentanyl that he was reportedly selling.

"From intelligence we've gained from the streets, the particular colour of this carfentanyl is one that has been linked to multiple recent overdoses," states Darroch.

Though the police believe they have one of the areas' suppliers of the drugs, doesn't mean that the problem is solved, says Bourque.

"I would encourage everyone in the community to carry a Naloxone kit and get trained to use it, so if you come across someone in distress from opioid use, you're able to use it"

Naloxone is a drug used to block the effects of opioids by sending oxygen to the brain.

The kits contain three doses of Naloxone, which can buy up to 15 minutes of time for emergency medical services to arrive. Also included in the kit are gloves, swabs and three syringes.

A Naloxone kit can be acquired at over 30 different pharmacies in Lethbridge and are free to anyone with an Alberta Health card.

THE OPIOID EPIDEMIC



Since 2016, opioids have been responsible for over 8,000 deaths

In 2017, 11 lives were lost every day in Canada due to opioids



A dose of fentanyl the size of a few grains of salt has the power to kill a human

Opioids were the leading cause of death among 30-39 year olds in 2017

#1



More than 50 percent of all opioid deaths are unintentional

Two-thirds of all opioid deaths in Canada are among men



source: canada.ca/opioids

INFOGRAPHIC BY SKYLAR PETERS

U of L scientists research dangerous cancer

MICHAEL RODRIGUEZ
@michaelrdrguez

An aggressive type of cancer is being researched at the University of Lethbridge in hope of finding a cure. It is the same type of cancer that took notable figures such as Gordon Downie of the Tragically Hip and US Senator John McCain.

Glioblastoma is a form of brain tumour which has a median survival time of 15 months because of the tumour's resistance to current therapeutic approaches.

"After diagnosis, it has a very poor prognosis. Even with radiation therapy, surgical removal or chemotherapy, the survival time doesn't improve. Most of the clinical drugs are not effectively working against glioblastoma. Our approach is novel in that we aren't mimicking the traditional therapeutics," said Dr. Nehal Thakor, a professor in the Department of Chemistry and Biochemistry and head of the team researching glioblastoma.

According to a 2012 study entitled Recent advances in the molecular understanding of glioblastoma published in the Journal of Neuro-Oncology, glioblastoma is the most common and most aggressive primary brain tumour.

The group is looking at how this type of cancer is able to keep itself alive through expressing pro-survival proteins through messenger RNA (mRNA) translation.

"Most cancers have dysregulated gene expression. mRNA translation is one of the components of the gene expression regulation process. Dysregulation essentially makes the cancer cells survive better," said Thakor.

Dr. Joseph Ross, a postdoctoral fellow in Thakor's lab, said the main difference in this cancer is its ability to keep mRNA translation effective despite treatment, specifically within the eIF5B protein.

"All cells have mRNA translation, but if it becomes



Keith Aubrey works in Dr. Nehal Thakor's lab at the University of Lethbridge. PHOTO BY MICHAEL RODRIGUEZ

dysregulated in a cancer cell for instance – then that cancer cell is going to express too much of certain types of proteins. Those could be pro-survival proteins or proteins that enable the cell to evade cell death. We found a translation factor called eIF5B that turns out to be playing a role in the incorrect expression of some of these proteins."

The full team who worked on the study under Thakor

and Ross includes Keiran Vanden Dungen, Kamiko Bressler, Mikayla Fredriksen, Divya Sharma and Nirujah Balasingam.

The research on the disease is ongoing, but their study entitled "Eukaryotic initiation factor 5B (eIF5B) provides a critical cell survival switch to glioblastoma cells via regulation of apoptosis" is set to be published in the Cell Death and Disease Journal.



PHOTO BY RYLEY MCCORMACK

Maria Fitzpatrick, MLA for Lethbridge East, has a conversation with another participant in the Women's March in front of Henderson Lake Park.

Lethbridge women march towards inclusivity

RYLEY MCCORMACK
@mccormack

The third annual women's march took place in Lethbridge with the goal of being more inclusive than the previous two.

The march lasted about two hours and was attended by men and women from across different cultures and backgrounds.

It was an effort to reach out to the LGBTQ+ community and women of colour.

The issue of missing and murdered indigenous women cross Canada was also a focus of the march.

People displayed signs and flags voicing their concerns for the rights of women across Canada and all over the world.

Karen Hann, coordinator of the march said this year she hoped for a more diverse crowd.

