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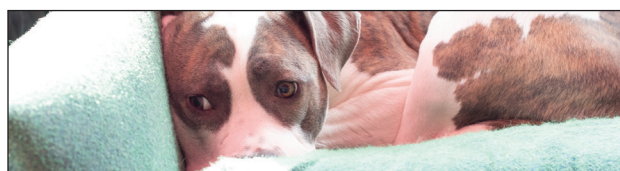
QUOTE OF THE WEEK

“For a long time, I just wanted to be normal. I used to get really upset about it, but now I just laugh.”

Local powerlifter inspires others, Page 5



endeavour



Controversial pet surgeries

Alberta vets ban medically unnecessary pet surgeries.

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Digital dating

What's it like to date in a digital world?

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Futsal championships

Check out our sports section for coverage of the ACAC Futsal championships and find out how our Kodiaks placed.



March 22, 2019 Vol. 54, Issue 04

New Brunswick wins hockey championship against Alberta



PHOTO BY TYLER HAY

Cameron Brace, forward for the University of New Brunswick Reds, celebrates after winning the David Johnston University Cup on March 17. The team beat the defending champions, the University of Alberta Golden Bears at the ENMAX Centre in Lethbridge, AB.

Elections Alberta investigates anti-NDP billboard

MICHAEL RODRIGUEZ
@michaeldrguez

A billboard erected by an Alberta-based right-wing media outlet is being investigated by Elections Alberta.

The billboard, put up by Rebel Media just south of Edmonton, calls for the firing of Environment Minister and MLA for Lethbridge-West, Shannon Phillips.

It reads: “Albertans just can’t trust Shannon Phillips.”

Alberta legislation states that a third-party advertiser has to register with Elections Alberta when spending more than \$1,000 on political advertising, something that the Rebel has already run into trouble with this year.

In January, The Rebel put up a similar billboard targeting Education Minister David Eggen, for which they were fined \$5,500.

“We’re not a third-party advertiser. We’re journalists with an editorial opinion, so we’re fighting the legitimacy of that censorship law. But more importantly, we’re still exercising our free speech whether Notley likes it or not,” said Sheila Gunn Reid in an article posted on Rebel Media.

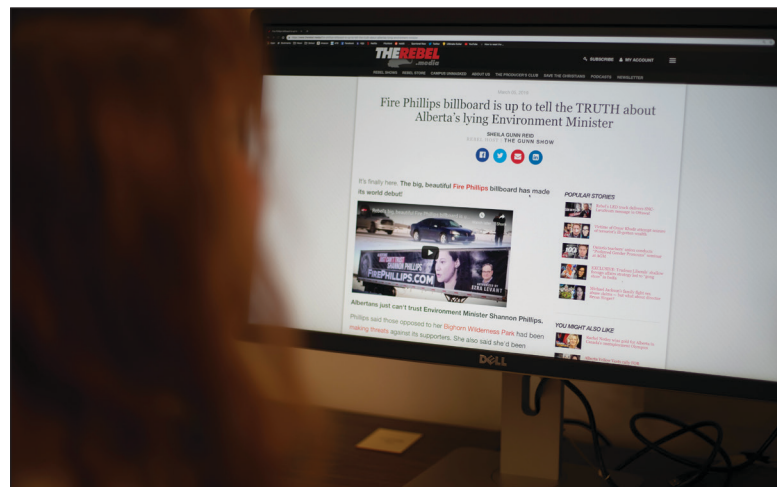


PHOTO BY MICHAEL RODRIGUEZ

Rebel published an article on March 5, calling out Environment Minister, Shannon Phillips.

The Rebel claims it put up the billboard as an editorial opinion, which Ezra Levant, founder of the outlet, said they’re entitled to as journalists.

“We’re journalists because that is what we do. What some desperate, authoritarian demagogue thinks, as she heads to an historic electoral defeat, is the answer to a trivia question — a footnote in history. I don’t need to make the case for our freedom. That’s the default state in Canada. That’s section two of our Charter [of Rights and Freedoms]. It’s the censors who have to make the case for

gagging me. They’re the bizarre ones.”

Shannon Phillips’ office denied Lethbridge Campus Media’s interview request, but provided the following statement regarding the controversy.

“The Rebel has a long history of attacks on women, minorities and people of colour, LGBTQ Albertans and has strong associations with hate groups in Canada. We have no comment on the misogynist activities of such groups.”

If found guilty, The Rebel could be fined \$100,000, which Levant said would bankrupt them.

Don't forget to find Kodi the Kodiak somewhere loose in this edition! He's here three times. Message LCM on Facebook to claim your prize!

Drunk driving suit gives users chance to experience intoxicated driving



PHOTO BY SKYLAR PETERS

Brian Beattie takes a stab at weaving through cones.

SKYLAR PETERS
@skpeters17

Lethbridge-area residents had the chance to experience just how dangerous drunk driving can be on Thursday morning. Ford Canada brought their Drunk Driving Suit to Dunlop Ford for the morning, in partnership with Mothers Against Drunk Driving Canada. Customers, employees and even a Canada Post worker had the chance to don the gear and try their hand at a series of challenges, including standard roadside sobriety testing.

“Ford Canada is very concerned with the effect (drunk driving) has on our communities and we wanted to do a good thing for our community, so we partnered for this event,” explained Shaun Henderson, general sales manager at Dunlop Ford. The suit consists of a variety of disorientation and movement-restricting devices such as ankle and wrist weights, disorienting goggles and earmuffs. When put together, the equipment made it nearly impossible for anyone who donned it to complete the tasks put before them. Ford representatives led the guests through a standard roadside sobriety test, where participants had to attempt to stand on one leg and touch their nose. Then, they would try to weave through a series of cones without knocking any over. Typically, the course was in disar-

ray following the participants' completion. Though the suit offered three sets of goggles with differing blood alcohol content levels between .03 and .17, nearly everyone who participated donned the highest-level eyewear.

Dunlop Ford also welcomed MADD Canada representatives, for a chance for the newly-minted Lethbridge-area chapter to connect with the community with this unique experience.

“This is a great opportunity for people that don't drink to experience what the effects are like” said Anita Huchala, president of the chapter. This gives them a chance to see how excessive drinking can affect you right down to your ability to walk.” Huchala added events like this give MADD the opportunity to continue improving awareness in the Lethbridge area. “I find (people) in this area, especially students, seem conscious to use a designated driver or take a taxi. I applaud that.

“The suit came to Lethbridge just a few days before St. Patrick's Day, which was perfect timing according to Henderson. “This event has been a lot of fun and that's what I imagine most St. Patrick's Day events will be like,” Henderson said.

“We want people to have fun – but don't get behind the wheel. The consequences are so severe.”

“We want people to have fun – but don't get behind the wheel”

SHAUN HENDERSON

Lack of knowledge leaves Canadians vulnerable to scammers

SKYLAR PETERS
@skpeters17

A lack of knowledge and aggressive tactics can leave Canadians and their money vulnerable, according to a Lethbridge Police Service officer. Last week, the Better Business Bureau released their annual list of the top 10 scams affecting Canadians. Romance scams topped the list, followed by income tax scams and scams surrounding online purchases. In total, scams cost Canadians over \$121 million in 2018. One of the most common scams in southern Alberta in recent years is scammers impersonating the Canada Revenue Agency.

“It was quite unnerving,” said Carmen Toth, who received a call from scammers impersonating the CRA three years ago.

