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QUOTE OF THE WEEK

“A newsroom of the future is nothing without the journalists of the future to help fill it.”

Read about Troy Reeb’s contribution on Page 3



November 1, 2019 Vol. 55, Issue 1



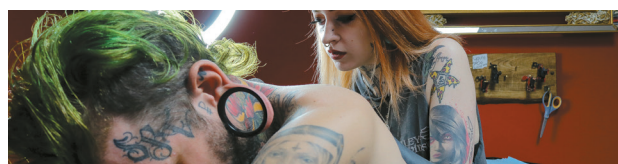
endeavour



Taking back the night

Movement against gender-based violence held in Lethbridge Oct. 18.

By Ani Leniczek Page 2



Rouillet zaps to the top

Tattoo artist recently achieves lifelong goal of opening her own shop.

By Kelsey O’Donnell Page 5

Basketball is life

Athlete born with a congenital disabilities works towards a position on the Kodiaks basketball team.

By Mike Kaake Page 8



Halloween smiles at Lethbridge College



PHOTO BY TYLER HAY

Dara Rivera and Cami Lyons, second year interior design students, laugh with their friends during the Halloween costume contest on the third floor of the Technology building at Lethbridge College.

Budget decrease to affect Lethbridge College

MIKE KAAKE
@MichaelKaake1

Lethbridge College is preparing for a reduction of \$2.5 million after the Alberta Government released its new budget.

Students will be affected by this as the government also removed the freeze on tuition.

The removal means students are no longer protected because the price of tuition will likely increase for the 2020-2021 academic year.

The budget also includes the increase of a student tax credit and an increase in interest for student loans.

Paula Burns, president and CEO of Lethbridge College, wants to help make school funding easier for students.

“What we want to do is make sure that education is accessible and affordable for all students,” Burns said.

The CEO said she understands why students may be concerned about the tuition being increased. Burns added the college is not required to follow through with the tuition increase as it is optional.

Tyler Sarazin, a second-year

general studies student at Lethbridge College, believes the potential rise of tuition can be a hassle for students.

“I feel like as a student my highest priority is being able to afford more post-secondary education to get to the career that I’ve chosen. And yeah, with raising tuition and everything down to getting a student loan is going to be harder. So, it’s just not good for any student whatsoever,” Sarazin said.

He added the college should not be blamed for tuition increases.

Sarazin says people should direct their anger at the government because of the decision to unfreeze tuition costs.

He said this might also force students to get jobs because more of their student loans will be going towards tuition.

The budget is determined by what is required to operate all aspects of the college.

Burns said the college is already focused on increasing enrolment and retention rates as part of their Forward Together campaign.

Two additional initiatives include increasing revenues through corporate and continuing education and developing entrepreneurial

business approaches with the hopes to have a balanced budget by June 2020.

Burns said the college wants to maintain quality programs.

She believes the budget cuts will not affect any programs in particular, as the college will look into the demands for all programs.

Burns adds the college is prepared for the upcoming budget cuts.

“We’ve been doing this work over the last four or five years and particularly over the last two to make sure that we’re sustainable no matter what the government funding tends to be. So, we’re in good shape for it. I don’t think you’ll see any one program area hit,” Burns said.

The president says the budget cuts will not affect the college immediately.

She believes the budget gives the college a clear path as they try to balance the budget going into the 2020-2021 school year.

Over the next four years the government is planning a 12.5 per cent decrease in operating expenses for post-secondary- that’s about \$600 million in cuts.

Pertussis outbreak hits southern Alberta

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Alberta Health Services has declared a pertussis outbreak in its south zone for the fifth time in a decade.

Pertussis, commonly known as whooping cough, can be prevented by childhood immunization, but the region's vaccination rates are quite low in some areas.

"It's heterogenous – is probably the best way to explain our vaccine coverage because in some areas there's very good coverage and in other areas not so much," said Dr. Lizette Elumir, medical officer of health for the south zone.

AHS declared the outbreak in mid October when 15 cases were confirmed in a two-week period. Since then the number has risen to 31 cases in three weeks, with the outbreak spreading as far as Taber and Bow Island.