"The big difference this year is that we did a lot of outreach, because last year it was very much the straight white women's march, and that was not what we were seeking" Hann continued. "Lethbridge is a diverse place and we need to celebrate and honour that."

One sign in particular displayed frustration that women's rights are still a major issue, making marches like the one in Lethbridge necessary.

Some attendees expressed concerns about what the future may hold for women's rights should the Conservative party take power in Alberta or federally.

"I'm concerned about a very misogynistic party getting into power later this year, that scares me. They want to cut budgets and the things they want to cut are things that disproportionately affect women and marginalized groups,"

Hann said.

A speech at the rally made the intentions clear: solidarity with women and marginalized groups everywhere and until equality is reached, the annual marches will continue.

Students from a local high school also attended the event and two students made speeches talking about the issues of inequality hurting women, people of colour and the LGBTQ+ community.

Handmade rainbow hats were given out at the event, attendees could get one through cash donations, or a hug for Hann.

The hats were intended to be a symbol of support to the LGBTQ+ community, which Hann felt was left behind at previous women's marches.

The event was attended by Maria Fitzpatrick, MLA for Lethbridge East, who participated on behalf of herself and the community.

"My first women's march was in 1996 and I'm fighting for the same things now that I was fighting for then. That's about equality, pay equity, protecting our rights as a human being and our reproductive rights. I think those rights transcend many different groups," Fitzpatrick said.

"I think many people in our society feel like they're being pressed down all the time and that's what this march is about. It's really about equality."

She added that she is happy progress is being made, but feels it is too slow because there are people in power that don't want things to change.

Coordinators of the event welcome everyone to attend the march to get their voices heard and to show solidarity with women and marginalized people everywhere.



PHOTO BY RYLEY MCCORMACK

The crowd at the Women's March, along Mayor Magrath Drive South in Lethbridge stands with signs voicing their concerns with women's rights, including equal pay.



OPINION

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Gillette: Shaving toxic masculinity

Gillette made a bold move early this year releasing a commercial taking a bold stance on toxic masculinity. It was a huge move for the company, and the right stance to take.

The razor company released a commercial that dared to say toxic masculinity exists and it's time for the "boys will be boys" attitude to fade out, and the "boys will respect everyone as their equals" attitude to take its place.

The response to Gillette's commercial has been varied. Some people took the messaging behind the commercial to mean that every single man on Earth is terrible. Others took it the way it was intended and were in support of such a large company making a stand.

"We expected debate. Actually, a discussion is necessary. If we don't discuss and don't talk about it, I don't

think real change will happen," Pankaj Bhalla, Gillette's North America brand director, told CNN Business.

Much like with the ad Nike released late in 2018, there's been

talk of boycotting the razor brand spreading through social media like wildfire. There's also been talk of the brand picking up new customers because of their bold stance on the topic.

Was this a marketing scheme for the razor company? Absolutely. Does that matter? Absolutely not. There's no official word yet on how the bold commercial has impacted sales.

The commercial is very well produced, showing men of all ages in all situations that could be considered 'toxic masculinity'. A young man cries on someone's shoulder while messages pour into his phone calling him weak. A man steps in to speak for his female co-worker saying, "what I think she meant is," a phrase almost any woman has heard some version of in the workplace.

An entire line of men behind barbecues chants "boys will be boys" as two young children wrestle on the ground.

In the beginning of the commercial, reporters can be heard talking about the #MeToo movement, bullying and sexual harassment. As it continues, the narrator speaks about time for change, showing clips of a man supporting his young daughter and telling her she is strong, as well as a clip of Terry Crews who famously came out and openly speaks about his own sexual assault speaking about how men need to hold other men accountable.

Of course some people believe that asking boys not to catcall women on the street, or to keep kids from fighting on the playground is a completely unreasonable request.

The commercial really focuses on the fact that the men of today are raising the men of tomorrow. Young men are going to echo what they see while they are growing up. If you're a man who's

already raising his son to be a good man, to respect others as equals no matter what they look like, this commercial isn't aimed at you.

If you're a man getting angry about the message of "men are not superior" in this commercial, news flash, this commercial is probably aimed at you.

In spite of what some men choose to see in this commercial, it does not speak of emasculation, it does not declare all men evil. The commercial simply picks up on the tragic trends that are woven through society today and set Gillette apart, declaring they are here for the people.