“I was calm at first, so they started to get more aggressive.” Toth said she played along with the scammers until she knew for sure that it was a hoax.

“They wanted me to deposit \$2,500 at the Mac's store in Fort MacLeod... you don't take income tax payments to a Mac's store.” Although Toth didn't fall for the scam, she said she understands how others could get sucked in to the ploy.

“If they can get you excited, you could start doing things you wouldn't normally do,” she remarked. Toth's biggest advice to anyone who may be at risk of a scam: think critically and stay calm.

“If something doesn't feel right, it probably isn't.” Scammers target their victims at random, which means anyone could be at risk of receiving the same phone call as Toth.

“We do see seniors and new Canadians as our most vulnerable groups, but even young, tech-savvy people fall for it too,” said Sgt. Paolo Magliocco, Economic Crimes



PHOTO BY SKYLAR PETERS

Scams can appear like completely legitimate correspondence to an unaware consumer.

Unit officer at the Lethbridge Police Service. Magliocco added a scam's success lies more in the skills of the artist, rather than the victim. Most scams are one-size-fits-all, however, groups such as seniors find themselves victims of targeted attacks.

“The ‘grandparents’ scam (is common),” explained Magliocco. “Scammers impersonate grandchildren of the victims, telling them they were in a car accident or other event and need money.” Magliocco added, scammers are almost always located outside of Canada.

“The majority of these scams are coming out of third-world countries that Canada doesn't have a good political relationship with. It creates an almost-impossible task for Canadian authorities to go after these people.

“Though police services across Canada do their best to inform the public of potential scams, they may still return in a few years after fading away. “The Nigerian prince one is one that has been recycled,” said Magliocco. “We think we've done a pretty good job of informing the public about that one, but it may come back in two or three years.” At the end of the day, Toth agrees with Magliocco that being informed is the best way to defend yourself against potential scams.

“I knew right away that the CRA does all of their correspondence by mail, not over the phone. There are people that are more trusting... scammers can get them excited and reel them in.”

Alberta vets ban controversial pet surgeries

RYLEY MCCORMACK
@mccormack

Alberta veterinarians have voted to ban medically unnecessary surgeries for pets. Alberta is now among several provinces that have banned procedures like tail docking and ear cropping. The ban is from the veterinary association, and not the provincial government.

Across Alberta, vets have gathered and voted to discontinue surgeries that have no medical benefits to the animal.

Sometimes referred to as cosmetic surgeries, this includes devocalization, declawing and cosmetic dentistry.

Lethbridge vet, Kate Lupton, is happy the ban is now in place.

"I'm excited about it. It's about time Alberta followed suit with the rest of the places that have done this. It's been illegal in Europe for a long time, some parts of the US are coming around and we're seeing some change in Manitoba hopefully."

Lupton specializes in cats and had to deal with the effects of a botched declawing procedure in the past.

Declawing removes the end bones of a cat's paw and if any bits of bone are left behind, the claw could

"It's been illegal in Europe for a long time..."

DR. KATE LUPTON

grow back and be very painful for the cat.

Declawing provides no benefits to the animal and can cause early onset arthritis, chronic pain, behavioural changes and they may stop using the litter box.

With certain breeds of dogs, it's common to cut their tails down or shape their ears when they are young.

Local animal shelter Prairie Pitbull Rescue says it has seen many dogs

come in with botched, at-home ear cropping and tail docking procedures.

"This won't be changed by the legislation, if anything, it'll just increase the number of at-home jobs because vets aren't doing it," said a spokesperson for the dog shelter. "The breeders will just do it at home. At least with a vet option they'll get it done properly."

The spokesperson went on to add that procedures done at home are usually done without anesthetic and often with scissors.

Cosmetic surgeries for pets can be painful for the animals. Canada has no federal law banning the practices, but it is condemned by the Canadian Veterinary Medical Association.

The vote took place in Calgary on Sunday, it included a second resolution requiring veterinarians and vet technologists to report animal abuse and neglect.

Vets around Canada are hopeful for other provinces to follow and ban the procedures as well.



PHOTO BY RYLEY MCCORMACK

Prairie Pit Bull Rescue says the dogs they take care of are common breeds for procedures like tail docking and ear cropping. These procedures are sometimes done at home, where people use no anaesthetics and scissors. This method is extremely painful and often leads to infection.

Petro Canada pushes electrical energy

DEAN HUFFMAN
@deano_hw

Petro Canada is building 50 electric vehicle fast-charging stations along the Trans-Canada Highway.

With gas emissions being a major environmental concern, a Canadian energy producer said it's taking action.

According to the Petro Canada's website, the fossil fuel mogul said it's providing a greener alternative in transportation.

Each port will provide enough amperage to charge most standard electric vehicles in 30 minutes.

Other vehicle companies such as Tesla have their own connectors and network of fast-charging ports.

Each brand of vehicle has its own connection design and they are not universal, but the new stations will come with two standard connectors.

According to the Canadian Automobile Association's website, one of these adapters will fit most Japanese and Korean manufacturers such as Nissan Leaf, the Mitsubishi i-MiEV and the Kia Soul EV. The other kind of adapter will fit most American and European manufacturers, including Chevrolet, Ford and BMW.

Kevin Weiber is an instructor at Lethbridge College, Automotive Service he said despite Tesla having exclusive charging ports, they also have

competitive charging times.

"The supercharger operates on 240 volt source and charges at very high amperage and it will charge the car from 0 to 80 per cent in 45 minutes."

Kevin Weiber adds distance driving is not ideal in most electric models due to the limited battery per kilometre.

The distance per charge varies from model to model. According to each company's website, the Chevrolet Bolt can get 383 kilometres on a single charge, The Ford Focus can get just 185 kilometres, while the Tesla 5 S can travel up to 539 kilometres.

Rick Wittrock is the business and fleet manager at Murray Chevrolet in Lethbridge, he says electric cars are not necessarily a hot seller.

"It's not a high-volume vehicle and part of that is our geography. Out on the prairies people do a lot of long distance driving, so charging is an issue."

Harsh weather conditions have also been factored into the performance of electric car batteries.

According to a study done by the American Automobile Association, hot temperatures can cut into battery range, but not nearly as much as the cold. Some models have seen a 40 per cent drop in range if the heat was on for an extended period of time.

For more information on the locations or adapter models for the electric chargers visit petro-canada.ca

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ILLUSTRATION BY MEGAN MCCOY

New ideas, same old politics

Prime Minister Justin Trudeau's handling of the SNC-Lavalin controversy has shown his progressive values to be a facade which has been disastrous for left-wing progressive political ideology in Canada.

Trudeau was elected by people who wanted a change from the politics of years past. He was young, approachable and seemed to stand up for an increasingly progressive Canada. In just four years, he has revealed himself as the same old, corporate-interest-driven politician we have seen repeatedly.

Just like in the aftermath of the Liberal Party's sponsorship scandal in the early-2000s, the pendulum of Canadian politics is set to swing back to the right — in an election year nonetheless.

Any headway Trudeau has made — or was planning to make — in the name of liberal ideas to this point can be thrown out the window.

Indigenous reconciliation?

It won't mean a thing when the Conservative party inevitably come to power after this.

National carbon tax?

If you think that will make it to the floor of an Andrew Scheer-led government, you're a fool.

Gender equality?

It's not 2015 anymore and women

are jumping ship from Trudeau's 50–50 cabinet at an alarming rate.

In the past two months, Trudeau has lost two women in prominent positions from his ever-shuffling cabinet.