According to the Canadian Immunization Guide, when a population has a very high immunization rate, it benefits from herd immunity.

Herd immunity makes it more difficult for a virus to spread from person to person, so the entire community is less likely to catch the disease.

"If there's not enough people in a pop-

ulation being immunized, we know that disease can spread and pertussis is highly contagious, so we need a large proportion of the population to be immunized to keep it out," said Shannon Vandenberg, nursing instructor at the University of Lethbridge.

"I think that's one of the things we don't stress enough, but we do have control over an outbreak.."

DR. LIZETTE ELUMIR

"Those are the ones – if they were ever to get pertussis could get extremely sick... we did have a death in the south zone a few years ago... of an infant," said Elumir.

Vandenberg says the reason the south zone experiences a high number of outbreaks is because the immunization rate is not high enough to create herd immunity.

"I think it's easier to believe stories about what happened to someone, rather than look at the science and look at how many cases do we actually see of reac-

tions," said the nursing instructor.

Alliyah Richards, a fourth-year nursing student at U of L, added people continue to mistakenly believe vaccines cause autism, despite the article being proven false and the author's medical license being taken away.

Pertussis is responsible for approximately 400,000 deaths worldwide every year and is one of the leading cause of death among non-immunized children.

The World Health Organization estimated 687,000 deaths were prevented by vaccinations worldwide.

"It's not ... necessarily tied to religion, but for some people it's the belief that if their child would become sick it would be by the hand of God. God allowed their child to get sick, so they take it as it just happens because that was God's will," said Vandenberg, adding there is nothing explicit in those communities' religious beliefs that forbids immunization.

Alberta's south zone experienced a pertussis outbreak in 2017 which resulted in more than 450 cases, but no fatalities.

"I think that's one of the things we don't stress enough, but we do have control over an outbreak. Outbreaks don't just happen spontaneously. Outbreaks happen because we spread it amongst each other," said Elumir.

WHOOPING COUGH OUTBREAK IN SOUTHERN ALBERTA



58

Confirmed cases in southern Alberta this year

31

Cases in three weeks



287K

The number of children in Canada without a measles vaccine



Source: Alberta Health Services, UNICEF

Movement against gender-based violence marches on Lethbridge

ANI LENICZEK
@beardedani

Dozens of people marched through the darkness in downtown Lethbridge to support the end of gender-based violence.

Take Back the Night, a protest for sexual and domestic violence, was hosted by the Lethbridge YWCA in October.

The name, Take Back the Night, has been used in demonstrations for 50 years, with 36 countries around the world holding protests.

"Grab a poster, do some chants, make some noise. The whole point is to get people to ask questions about what we're doing and why we're doing it," said Nancy Leggett, YWCA development and communications manager.

She said supporting Take Back the Night is as simple as showing up and participating.

According to Leggett, ending violence starts with everyone and people should speak up and stand up for people dealing with abusive and violent situations.



PHOTO BY ANI LENICZEK

Protestors watch as the Raging Grannies perform before the Take Back the Night march last month. The event brought dozens to City Hall to protest gender-based violence.

The march started and ended at Lethbridge City Hall, where several YWCA staff and volunteers handed out signs and glowsticks to protestors.

Take Back the Night events started in the 1960's in Belgium and England with

protestors concerned about women not being safe walking down the street after dark.

Since then, hundreds of events have popped up on college campuses and in communities all around the world.

Today, the Take Back the Night Foundation organizes and participates globally, with thousands of supporters working to provide resources, funding, and healing.

The foundation assists in legal avenues, with victims' rights attorneys providing legal assistance to survivors of sexual violence.

"Violence is something that plagues every community and there's all sorts of different types, so I just wanted to show support and hopefully start to end violence and have a conversation about it," said Lethbridge resident Mikala Dalton.

The YWCA offers programs and shelter for women attempting to leave abusive and violent situations, including Harbour House and counselling.

The Chinook Sexual Assault Centre offers similar assistance.

Both organizations offer free services for those that require them.

If you or someone you know needs help, contact the YWCA crisis hotline at 403-320-1881 or toll-free at 1-866-296-0447.