At the end of the day, the people complaining about this commercial are just as sensitive as the people they tend to dislike so much.

"We expected debate. Actually, a discussion is necessary. If we don't discuss and don't talk about it, I don't think real change will happen."

GILLETTE'S NORTH AMERICA
BRAND DIRECTOR

Citizens rise in protest during deer rally

CHASE MALEY
@maleycmaley

On the night of Jan. 5, a Lethbridge Police officer was caught on camera by a local citizen running over an injured deer. The video shows a Lethbridge officer repeatedly running over a deer who appears to have a broken leg.

Many citizens are outraged by the choice of the officer who continuously drove over the deer in an attempt to euthanize the wounded animal. The events sparked a protest outside the Lethbridge Police station Jan. 13.

Austin Moloughney, one of the organizers of the protest, said the video was horrific for him to watch and he could not watch the whole thing.

"I feel that the officer needs to be brought to justice and that accountability is a big thing. The officer needs to be accountable for his or her actions and we'd like to see changes in the way the officers respond to these injured animal calls," said Moloughney.

According to Alberta Serious Incident Response Team, they have launched an investigation into the actions of the unidentified officer.

Another local protester Lois White, who traveled to North Dakota back in 2016 to protest the pipeline, also made an appearance at the rally.

"He could have easily brought it to any vet and it would have been euthanized in a humane way. But no, he wants to murder it and torture it, in front of millions of people," said White.

Lethbridge Chief of Police Robert Davis spoke publicly on the actions of the officer, saying he understands the outrage by the public, but the officer will remain on active duty.

"The officer involved will remain assigned to active duty and I stand behind our training and our officers," said Davis.

Many in the community have voiced outrage over the officer's method of euthanizing the deer. Others say the

officer was in a difficult position.

Nigel Caulkett, Veterinarian Professor at the University of Calgary, says he sympathizes with the officer as he would have required the proper tools to euthanize the animal. Calukett added the weapon Lethbridge Police use could either be a nine millimeter or .40 caliber Smith and Wesson would have sufficed at close range. He said in that case public safety would be a factor if the bullet were to ricochet.

An online petition calling for the firing of the officer, has now reached over 70,000 signatures.

The protestors who attended the rally hope their voices will be heard to bring justice to the actions of the officer.

"The officer needs to be accountable."

AUSTIN MOLOUGHNEY



PHOTO BY CHASE MALEY
Joelle and Reese Withers attended the protest to express their outrage for the officers actions.

The past, present and future of beef

SETH SLOMP
@ssgoalie98

A professor of animal science has seen tremendous innovation in the marketing of meat.

At Lethbridge College's Tiffin Conference last week, Dr. Ty Lawrence, professor of Meat Science at West Texas A&M University, spoke about the future of the beef market.

Lawrence took the audience on a journey of what the beef market was like in the 1930s to what it might look like in the future.

In the '30s, there were specific meat markets where a consumer could buy a large chunk of meat such as ribs or an entire lamb carcass.

The consumer would take the product home and make it into a week's worth of meals.

Fast-forwarding to the 1950s, the meat market would become part of the grocery store where the meat was individually portioned.

In the 1980s, producers have a greater awareness of food safety, product shelf life and appealing to what consumers need.

For the past eight years, consumers saw a rise in branded beef and an even greater rise in value-added beef.

These products are pre-cooked, vacuum packaged and can be cooked in the microwave.

Lawrence looked into his "crystal ball" and saw plant-based alternatives becoming a mainstream option, but he doesn't

know if these products will be a popular option amongst the general public.

"I don't know if they will be widely accepted by the masses,

but the option is going to be there. It's going to be more and more front and centre in the meat case, rather than hidden in the frozen food section."

Lawrence added he isn't sure what will happen to cultured meat in the future.

According to New Harvest, cultured meat is produced from muscle and fat cells, connective tissue and blood, "rather than from a whole slaughtered animal."

This meat includes products like sausage, hamburger, chicken nuggets and even a steak.

Between now and 2050, the professor said consumers will see the advent of insect products becoming available which will be marketed as a sustainable product.

These products will be something made

out of worms, crickets or something that is insect-based.

As for the traditional beef, pork and chicken protein market, Lawrence explained there will be more value-added processing which means more convenience for the consumer.

Ryan Kasko, general manager of Kasko Cattle Company, says consumers should have the option of buying plant-based proteins, but as a beef producer, he will still consume beef.