Jody Wilson-Raybould was demoted from Attorney General and Minister of Justice to Minister of Veterans Affairs in early January. She then resigned on Feb. 12.

In the same shuffle, Jane Philpott, former Minister of Indigenous Services, replaced Scott Brison as president of the Treasury Board after his resignation.

She then resigned from her new position on March 4.

Wilson-Raybould said despite the pressure she felt from multiple members of the Prime Minister's Office — including the Prime Minister himself — she believed what transpired with

SNC Lavalin was legal.

There is, however, a fine line between what is legal and what is ethical — and that line can be fuzzy in the realm of politics.

Canadians are seeing Trudeau and his Liberal party on the wrong side of that line and in a recent national poll done by Campaign Research, 43 per cent believe the Liberal government has done a bad job of dealing with the aftermath of the SNC-Lavalin affair. Only 10 per cent voted that the Liberals are handling the controversy well.

We'll all feel the repercussions of that in the election this fall.

"The fear this controversy is causing in the electorate will hurt our country's social tenets for years to come."

MICHAEL RODRIGUEZ



LIFE



PHOTO BY SKYLAR PETERS

Joel Setoguchi grips the bar in preparation for one of many dead lifts during a workout at 12 p.m. on Feb. 9.

Local powerlifter inspires others while battling cerebral palsy

SKYLAR PETERS
@skpeters17

A Lethbridge man who battles cerebral palsy isn't letting his physical disability stop him from competing in the sport of powerlifting.

Joel Setoguchi is a 26-year-old Lethbridge native that has been dealing with the neurological disorder his whole life.

"I was born two months premature and I wasn't breathing when I was born," said Setoguchi. "The lack of oxygen damaged the part of my brain that controls motor functions."

As with most cases of cerebral palsy, Setoguchi wasn't diagnosed until he was able to walk.

Setoguchi said his mom noticed he was walking pigeon-toed, preferring his right leg. They went to a doctor, where he was officially diagnosed with spastic cerebral palsy.

Spastic cerebral palsy is the most common form of the disability, accounting for nearly 80 per cent of all cases. Spastic cerebral palsy causes muscles to move in an exaggerated manner, or in Setoguchi's case, be unnaturally stiff.

He would spend the next decade walking with a brace on his left leg, which led to social challenges in middle and high school.

"It was terrible," Setoguchi recalled. "From grade one to grade nine, kids would say something to me every day. I was called a retard, a gimp. Whatever kids could think of, they said."

Setoguchi says it took a long time to adjust to living with the disorder, but he is a better person now because of it.

"For a long time, I just wanted to be normal. Every-

one has something, but mine just happens to be very visible. I used to get really upset about it, but now I just laugh."

Setoguchi's journey into fitness started shortly after graduating high school. He says he was still very under-sized, weighing only 130 pounds at the time.

"Honestly, I started going to the gym for the wrong reasons. I wanted to be a big tough guy because of what I've been through. No matter how stressful my day was, it just seemed to melt away once I got to the gym."

He says his mindset changed when he realized that he could be able to influence people to overcome hardships in their lives by going to the gym.

He dove into the sport of powerlifting after meeting a personal trainer while in school.

Powerlifting combines the deadlift, bench press and squat to test competitors' total accumulated weight across all three lifts. Competitors have three

chances at each movement to increase their weight with a successful lift during competition.

Setoguchi says he had a successful three months of training before his first competition this past August, but it was not without its challenges.

"I failed to register enough depth on the squat. I had 300 pounds on the bar, but I couldn't get deep enough for it to be a successful lift."

Despite going 0-3 on squat attempts, he had success in the other two lifts, registering a 451 pound deadlift and 254 pounds on the bench press.

Setoguchi is currently in his off-season for training, but still goes to the gym five times a week. His main focus before his next competition is increasing his squat mobility so he will be able to register a lift in that category.

He says that while not the most popular sport, pow-

erlifting is definitely for him.

"I know I'll never be the biggest guy around and in bodybuilding that's the goal. I like lifting heavier weights and seeing myself get progressively stronger."

While providing inspiration for himself, Setoguchi has also done the same to those around him.

"Through the years, he has used the gym as a way to lift himself up. He's come a long way from [middle school] when people used to bully him daily for having a limp," said Joel's best friend, Justin Scherger. "Now he does his own thing and other people do theirs."

The impact powerlifting has had on Setoguchi is something he says he thinks about often and he hopes to continue to inspire others while bettering himself in and out of the gym.

*"For a long time,
I just wanted
to be normal."*

JOEL SETOGUTCHI



Millennials are killing the slave industry

RYLEY MCCORMACK
@mccormack

Millennials have been called lazy and entitled, yet ambitious enough to be killing countless industries: everything from Applebee's to pet food.

Look into articles about how terrible millennials are and you'll be staring into an unending abyss of opinion pieces and distraught business owners.

Go onto Google and type in "millennials are killing" then put in a letter, nearly any letter will come up with results on what millennials are ruining.

One recent attack against the entitled youngsters is saying they have an inflated sense of self-worth, and refusing to work for free to advance their career.

At the same time, studies show millennials have lower self-esteem on average, but that's not the point.

The general manager of a café chain called Muffin Break with locations in UK, Australia, New Zealand and India made complaints about millennials not willing to work for free for the sake of career advancement.

Her interview included fun opinions like blaming social media for the lack of a desire to work for free and "there's just nobody walking in my door asking for an internship, work experience or unpaid work, nobody," said general manager Natalie Brennan.

"I'm generalizing, but it definitely feels like this generation of 20-somethings has to be rewarded even if it's the most mundane, boring thing, they want to be rewarded for doing their job constantly."

That constant reward, some may call in the language of the peasants "being paid."

She faced backlash, saying that expecting people to work for free is unethical and sometimes illegal.

She has since offered a half-hearted apology, saying her statement was not reflective of the values of FoodCo, the parent company to Muffin Break and her comments were misunderstood.

Who is more entitled here: managers expecting people to work for free, or people wanting to be paid for their time?

Management expects the peasants (I'll be referring to them as the working class) to grovel at their feet to appease them and maybe give them a letter of

recommendation at the end of it.

Asking employees to work for free under the guise of "advancing your career" is nonsense.

Sure, it shows that you have drive and ambition, but it also shows you're willing to be taken advantage of.

Agreeing to work for free will be a sign to an employer that they can rely on you and will likely ask you to work for free again and again.

If you're a member of the working class, you have two things to sell: your time and labour.

Willingness to give that away for free means you don't value what you have to offer.

If we don't value our time, why should they?

It's the perfect opportunity for a business to exploit millennials' lack of self-esteem, with the promise of "career advancement."

Career advancement can mean anything an employer wants it to mean: a promotion, a raise, will you be lucky enough to get one day off when you asked for the weekend? Who knows.

Intergenerational warfare has been a common thing in the media for a while now and it seems older generations are fed up with the attitudes of millennials. They are portrayed as feeling entitled to things like work benefits, reasonable hours and a living wage.

How dare the working-class demand to be treated like human beings with needs?

With the constant rising cost of living and wages stagnating (yes, Alberta recently had an increase to minimum wage, but the cost of nearly everything has already gone up), companies refuse to budge on paying people more and yet want to charge more for their products.

This is unsustainable for workers and businesses.

How are workers supposed to spend their money on the products and services a company offers, when they struggle to make rent because they aren't making a living wage?

Still, after all of this, employers expect the working class to give time away for free?