Yes, I am literally attracted to pans, thank you for asking

ANI LENICZEK
@beardedani

I'm not straight. I'm not gay. I'm not bisexual. I fall into a largely misunderstood category of people - I am pansexual.

Many people hear the word pansexual and come up with the same tired joke about frying pans. I'm guilty of making these jokes myself. It's understandable; people often make jokes about things they don't understand or that are outside of what they view as normal.

Pansexuality has nothing to do with cooking implements. In her thesis *My Most Authentic Self*, Ashley Marie Green

defines pansexuality as potential sexual attraction to individuals of all genders.

People may be confused about how that differs from bisexuality. Simply put, pansexuals are not so much attracted to men and women, but to people, regardless of gender.

We can want to lick the sweat from Ryan Reynolds' abdominal muscles, to feel Scarlett Johansson's lips against ours or fall in love with the genius of Stephen Hawking. That's not to say, of course, that physical attraction is meaningless.

Personally, I care much less about a person's gender than I do about the humanity inside them or how attractive I

find them.

Later in her thesis, Green talks about how pansexuality is more of a "sexual borderland" and that it doesn't fit neatly between the perceived binary of heterosexual and homosexual. It is both and neither; it is fluid in a way that other identities are not.

Even amongst the LGBTQ+ community, I've not often felt represented, though that's likely just my own experience. It probably doesn't help that the term pansexual has only really been around for 30 years.

I am glad that the world seems to be heading towards a more progressive at-

titude in general. It gives me hope that in another 30 years, pansexuality will be just as prevalent in modern parlance as homosexual, bisexual and heterosexual are today.

In any case, this is not me coming out to the world at large. For as long as I have known about my orientation, I've never hid it. I just hope that reading this can help somebody to discover their own identity.

Don't be afraid if your identity doesn't match what society tells you it should. Embrace your differences and fight for the representation that we all deserve as human beings.

Lethbridge College supports blood drive

JUSTIN PARKIN
@parkin_justin

Lethbridge College is showing its dedication to the community by hosting its annual blood drive for the month of November.

The college has partnered with Canadian Blood Services for the 12th year and is encouraging staff and students to donate.

As a partner the college has committed to saving lives by donating as a team to help ensure patients continue to receive the blood they need.

"We have over 850 open appointments throughout November and the college gives us fantastic support through our Partners for Life program. We collect over 600 units of blood from college students, faculty and supporters over the month," said Cinnamon Meldrum, event coordinator for the blood drive. Meldrum added the college provides a great amount of support for the Lethbridge clinic.

She said the blood drive is open to everyone, but there are some restrictions for people donating blood, according to Canadian Blood Services.

Some of these restrictions include intoxication or use of any drugs, sickness or if you are within 12 months of having a sexually transmitted disease.

The college, along with other organizations like Canadian Blood Services, encourage people to find a blood testing station to learn how one person can save a life.

"Even though people like us don't really realize it, donating blood doesn't take much out of your day or even much out of you. Honestly, it has no detrimental effects and it could save someone's life," said Manjot Bansal, a nursing student at Lethbridge College.

The nursing student said Canadian Blood Services have made the process really easy for the students as they have opened a donation office in the



PHOTO BY JUSTIN PARKIN

Candy (black shirt) and Kimberley Tetrault (red shirt) draw blood from a student's finger to test the blood type. The blood test is the first step in the college's 12th annual Blood Drive.

college. This gives students a fast and convenient way to donate.

Lethbridge College is encouraging all staff, students and alumni to head down to centre core every Wednesday during November to get a blood test

and booked for a donation appointment.

To learn more about Canadian Blood Services, how to donate blood or restrictions that apply to donating, check the Canadian Blood Services website at blood.ca.

BLOOD DRIVE'S THE HUMAN BODY



+50%

Of Canadians have a family member who needs blood.



1/6

The ratio of Canadians who donated last year.



13,000

The amount of donation locations across Canada.



+80

The amount of diseases stem cell transplants can treat.



600

The amount of donations made by Lethbridge College last year.



Sources:
Canada.ca/public-health
Blood.ca

College receives \$52,000 gift from DCM alumnus

Future students in DCM program will benefit

TYLER HAY
@haytyler1

Lethbridge College will receive \$52,000 to go toward remodelling a classroom into an active-learning newsroom for student journalists thanks to a donation from Corus entertainment.