"Dr. Lawrence talked about the world wanting to consume more protein so it has to be delivered some way. If some people want to choose plant-based pro-

teins, then they should have the option. I will still consume beef because I like that."

Kasko runs a feedlot with over 15,000 head of cattle and believes if the population grows to nine billion people, he said the world will need both animal and plant-based proteins.

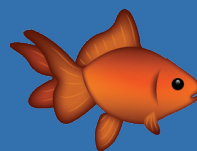
Lawrence finished by saying with the worldwide demand for animal proteins increasing and technology slowly advancing in this sector, the price of these proteins will likely rise.

One thing is certain. As time marches on, meat and meat derivatives will continue to evolve and change.

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What are you excited for in 2019?



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eLIFE



PHOTO BY SKYLAR PETERS

Logan Shearer, owner of The Local Grocer, stocks a display of oranges at her store on Monday morning. Among other creative ideas, her store makes an effort to compost expiring products to help cut down on waste.

Grocery consumers have plenty of options to reduce waste

SKYLAR PETERS
@skypeters17

Over half of the food brought to grocery stores in Canada is wasted, but Lethbridge consumers have multiple options available to them to alleviate the issue of wasted groceries.

A recent report by Second Harvest, a Toronto agency that redistributes excess food from supermarkets, found that 58 per cent of food sold to grocery stores in Canada is wasted before consumption. “Twenty one billion dollars’ worth of food is wasted before it even hits store shelves, while another \$10 billion is wasted at the consumer level,” says the report, released on Thursday.

In total, a staggering \$49 billion dollars’ worth of food is lost or wasted by Canadians every year, averaging out to \$1,766 per household. All of that waste can be avoidable, says Second Harvest CEO Lori Nikkel.

The plethora of options available to Canadian grocery consumers to purchase their food has led them to devalue it, says Nikkel.

“The abundance of food we produce has led us to dismiss its intrinsic value,” said Nikkel during a press conference.

On the consumer level, many options are available to

consumers to help curb food waste after purchase from a store.

Logan Shearer, owner of the local Lethbridge grocery store The Urban Grocer, says it starts with being more aware.

“We try to compost and recycle as much as we can and there are lots of local producers in this area that can use it. If we are able to keep it in the local circuit, that will cut down on waste.”

“The abundance of food we produce has led us to dismiss its intrinsic value.”

LORI NIKKEL

The Urban Grocer specializes in selling locally-produced meats, vegetables and even coffee. A much smaller operation than major chains such as Safeway or Walmart, Shearer says it’s easier to keep track of what comes in and goes out of the store.

“Because we’re local and small, we’re more aware. The bigger you are, the bigger numbers you’re ordering, and the amount of spoilage is going to go up.”

Sourcing from local producers also helps to reduce time spent in the supply chain, leaving more time for items to sit on store shelves before their expiry date.

“Another issue we have are the expiry dates,” Shearer says. “Just because the date may be today or yesterday, doesn’t necessarily mean the product is spoiled. A lot of times, I’ve dumped perfectly good milk down the drain just because the date has passed by.”

Shearer added that other cities have pick-up composting programs, something that would be simple and



PHOTO BY SKYLAR PETERS

Logan Shearer pours a cup of coffee for a customer on Monday morning at her grocery store. valuable for Lethbridge consumers to adopt.

“I try to think of ways to use food even if it’s not fit for sale,” Shearer says. “I have a friend that owns chickens, so I send my old milk out there and it’s perfectly fine for the chickens to consume.”

No matter where you get your groceries from, a little awareness as well as outside-the-box thinking can not only help alleviate food waste, but help save some money as well.

In age of technology, table top games stand test of time

DEAN HUFFMAN
@deano_hw

The Internet has seen the demise of some of our oldest forms of entertainment, but our interaction with table top games is not limited to physical objects such as dice or solidified tactics.

In the role-playing game Dungeons and Dragons each person is required to create a character to play in a fictional world often created by the game master. The players must make their way through each challenge and obstacle through their own creative means.

Hudson Suit is a game master currently living in Lethbridge. He has been playing Dungeons and Dragons for over a year and said valuable experience can be achieved by playing.

“Imagination allows the image to cement in the mind creating an experience that lasts.”

HUDSON SUIT

“Experience is typically viewed through memories. The body may not remember climbing a building. But the imagination allows the image to cement in the mind creating an experience that lasts.”