The most effective act the working class can do to send a message to employers is withhold their labour.

Your time is valuable. Don't let your boss have it for free.



PHOTO BY SKYLAR PETERS

Blair Lozza receives a high five after a workout at CrossFit Framework.

Where physical and mental health collide

SKYLAR PETERS
@skpeters17

Like many other controversial, sometimes toxic subjects, our society has slowly but surely become more accepting of bodies of all shapes and sizes.

However, body image still remains an issue today — 91 per cent of North American women admit to being unhappy with their body, according to dosomething.org.

It's not just an issue for women either, as 30 per cent of men have also admitted to being dissatisfied with their appearance. In total, body image affects nearly two-thirds of all adults in North America.

Russ Stewart, owner of Lethbridge gym CrossFit Framework, says these trends aren't going away, despite Canadians being more aware of their bodies.

"Over 90 per cent of our new clients walk in the door and they already have goals," Stewart explains. "When I ask them about their goals, the first goal everyone has is aesthetic — 'I want to look better.'"

Stewart adds negative body image happens on both ends of the spectrum.

"It has moved away from the centre and is now going to the extremes. Whether it be body acceptance or body-builders on social media, both lifestyles are unhealthy. They are unsustainable for long periods of time without serious side effects."

Susan Conconnard, a Mental Health Therapist with Alberta Health Services, says social media has a huge influence on the way we feel about our bodies.

If you're constantly looking at social media, it can turn into a form of punishment — especially if you're trying to acquire a certain look."

Janet Innes, a colleague of Conconnard, says comparing ourselves to others is human nature.

"We will naturally compare ourselves to what we see... we always seem to come out on the bottom."

Often, body image issues are the root of bigger mental disorders such as anxiety or depression.

"It becomes much more than say-

ing, 'oh I don't feel good in these pants'" Conconnard explains. "Sometimes, getting out of bed and brushing your teeth is a win for these people."

When working with those struggling with body image, both therapists find all of their clients shine in other areas.

"What's good about them has nothing to do with their weight or their shape," says Innes. "You don't want to have (your body) say everything, it's only one small part of you."

Another issue surrounding body image is the different ways society approaches weight loss and weight gain.

"When people lose weight, there are often comments about it, like 'you look

great,'" Conconnard remarked. "When people gain weight, nothing is said. It's amiss in our society... maybe we should say nothing at all."

For Stewart, the societal

taboo on commenting on weight leaves him personally frustrated.

"I'll never degrade someone for their weight, but I feel it's unhealthy to remain overweight or underweight. If they decide they want to get help we're here for them."

Because of the silence surrounding body image, life events are often what finally spur people to make changes.

"I've had lots of people come in here that were getting out-ran by their kids and it was their wake-up call. Sometimes it's more serious, like a stroke. It makes people realize they might die sooner than they should be."

Stewart adds even though a person may be eating right and attending the gym regularly, focusing too much on their appearance can stall progress.

"My wife is a nutritionist and with some clients she switches her weekly weigh-ins to daily, so they don't stress about them," Stewart remarks. "Stress raises your cortisol levels and contributes to keeping some weight on."

In the fitness industry, marketing becomes a unique challenge because of the silence surrounding our bodies.

"If you're unhappy, we're here... one hour a day could extend your life by two or three years."

Conconnard and Innes note everyone's journey through mental illness is different — it can take years to get comfortable enough to go to a place like the gym.

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Tackling physical dating in a digital world

MICHAEL RODRIGUEZ

@michaelrdrguez

It's 2 a.m. Friday night. Your phone buzzes and a piercing white light from your bedside table awakens you. You brush it off and go back to sleep, but just before your eyes shut, you hear yet another buzz. You reluctantly grab your phone, eyes squinting in the bright light of your phone's screen, to receive a vague message from somebody you've never met.

"Hey!" It reads.

A half-hearted response glimmers in your mind — "Hey :)," you reply.

You feel as though the smiley face will really sell your whimsical self to the stranger on the other end. You go back to sleep, planning your imminent wedding with Taylor, Morgan or Robin, never to hear from them again.

This is the process that is all too familiar in the venture of finding love online.

According to eHarmony, 36 per cent of Canadians use some form of online dating and 16 per cent have had sex with somebody they've met online.

Noël Bowman said she has never used online dating before and doesn't understand the appeal.

"I'm not saying that all people who use online dating are idiots, but I can't imagine putting myself out there like that. I've had friends use it who are very happy with their results, but I just wouldn't do it myself.... I don't want to have to present all of myself at once. I want somebody to decide they want to get to know the bits and pieces of me based on something they see in me."

Bowman added she prefers meeting people more traditionally and doesn't feel as though it's worth it to jump through the hoops online dating can present.

Marlowe Lindsey, on the other hand, is well-versed in the world of online dating and as the owner of a Tinder profile for the past three years, said she has seen it all.

"Tinder is always a bad time, you meet some very strange people and have some even stranger dates. I went on a date with a guy I met on Tinder once and he proceeded to tell me I would never be employed in my current field."

Lindsey said the reason she still uses the service is the confidence boost that it can give you.

"It's kind of gratifying, honestly. You see people liking you or super liking you, and it feels good."

She also said the main reason she believes more and more people are looking for love online is ease-of-access and the uncomfortable situations that meeting people in



PHOTO BY MICHAEL RODRIGUEZ

Marlowe Lindsey and Allan Sept browsing their phone.

person can present.

"I think people are too awkward now to meet organically. We're moving to a platform that we're all familiar with and comfortable on rather than meeting face-to-face. Plus, face-to-face rejection hurts a little more."

According to Psychology Today, one in five relationships begin online nowadays. It's estimated that by 2040, 70 per cent of us will have met our significant other online.

Lethbridge needs to re-imagine its weak flag design

MICHAEL RODRIGUEZ

@michaelrdrguez

It's 1967. An artist is finalizing his design for the new city flag of Lethbridge.

A fellow designer approaches. "Is this it Marty?"

He closes Microsoft Excel, then his laptop. "Yeah, it's done." A puzzled look finds its way across the face of the designer.

"Marty, what is that machine?" Marty clutches his laptop and sprints outside.

He hops in his DeLorean, hits 88 MPH and suddenly he's back in the year 2019. Marty opens his laptop again. He googles: "City of Lethbridge Flag" And there it is.

"That was a close one. Hey Doc?"

This is a slightly editorialized look at how Lethbridge's city flag came to be — or at least the only way I can wrap my

head around it.

A nœr-do-well time-travelling flag designer works with a crazy scientist to impart a hideous banner upon our city — probably to save the world somehow.

Alas, our world has been saved and now it's time for a change.

The City of Lethbridge's flag is a familiar source of material on Reddit's subreddit for vexillology — the study of flags.

The flag has been posted 25 separate times over the past six years.

Our flag has been called the following:

- It looks like something a broken printer would spit out. — u/Ahaigh9877
- By FAR, the worst flag I've ever seen in my life. It makes me feel physically ill looking at it. — u/_Mical

Our city has been the mockery of this group of internet flag nerds for too long.

It's time for a change. However, history

buffs may shudder at the idea.

Lethbridge's flag is based on the flag that flew at Fort Whoop-Up.

Fort Whoop-up was founded by two Americans as a whisky trading post in the late 19th century.

The flag they flew was intentionally meant to look like the American flag from far away, but different enough that it wouldn't cause any legal repercussions. Eventually, the Canadian government got involved, establishing what was then known as the North West Mounted Police, to relegate the area. In 1920, the NWMP merged with the east's Dominion Police to become the Royal Canadian Mounted Police.