Suit also said it offers players more physical value than computer games because it provides a more tangible social experience.

Identity also affects how a person plays. It can affect which character a person plays all the way to how the character looks. According to an essay written by Sean Q Hendricks entitled Gaming as a culture: Essays on reality identity and experience in fantasy games written in Nov. 2006, “The relationship between gaming and various

aspects of identity can have a direct co-relation to their real-world personalities.”

Sarah Robb is a brand-new player to the game Dungeons and Dragons and resides in Lethbridge. Robb said she draws from her real-life experiences to fuel her motives in the game.

“It’s things I have studied and seen. Landscapes and different personalities I’ve come across. Being in the customer service industry, I kind of get to see all sorts of people. I try to draw from some of those personalities.”

Table top gaming has been around for many centuries. According to an article written by Peter Attia entitled The Full history of Board Games in Jan. 2016, the first board game called Dice was created in 5,000 BC. They were found in the form of 49 small carved stones which were found on a 5,000 year-old burial site in Turkey.

The steadfast popularity of table top games and role-playing games may have something to do with what they offer our identities.

Fitness for all ages



PHOTO BY SKYLAR PETERS
James Edwards (foreground) does an agility drill on a speed ladder while his classmates and coach Amy Boyd watch during CrossFit Kids class at CrossFit Framework on Tuesday evening. The gym’s kids classes run three times a week and are available to kids ranging in age from five to 11 years old, broken into two age groups. The kids are taught functional movements such as running, jumping and throwing while also promoting healthy lifestyles.

Gagan “the Future” Gill

Lucas “WildThing” Neufeld

ZPROMOTIONS
PRESENTS



9

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Capitalism and automation don't mix

Humans are lazy.

I'm not talking about the stereotypical jobless couch potato that probably comes to mind when you think of laziness.

I'm talking about all of the innovations we've made to make our lives easier.

If humans really liked to work, we would still be hunter-gatherers, struggling and striving for every meal.

The agricultural and industrial revolutions have made it so that more work can be done by significantly fewer people, allowing more people to specialize and more improvements to be made in our day-to-day lives.

And now, we're on the brink of another revolution—the automation revolution.

Automation is the next logical step for us lethargic hominids.

Programming machines to do unskilled, menial work means that we will no longer have to do it.

Automation will, however, end up being the swan song of capitalism.

Capitalism is poised to start

eating itself through its pursuit of automation.

The working class only has one thing to sell—labour.

Corporations, like Amazon, Walmart, etc., currently exploit that labour to make more money so they can exploit more people—as is the circle of the invisible hand.

But self-driving cars, robot workers and several other technologies are almost, if not already, equipped to take over several job markets and at a much more attractive price point to corporations.

"When people start getting upset about their working conditions and meagre pay, we can just replace them with robots—right?" – Amazon, probably.

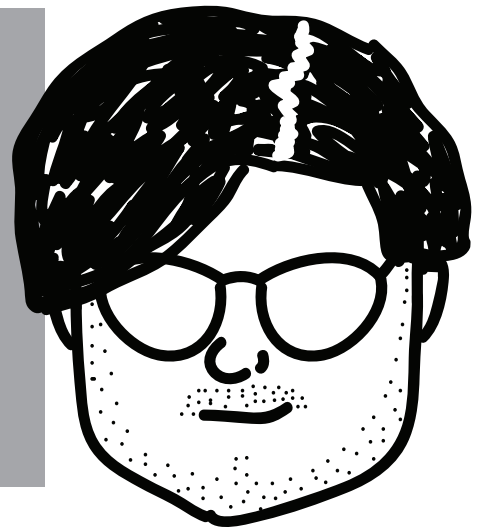
Fewer workers will be in subpar conditions when they're replaced by specialized robots, but fewer workers will actually be able to find work.

Automation has been taking the jobs of blue-collar workers for a long while now, specifically within large production lines in the automotive industry and with the automation revolution breathing down our necks,

THE POLI POET

by

Michael Rodriguez



we're set to see several more workplaces taken over.

With employment numbers on the way down and production amount trending up, we're going to see a working class that can no longer afford to buy the products they once made.

This will result in one of two things happening—an expansion of the welfare state or the death of the traditional capitalist market.

Inflating welfare would be a Band-Aid solution at best, prolonging capitalism past

its expiration date, but not indefinitely.