You can read more about Fort Whoop-Up's history at fortwhoopup.com and I would strongly suggest it. It's a fascinating backstory of how our city came to be.

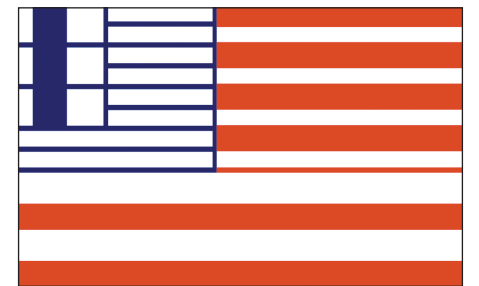


PHOTO FROM WIKIMEDIA COMMONS
Official flag for the City of Lethbridge.

The historical significance of Fort Whoop-Up to the City of Lethbridge — and Canada as a whole — can't be understated. It's an integral part of our history.

But there must be a better way to represent our substantial past. Our city deserves better than a printing error as a flag.

Mètis elder gives back to Lethbridge College community

DARA KENDELL

@darakendell



PHOTO BY DARA KENDELL

Louise Salof can often be found in the Niisitapi Gathering place in Lethbridge College.

Forty years after leaving a bad marriage with nothing but her kids and a little bit of cash, Louise Salof is thriving in Lethbridge.

The Métis woman has worked with the marginalized community in southern Alberta for the past 30 years, including new immigrants and victims of domestic violence.

After retiring from social work, she turned her attention to other organizations in the community.

This fall, she joined Lethbridge College as a Métis Elder and is someone that students can go to talk to, to get advice and just to hang out with.

"It's been the most incredible experience. I just feel like all the good

that I've put into the community is coming back to me."

Pam Blood, career and academic advisor for the college, stresses the importance of elders on campus.

"I think it's almost like a comforting presence for our students. Sometimes even just for something, say probably have questions, not only for school and academic, but for personal access to have that kind of information."

Outside of the college, Saloff is part of a documentary filmed by Reel Youth out of Vancouver. The documentary premiered in February and talks about the effects of residential schools.

"It was a journey. I found when I did it, it was like a healing journey, because I hadn't really thought about how it had affected me."

Salof noted that her grandmother wasn't much for physical affection, nor was her mother. She attributes that to the effects of her grandmother being in residential school.

She embraces her past and the past of her ancestors. After the loss of her brother a few years ago, she started looking into her family history. After the loss of her brother a few years ago, she started looking into her family history.

On her dad's side of the family, her great-great-great grandfather married a Cree woman. Salof is exploring the Cree culture and will be learning more about their traditions.

"My life is just getting better and better," Salof added.

She says her busy life post-retirement keeps her young and has no plans to slow down any time soon.

Think before you speak

ENDEAVOUR STAFF

One of the biggest reasons why racism is alive and well in our society in 2019, is because many Canadians don't think before they open their mouths.

You might be reading this right now, telling yourself you don't contribute to racism – you treat everyone equally, regardless of what you see on the surface.

Even though you may stay away from engaging in disparaging conversation, you don't associate with racists or you may even defend people of minorities when they come under attack. Despite all of this, you may still be a part of the problem.

For a Lethbridge resident who told his story under the request to remain anonymous, subtle racism is something he encounters every time he goes to work as a server at a local restaurant.

Though originally from Columbia, he is as Canadian as any of us are today. He has perfect English, is well-spoken and has no distinguishable accent.

Yet the difference in treatment that he receives compared to any of his white co-workers, is astounding.

When making conversation with a table during the evening, topics can range from the weather, to politics and everything in-between. The most common question, by far, is "Are you in Lethbridge for school?"

For this server, the range of questions he faces are completely different.

"This item on the menu... is it spicy? But your level of spicy is probably different than mine, because in your country you probably eat it all the time."

This question is not only ignorant because it is quite obviously racist, but also because Columbian food is not spicy by nature, anyway.

The most common one, "How come your English is so good?" Is one he said he gets nearly every shift.

His response is to reply politely with the number of years he's been in Canada, then volley back the same question.

"It's great to watch their skin change a bit in colour as they backpedal, or struggle to spit out an answer through their nervous smile," he said.

A response like this is usually enough to get people to think twice about what they're asking, but many minorities put up with these issues without saying a thing.

These subtle acts lead to more noticeable actions - warily looking at a person of colour when walking at night or following a minority around a store. Both of these actions happen all the time.

He adds he doesn't think this behaviour is necessarily the fault of the person behaving this way. He attributes it to a generational trait, gone uncorrected or not updated throughout a family lineage.

No matter the reason, the lack of awareness allows perpetrators of racism to continue through life thinking they're doing nothing wrong.

If your questions are truly born out of curiosity, there's nothing wrong with it. Many people would love to talk about their culture.

However, choosing the right forum to pose your question is paramount. At a dinner table, talking to a person that is serving you, is not the place.

In a multiculturally diverse place like southern Alberta, there are already enough senseless acts of racism each day.

Taking two seconds before you open your mouth can be the difference between allowing racism to continue, or helping to eradicate this long-standing issue.



Tricks in the sunshine



PHOTO BY JOSH SCHOENING

Saren Westrop is trying some new tricks at SLP Skate Park in Lethbridge on March 18.

Canada enters the U.S. Venezuela conflict

RYLEY MCCORMACK
@mccormack

Venezuela has been a country full of unrest and turmoil so far in 2019. It is now at the point where some western powers felt the need to intervene.

Canada has chosen to enter the conflict in Venezuela on the side of the US.

Canada should keep itself out of backing US imperialist goals, but it has done so in the past.

If Canada wants to make the right choice on its involvement, it should at least ensure they're getting involved for the right reason.

The US has put heavy sanctions on the Venezuelan government to oust the current president Nicolás Maduro, while at the same time sending humanitarian aid.

Canada, the EU and the UK have voiced their support for Juan Guaidó, who has declared himself president earlier this year.

The timeline of events has been complex and a large

grey area.

On one hand, the people of Venezuela are suffering, and need help. On the other, the US has a past of getting involved in destabilized foreign governments to turn it into a more favorable situation for them.

Venezuela has a huge supply of oil, which a lot of the countries that backed the coup are dependent on.

That's where the US envoy to Venezuela comes in: a guy named Elliott Abrams.

Abrams has an extensive track record of being involved in shady deals with foreign governments.

To put it mildly, he is a pawn for US imperialism, or to put it bluntly, Elliott Abrams is a war criminal.

In 1991, he plead guilty to aiding Guatemalan contra rebels and was sentenced to two years of probation and 100 hours of community service, from which he was later acquitted.

He was also involved in funding and training far-right forces on the El Salvador civil war.

In 1981, US-trained soldiers killed more than 750 men women and children in El Mozote, and Abrams defended

the US government's decision to back them, even telling the Washington Post, "the administration's record in El Salvador is one of fabulous achievement."

Abrams has been a long-time defender of the Reagan administration and his actions, he has faced almost no repercussions.

The US has delivered humanitarian aid to the border, which the Maduro government has denied.

A recent development in the situation is a nation-wide blackout which the country has yet to recover from.

The events unfolding in Venezuela echo other coups in South America, as a result it will likely join a long list of countries the US had its hand in destabilizing and overthrowing.

It could be a genuine attempt to help out, but given his past track record, why would this be any different?

Elliott Abrams has been called a war criminal, and he is now in charge of humanitarian aid in Venezuela.

If Canada wants to make the right move on helping the people of Venezuela, backing the same man who funded oppression abroad is the wrong way to do it.

Beauty is in the eye of the beholder, except it isn't

DARA KENDELL
@darakendell

Dating is a nightmare. Anyone who says different is a liar. Come with me while we explore yet another reason why you should abandon the idea of a romantic relationships and adopt a cat.

I was browsing the internet recently and came across an article about a woman who went on a bad first date with someone. Then a few months after the date, he decided to message her 15 tips on how to be better for the next guy. These tips included losing weight, not talking about her past as much and to get a tan.

Unfortunately, it reminded me of a first date I went on around Christmas. It went mostly well throughout the night. We had been drinking, as one does at a party like that. It got to the point where he was rambling drunkenly at me, I didn't mind. He reminded me of one of my best friends, it was fine. I was only half paying attention anyways. Then he opened his mouth and said, "you're probably insecure because you're overweight. And obviously you're trying to be something with your fake eyelashes and all your tattoos and piercings."

There wasn't a second date.

Now I'm pretty aware that I'm not that "ideal" body type or whatever. The kids in high school made me very aware I'm not conventionally pretty.

That fact used to destroy me. I would agonize over the fact that people didn't like how I looked. I would dress to hide my body shape, because if they couldn't see it they wouldn't make comments. I used to observe the way the popular girls acted and try to emulate it. That didn't work either. I was miserable because I couldn't just accept who I was.

It took a lot of years and moving 300 km away from where I grew up to get over the fact that other people didn't like what I looked like.

What changed? Good question.

I got a chance to re-invent myself. It was incredible. I had always felt like I belonged in a very specific box in my hometown. I got to push the borders and be whoever I wanted to be.

I also met some incredible people. My current roommate and best friend has changed my life and the way I view myself. She encourages me to buy clothes I never would've dreamed of even looking at in the store.

I remember very vividly, one time when we were shopping. I saw something on a mannequin and I looked over at my friend and said, "Man I wish I could fit in something like that."

Without a second of hesitation she said, "If you're upset because you're not a size two that's stupid."

She's right. It is stupid. Every person is built differently, duh. My body just wasn't built to be a size two.

It's one of the most important things someone has really said to me. To hear it so bluntly put that I was stupid for being ashamed of my body. I've really embraced that sentiment. Now I wear what I want, when I want, without giving a damn about anyone. Sometimes it's fake confidence, but it's getting easier every day.

Also, to the boy that thinks I'm hiding behind my tattoos, piercings and makeup: go away.

As of the day I'm writing this, I have about 17 tattoos. It is my body and the way I choose to decorate it has absolutely nothing to do with what you think of me. I wear fake eyelashes because I think they look nice.

I'm not hiding behind anything. Not anymore. Also, one last helpful hint to boys that think they should tell girls how to improve themselves: don't.

eSPORTS

Lightning strikes down Buffaloes



PHOTO BY SKYLAR PETERS

A fight breaks out during the third period of a Ranchland Hockey League playoff game between the Lethbridge Lightning and Siksika Buffaloes at Nicholas Sheran Arena on Friday night.

Petersen leaves a lasting legacy

SETH SLOMP
@ssgoalie98

Volunteering is not something you can do on your phone, it's not about the money, fame or medals.

It's about that feeling deep down that brings you joy to your heart in helping others.

Knud Petersen, a Lethbridge College Kodiaks sponsor, has been a part of the Lethbridge community in many different areas.

Before moving to Canada in 1965, he grew up in Denmark and immigrated as an agricultural exchange student.

Petersen said he liked farming in Canada so much he decided to stay and was able to get his permanent residency without even leaving the country.

Later, he would make a life in Chin where he owned and ran Cactus Pete Farms, a potato farm.

Between running the farm and raising a family, Petersen still had time to volunteer and coach two local soccer teams, the U16 and U18 Chargers alongside his friend Alvin Tietz.

In 1994, he decided to sell the farm to his partner and retire.

This gave him and Tietz the opportunity to fund and coach the first-ever women's soccer program at the college.

At the time, Lethbridge College didn't have the money to fund the team.

Therefore, Tim Tollestrup, former athletic director at the college, said if they wanted to start up a women's soccer program, they would have to fund it themselves.

Tietz and Petersen decided to come up with the money to fund the team with the help of Ron Sakamoto, a local promoter.

The pair would coach the team to an Alberta Colleges Athletic Conference provincial championship and CCAA national title in its undefeated inaugural season.

This team still remains the only national soccer champion in the college's history.

After his third-season of coaching the Kodiaks, he would call it a career and hang up his cleats.

However, that didn't stop him from volunteering in the community and showing a helping hand.



PHOTO BY SETH SLOMP

Knud Petersen, the former athletic director (left) and Todd Caughlin, the current athletic director (right).

He offers his time on countless committees which includes the University of Lethbridge Senate, Southern Alberta Council on Public Affairs and the Kodiaks Association.

The soccer fanatic said volunteering has just been in his blood.

"I can always remember just helping out when there was a party or putting chairs away. I think it's really important to pitch in and promote community activities."

Another way he gives back to the community is through donating money for athletic scholarships at the college and sponsoring athletes through the Adopt-A-Kodiak program.

Todd Caughlin, athletic director at the college, said Petersen is an individual that has dedicated his life to always helping.

"He is so well connected in the community and the dedication he has to always wanting to make sure Lethbridge and everybody in the city benefits from any kind of exposure, you just want to be Knud."

Caughlin added Petersen comes out to every event possible and will come to the school to organize events even though he doesn't have to.

"It means everything to Kodiaks Athletics to have a guy like him on-board. Having the support of alumni or people that bleed the Kodiak blue is what the institution and athletics department survives on."

Vicky Noronha, a Kodiaks soccer player, said he has personally supported her throughout her time at the college.

"He makes it out to every game he can and every time he sees me, he goes out of his way to say hi and check in to see how things are going."

Noronha added the former head coach just cares about athletics and he isn't doing it for praise, he genuinely cares about the community.

The annual Kodiak Athletic Award is named and sponsored by Petersen and Tietz.

It is awarded to two players from each of the men's and women's soccer teams and one each to a male and female volleyball player at the end of the year.

ACAC Futsal part of busy sports weekend in Lethbridge



PHOTO BY MEGAN MCCOY

Wilson Ntignee looks up the court during an ACAC futsal round-robin match on Friday.

CHASE MALEY
@maleycmaley

Last weekend Lethbridge was an athletic paradise. The 2019 U SPORTS Cavendish Farms University Cup was hosted at the Enmax Centre, bringing the best in Canadian post-secondary hockey to Lethbridge.

In the Enmax Centre's parking lot, Sportsnet hosted their Hometown Hockey broadcast on Sunday.

Lethbridge also hosted the 2019 under 13 provincial indoor soccer tournament at the Servus Indoor Soccer Centre.

Just down College Drive, the Alberta Colleges Athletic Conference provincial futsal tournament was taking place at Lethbridge College.

In total, four major sports events were taking place within a one-kilometre radius south of Scenic Drive.

With so much variety, it was a great opportunity to showcase a fairly new sport in Canada to the Canadian youth. Lethbridge College hosted the first ever broadcast of the futsal tournament, which

in turn brought over many local soccer players of all ages.