It's weird that left-leaning policies will actually be the ones to extend the life of the free market.

So, what does this mean?

Should we prepare for an imminent communist revolution?

Should I even bother finding a job, or will robot writers beat me to it?

I can honestly say that I have no clue.

But things are surely about to change.

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SPORTS



PHOTO BY MEGAN MCCOY

The men are focusing on their offensive moves this season. The team is preparing for the ACAC provincial competition at the end of February in Edmonton.

Men's volleyball team rides win streak to ACAC provincials

MEGAN MCCOY & CHASE MALEY
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The Kodiak men's volleyball team is hoping to finish the season strong this semester with new goals, plans and a lot of team work.

After a home and home series last weekend against the SAIT Trojans, which the Kodiaks swept, they secured a spot as number two in national rankings.

Head coach Greg Gibos credits the team's chemistry off the court for their success during games.

"Our guys genuinely care about each other. When push comes to shove and it's a moment of high stress, then we know we have each other's backs."

He added that the team is hungry for success after finishing last season in second place and

they're relying on the same drive they had last season to bring them success in this year's ACAC provincial competition.

"Last year was great, but I think we improve each day that we practice and we have a really good hunger to get better. For us, that's been the biggest thing, that

"We have a really good hunger to get better. Everyday you're in this gym is a day you want to get better."

GREG GIBOS

every day you're in this gym, is a day you want to get better."

The Kodiaks have a 16-game win streak with 32 points overall. The team takes every game as

a chance to prove who they are and why they deserve the position they're in.

"The win streak so far is very exciting but, every game is a chance to go out and prove who we are as a team. It's exciting that we have a chance to lock down that first seed," said left side

Michael Kindley. The Kodiaks only have eight games left this season before the provincial competition at the end of February.

The team is hoping to keep dominating the ACAC competition and looking past the regular season to provincials.

The Kodiaks next game sees them travel to play Briercrest College on Jan. 25.



PHOTO BY MEGAN MCCOY

The mens volleyball team is working hard at every practice.

Kodiak captain breaks another ACAC record

SETH SLOMP
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A Lethbridge College Kodiaks basketball player is stealing the show as he breaks yet another ACAC record.

Before Jan 4., Michael Clemons, Kodiaks point guard, was already holding the ACAC all-time assists record.

However, during the game against the Medicine Hat Rattlers, he also became the steals record holder with 210.

Clemons is currently in his final year of post-secondary sports and is taking Exercise Science at the college.

The 5-8 guard reigns from El Paso, Texas and his basketball career started when he played in a summer basketball league at the age of eight.

He played high school basketball for Parkland High School where he averaged 6.8 assists and 1.6 steals per game which was well over the national average.

Clemons says ever since he started playing basketball at eight, he has played it year-round.

"I played all the way into college. I've never had time off until I was hurt in 2016 and then I was off for a year because of my wrist. But other than that, I have played high school, summer or college."

After high school, Clemons would make the trek to northern Alberta where he would play three years for the Grande Prairie Regional College Wolves, winning MVP in every year.

Later, he would transfer to Cape Breton University for a semester where he had to take a year off from basketball because of a wrist injury.

During his break, he got a call from Tyson Pushor, a former teammate and the Kodiaks assistant coach, to come



PHOTO BY SETH SLOMP

Michael Clemons, Lethbridge College Kodiaks point guard, is currently the ACAC all-time steals and assists record holder.

play in southern Alberta. Later that year he signed with the team.

Jackson Kasko, Clemons' teammate, says he is an all-around basketball player and a great leader.

"He is always looking for the open man on the court, he is a dog on defense and a super intense player. As a leader, he is always looking to go the extra step for his teammates."

Head coach Ryan Heggie summarizes his game into one word – playmaker.

However, his scoring abilities also fly

under the radar, says Heggie.

"He is our quarterback, playmaker on the court. His shooting is also very under-rated. He scored 29 points the other night because he needed to and they gave him the shot."

But Clemons doesn't want all the spotlight to himself.

He explains his teammates make it easy on him by being open for shots.

"I have a lot of guys who compliment my game well and they make it easy for me. It's a lot easier on me

this year, a lot of shooters around me and a lot of guys who can create their own shots. It's a lot of fun playing with them."

From one end of his career to the other, Clemons has won the Texas State free throw competition when he was only eight-years-old and earned four ACAC All-Conference awards.