Todd Caughlin, Sports Manager at Lethbridge College said broadcasting the tournament is an excellent way to promote futsal to the youth. "One of the perks of hosting a tournament like this is, it's a chance to showcase a new and upcoming sport like futsal in the community. It creates a great chance for the youth to come and watch the college players and hopefully get them excited enough to play the sport," Caughlin said.

Ethan Dieser, one of many local soccer players who made an appearance to watch the tournament was very excited to see the game being played at a high level.

"It's cool to see how fast paced they play. The way they control the ball while on the move and a defender on them instantly, you can tell how long and hard they've practiced to get to this level," Dieser said.

The young player has been playing for most of his youth and said he would eventually one day love to play for Lethbridge College.

Nutrition paramount for athletes during tournament

DEAN HUFFMAN
@Deano_HW

Athletes have a strict diet regiment but on the road, it becomes a little more difficult to get the proper nutrition that is required to stay in top shape.

Fast food and other junk food varieties can be tempting but indulging in snack food can risk an athlete's abilities to perform.

Jaime McPherson is a defenseman on the SAIT Trojans futsal team. She said eating healthy on the road requires some simple strategy.

"Usually I pack healthy snacks or go to the grocery store before traveling. We usually have Clif bars and fresh fruit. We all bring things to eat together."

Counting the number of calories consumed is also an important part of maintaining a healthy diet. According to an article titled Nutrition for Athletes on May 10 2017, most regular people need 1500 to 2000 calories a day. For athletes they should increase their daily intake

by 500 to 1000 calories.

Sugary sports drinks that promise revitalizing properties can also hinder an athlete's performance. According to an article written by Anna Schaefer titled is Gatorade bad for you on Aug 20 2018, drinks such as Gatorade are good for regaining electrolytes but bad for the sugars it provides.

Kayley McCormack is a Fitness and Nutrition student at the University of Lethbridge. She said it's important for athletes to keep up with a healthy diet.

"Carbs are essential for athletes. Its fast energy storage that is very important for there energy. Then afterwards protein because it helps build and restore muscle mass."

Carbohydrates is your bodies biggest source of energy and is very important to maintain if you are going to be expending large amounts of energy.

According to a study done by the Dietitians of Canada, it is recommended you get 55 per cent to 60 per cent of your diet to come from potatoes, brown rice, oatmeal and other complex carbohydrates.



PHOTO BY DEAN HUFFMAN

Apples provide carbohydrates for athletes.

Complex carbohydrates take an extended period of time to break down and provide quick bursts of energy during workouts and sporting events.

For more information and helpful tips to stay healthy visit www.canada.ca/health-canada.

Goaltending has Jets over Flames in Western Conference

SKYLAR PETERS
@SkPeters17

Talk about a 10-year challenge.

A decade ago, the Winnipeg Jets were nothing but a bitter memory for the fans of a former NHL franchise that moved south in 1996. The city's best hockey team, the Manitoba Moose, were on their way to a fourth-place finish in the AHL's North Division.

Fast forward to today. Not only are the Jets back, but they're emerging as one of the perennial Western Conference powerhouses in the National Hockey League.

Another outstanding start to the 2018-19 season has them perched at the top of the Central Division. Many are expecting the Jets to finish what they started last year, winning the Western Conference.

However, over in the Pacific Division, another heavy-weight hopes to stand in their way on the road to the Stanley Cup Final – the Calgary Flames.

A side-by-side comparison of the Jets and Flames reveals a lot of similarities. Let's take a look at where these two teams stand against each other.

A strong forward core led by a prolific scorer

For the Flames, their young top six have been dominant all season. Sean Monahan and Matthew Tkachuk have emerged as difference-makers on a nightly basis, but their linemate is the one that has really stolen the show – Johnny Gaudreau.

One could argue that Gaudreau's 92 points make him the best player on either team.

On the Winnipeg side, players like Mathieu Perrault and Jack Roslovic have nicely complemented the contri-

butions by Blake Wheeler and Kyle Connor.

An inconsistent Patrik Laine is some cause for concern for Jets fans, but he has shown that he can score in bunches when he gets the opportunity. It seems like people have already forgotten he scored the most goals in a calendar month in NHL history in November.

The Jets' game-changer is Mark Scheifele. He is a do-it-all centreman that has the capabilities to score, defend and come up big when his team needs it most. His 80 points aren't even the best on the team, as Wheeler has 88 – but when one of those two get in on a goal, the other is usually also there.

A stout defense from one to six

The Jets and more notably, the Flames have made big strides with their defence this season. Looking at their defensive rosters, both are solid, with a great mix of veterans and young guns mixed throughout.

The Jets have seen big improvements from Jacob Trouba, who is really starting to show why he was a top-10 pick in the 2012 NHL Entry Draft.

The Jets have also surged despite an injury-filled season for veteran Dustin Byfuglien and a more recent collarbone injury suffered by Josh Morrissey.

For the Flames, they are led by a Norris Trophy candidate in captain Mark Giordano. He has rejuvenated himself thanks to more balance among the three pairings.

The Flames didn't want to wait for their own draft picks to flourish, so they went out and got some on their own. Noah Hanifin was acquired in a trade for Dougie Hamilton and the Flames haven't looked back since.

Add in talent like Travis Hamonic and T.J. Brodie and it's no wonder the Flames are far better defensively.

Differences between the pipes

Inside the blue paint is where the similarities end between these division-leading teams.

Sure, they're both led by top-notch goaltending – David Rittich has been one of the best surprises in the NHL this year for the Flames, while Connor Hellebucyk has picked up where he left off after a Vezina Trophy-worthy campaign last season.

However, the Jets are succeeding with who they always expected in Hellebucyk. Meanwhile, Mike Smith was supposed to be the Flames' anchor in the net, but confidence and injury issues opened the door for Rittich.

The Jets know they can rely on Hellebucyk in the playoffs – they went all the way to the Western Conference Final just 10 months ago. They have also enjoyed a brilliant season from back-up goaltender Laurent Brossoit, who didn't lose his first game in regulation until January.

At the trade deadline, Flames GM Brad Treliving kept his cards close to his chest regarding his faith in his two goaltenders and opted to stay put.

Meanwhile, the Jets went out and got the rental centreman they needed in Kevin Hayes. Hayes has chipped in both offensively and defensively in nearly every game since and also offers a decent chance at re-signing in Winnipeg this summer.

As it stands right now, the Jets are missing nothing that Calgary offers on forward or defence, plus they have more stability in goal.

I'm putting the Winnipeg Jets over the Calgary Flames as the best team in the Western Conference today, but I can assure the months of April, May and hopefully June will be very interesting.

College hosts third straight ACAC championship



PHOTO BY MEGAN MCCOY

Landon Murphy of the Olds Broncos keeps the ball away from Ben Knight of the Kodiaks.

SKYLAR PETERS
@skpeters17

The teams arrived on Thursday for the 2019 Alberta Colleges Athletic Conference Futsal Championship. The fans, a day later on Friday.

However, for Lethbridge College, the host of this year's tournament, the work started long before – nearly one year ago.

The college was informed it was the winner of the bid to host the third-annual event in March of 2018.

After hosting the women's and men's ACAC provincials for basketball in the two years previous, the college is no stranger to the big stage.

However, it would be the college's first time ever hosting a futsal championship, which presented some interesting challenges.

"One of the biggest challenges was explaining to everyone what futsal is," remarked Holly Owens, athletics assistant with Lethbridge College. "It's not quite indoor soccer or outdoor soccer. It's somewhere

in-between."

Owens was responsible for accommodation and transport for all 18 teams. She explained the relatively new sport of futsal made it more difficult than previous events.

"They are very last-minute across the conference, it's just a one-tournament sport," Owens said.

Without a regular season, the sport of futsal receives far less attention from the student body than other sports such as volleyball and basketball. This made drumming up excitement for the tournament a new challenge.

Paul Kingsmith and the rest of the communications department at Lethbridge College were put to the task of promoting the tournament. Work for the department started nearly a month before the opening kick-off, as the participating teams were finalized.

The communications department was responsible for creating the programs and advertisements for the event in the weeks leading up to the tournament.

Once the championship was underway, Kingsmith and the rest

of the communications team kept the Lethbridge College, Kodiaks and ACAC websites and social media accounts up-to-date with information.

Kingsmith admitted it had been a long week of preparation and the hours on Friday, Saturday and Sunday were extremely long, leaving after midnight both of the first two nights.

However, the feedback he and the rest of the college's representatives received has been extremely positive.

"They feel like it's a special, once-in-a-lifetime experience for them and that's the payoff for us," Kingsmith explained. "It's good for the college as well. We want to be a place where people want to gather to participate in these championship events."

According to Todd Caughlin of Kodiaks Athletics, this tournament was one of the most successful financially for the institution, doubling the initial projections. He added the college hopes the positive reviews from this event will bring another ACAC championship to the school in the next academic year.

Kodiaks enjoy home-court advantage Men's team rides crowd energy to fourth place finish

MICHAEL RODRIGUEZ
@michaelrdrguez

Home is where the heart is and where the ball was for the Lethbridge College Kodiaks over the weekend.

The Kodiaks had home-court advantage for the 2019 ACAC Futsal Championships — and the fans in the stands to prove it.

Todd Caughlin, Athletic Director at Lethbridge College, said staying home for the season-ending tournament alleviates some of the stress that can accompany such events.

"It's just the familiarity and regularity. You don't have to worry about extra stresses. That in itself allows you to get a clearer head. With a clear head you can get a better focus and with that, comes better performance. That's what I loved as an athlete about playing at home. You also get an adrenaline rush from the crowd and when that works with the focus, you tend to be hard to beat."

Seth Slomp, the Kodiaks backup goaltender, unexpectedly played in his first match of the tournament on Saturday. The game also marked another first for

"You get to play in front of your people. Your friends and family — the Kodiaks Nation, if you will."

TODD CAUGHLIN

Slomp.

"I have my dad out in the stands. I think this is one of the first times he's ever been to one of my games. I wish I were out there on the court playing, but it's alright.

Little did he know, later that day he would end up getting some time on the court.

Slomp was on the bench for the whole tournament until starting goaltender Kohl Wandyka

was pulled following eight goals in the first half against Olds College on Saturday. Slomp managed to keep the Kodiaks in the game throughout the second frame, only giving up two goals — all while his dad watched from the stands.

"It was hard for me to come in mid-game as I didn't warm up. When I made my first couple of saves, it gave me some confidence and I was ready to play. The crowd was also a factor as I just fed off the energy coming out of the stands," said Slomp of his impromptu appearance.

Caughlin said playing in front of fans and parents is another reason teams strive for home court advantage.

"You get to play in front of your people. Your friends and family — the Kodiaks Nation, if you will."

The Kodiaks women did not end up making the medal round and the men's team lost its bronze medal game, but the fans were out supporting them right until the end.



PHOTO BY DARA KENDELL

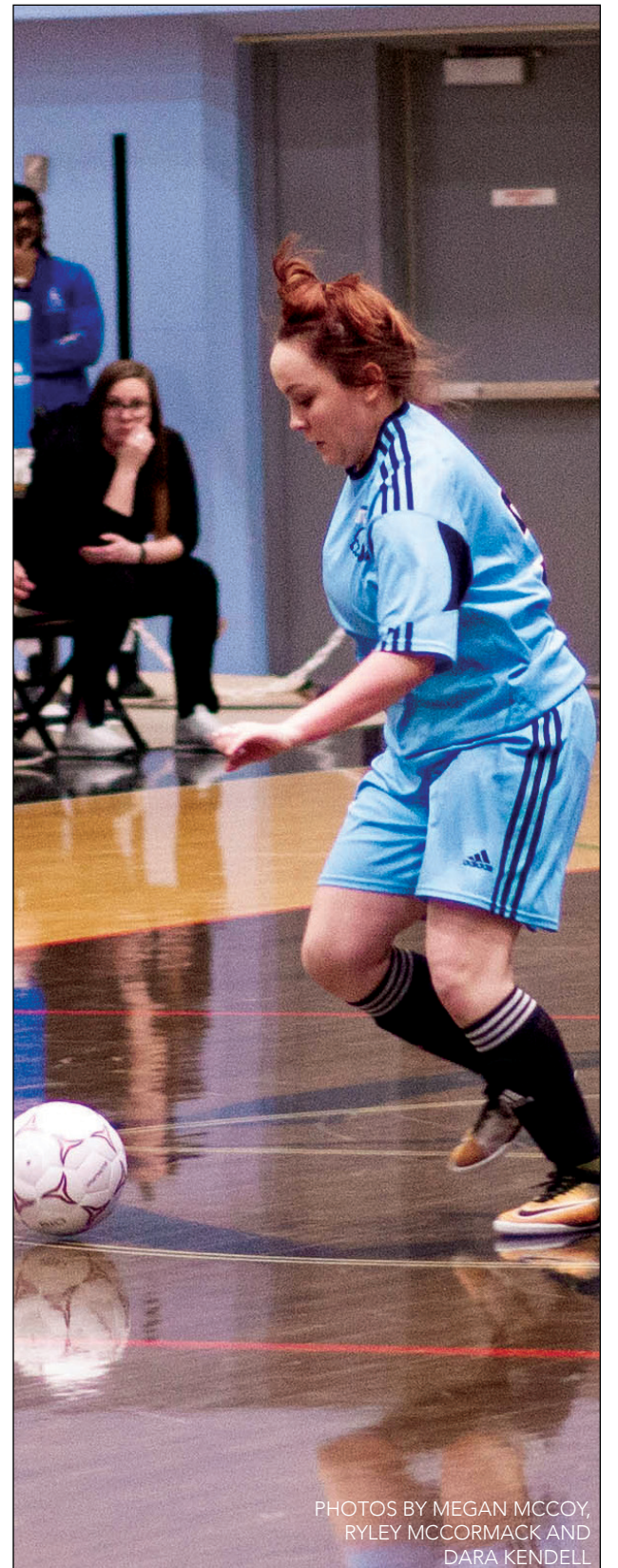
Seth Slomp throws the ball back into play during the ACAC bronze medal game against the Olds Broncos.



2019 ACAC
FUTSAL
 CHAMPIONSHIPS
 LETHBRIDGE COLLEGE
 MARCH
 15-17



Lethbridge College hosted the Futsal Championships over the weekend. Here are some highlights from the Kodiaks: (Top photo) Stephanie Klassen (centre) blocks a shot with her face while her teammates look on. (Right photo) Meagan Judge dribbles the ball up court. (Bottom photo) Seth Slomp makes a save in the bronze medal match against the Olds College Broncos. (Left photo) Wilson Ntignee (left) tackles the ball away from Landon Murphy (right) of Olds College.



PHOTOS BY MEGAN MCCOY,
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