Clemons and the Kodiaks will be at home this Friday taking on the SAIT Trojans, the number one ranked team in Canada.

Kodiaks track team gets new coach

DARA KENDELL
@darakendell

As the Lethbridge College Kodiaks indoor track team prepares to sprint into the season they find themselves looking to a new face for guidance.

After a strong 32-year run from Bertil Johannson, one which set records as the most wins from a coach in Kodiaks history, the infamous coach decided to step off the podium.

If anyone is ready to fill the spot of track coach after the retirement of Johannson, it's Simon Schaez.

The new coach was a track athlete himself, running for the University of Lethbridge Pronghorns and the University of Calgary Dinos while attending both institutions.

Schaez has been cheering for both the indoor track team and the cross-country team since 2015, so the step



PHOTO BY DARA KENDELL

Simon Schaez getting his team ready for the upcoming ACAC Grand Prix event.

wasn't a big one to take.

"I'm a busy person, I teach here full-time and I'm currently also doing my PHD at the University of Lethbridge. A lot of it was knowing it's a

big-time commitment, I also have a young family at home. I sat down with my wife and we figured how to make it work."

Schaez added he is also working on

some initiatives that he started when he was the assistant coach.

The team now trains at the university, utilizing the track on campus.

He added there will also be changes in the recruitment process of the team and they will be focusing more on the indoor track season, trying for nationals this season.

The runners on the team are fond of the new head coach, excited to see where the new leadership takes them.

"Simon is more analytical when it comes to our practices. Bertil went off by feel, he's been doing it for 32 years so he just knew what workouts to do. Simon's definitely more planned out," runner Tanner Rent said.

Schaez's team is hitting the track in the ACAC Grand Prix event on Jan. 26 in Calgary.



PHOTO BY MICHAEL RODRIGUEZ

Dalton Sward, Pronghorns centre, falls in an attempt to clear the puck out of the defensive zone during a game against the University of Calgary Dinos on Jan. 10 at the ENMAX Centre.

Pronghorns prepare to host major tournament

MICHAEL RODRIGUEZ

@michaelrdrguez

The University of Lethbridge Pronghorns men's hockey team went goalless in its two matches against the Dinos and lost by a combined score of 7-0.

A close and physical 2-0 game in Lethbridge on Jan. 10 was followed up with a 5-0 shut-out loss on Jan. 11.

Despite the lack of offensive production, both of the team's goaltenders have posted above a .920 save percentage this season.

Murray Nystrom, Pronghorns head coach, said Garret Hughson, starting goaltender, has been a source of strength for the team.

"He's been very consistent all year. We certainly do rely on him. You lean on your goaltender from time to time to get you through some rough patches. He's a superior goaltender in this league and across the country at this level. There are times where we need to do a better job at clearing the net and taking away opportunities from our opponent, but Garret is always fantastic."

After the disappointing goalless weekend, leading scorer Justin Valentino said their offence needs some work.

"We did some good things tonight, we just need to focus on hitting the net a little more and bearing down on our opportunities."

The team took on the CWUAA leading University of Saskatchewan Huskies at Nicholas Sheran Arena last weekend, again taking two losses by scores of 6-1 and 5-4.

The dwindling offence, which has only five goals in its last four outings, is a major concern for the team right now as they prepare to host the Cavendish Farms University Cup in March.

Nystrom said the tournament will be huge for both the team and the City of Lethbridge.

"It's an exciting opportunity for our team and our student body at the University of Lethbridge. This tournament has only been held in two other Western



PHOTO BY MICHAEL RODRIGUEZ

Clint Filbrandt, Pronghorns left wing, fires a shot on goal in a Jan. 10 game against the University of Calgary Dinos at the ENMAX Centre.

Canadian cities—Saskatoon and Edmonton. For Lethbridge to step up and host such a big event, it speaks volumes about where we want to go with our sports."

The Pronghorns will get a bye to the quarter-final round of the tournament, despite their middling 7-13-2 record in the CWUAA this season.

This year's tournament marks the first time the event will be held in Western Canada since 2014, after two

years in New Brunswick.

The Pronghorns are currently still focused on their regular season, in which they hold the CWUAA's sixth and final playoff position.

U of L takes the ice again this weekend when they take on the University of Manitoba Bisons in Winnipeg. Puck drop is slated for 7 p.m. local time on both Friday and Saturday.