It will both help to modernize classroom technology and fund a new Global News Journalism Award, which will be given to two students each year for at least 10 years, according to Paula Burns, president and CEO of Lethbridge College.

"This partnership is in no small part due to Troy Reeb, who I know we are so lucky to count amongst our alumni," she said.

The distinguished alumnus visited from Toronto for the gift announcement.

"I am hopeful that we can start the next revolution now by really thinking about how multimedia journalism is evolving in the future and equipping all of the students who will come from this institution for the years to come to be prepared for that future," said Reeb, executive vice president broadcast networks for Corus Entertainment, Global's parent company.

While at the college, Reeb spoke with digital communications and media students about a competitive internship he has offered for the last 14 years.

Students in the program research and pitch an original story to Reeb every year and the best pitch wins the chance to spend 10 days working in Toronto and Ottawa in Global's TV, radio and online offices.

Reeb said the intern-



PHOTO BY TYLER HAY

Troy Reeb, executive vice president, broadcast network for Corus Entertainment speaks to digital communications and media students about his yearly internship at Lethbridge College on Oct. 7.

ship, which he pays for himself, is meant to show students in Lethbridge that they are just as able to compete and succeed in the difficult industry as graduates from more prominent schools.

"He really gives the college a leg up on other

programs that are similar to it, so I just believe Troy's continued investment in the college is such a great thing for students in this program," said Skylar Peters, Lethbridge College alumnus and last year's internship winner.

Peters won with a

"He really gives the college a leg up on other programs."

Skylar Peters

story revolving around social media influencers in his second year of the program. He said he feels his education at the college gave him an advantage over other graduates from similar programs since he has a broader range of skills.

"Journalists that graduate from Lethbridge College are people who go on to tell the stories of Lethbridge and of southern Alberta," said Reeb.

The college and Global have a long-standing relationship, which Reeb is excited to keep alive.

"I'm part of the past of this organization – it's exciting to be able to be part of the future as well.

I know the excitement that comes from walking out the doors with a good education and into a good job," he said.

Reeb and the college are excited to train future multimedia journalists in the modern newsroom.

"A newsroom of the future is nothing without the journalists of the future to help fill it," said Reeb.

The \$32,000 from the gift will go toward the re-modeling of the college's Endeavour newsroom – any additional funding will be up to the college to produce. The other \$20,000 will be set aside for awards to digital journalism students.



OPINION

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ILLUSTRATION BY CASSIDY LANGRIDGE

UCP budget snubs students

Better start stocking up on Top Ramen, students.

The provincial government unveiled its new post-secondary budget last week, but it forgot about one thing - the students who pay for it.

The Alberta government has decided to cut just over \$117 million from next year's post-secondary budget. On top of that, the tuition freeze has been abolished and student loan interest payments will rise.

Rising tuition for current students can and will affect their ability to get their education. For some this might look like picking up a part-time job during the school year. Those who can't manage a job along with their courses may have to extend their program which is even costlier. And for others, this might mean putting their education on hold entirely.

Prospective students will also be at a loss here. Many put off furthering their education due to a lack of funds. With tuition increasing assistance from the government, many will be turned-off post-secondary.

Over the next four years, the government is planning a 12.5 per cent decrease in operating expenses for post-secondary - that's about \$600 million in cuts. The government expects the post-secondary sector will lose 300 jobs either through attrition or other measures over the next year alone.

So what does that mean for us here at Lethbridge College?

President Paula Burns, said the college will receive \$2.5 million less from the government for the current academic year than we did in 2018-19.

Student loan payments will increase starting April 1, 2020 as well. Post-secondary students will now pay the prime interest rate plus one per cent.

For example - for an average

Alberta \$30,000 student loan amortized over 10 years, this will increase the monthly payments by approximately \$15 a month.

The tuition freeze was also cancelled, which means institutions will be allowed to increase tuition by an average of 7 per cent each year for the next three years.

As of Jan. 1, 2020, Alberta post-secondaries will be allowed to raise tuition by seven per cent institution-wide and up to 10 per cent in individual programs over the next three years.

This means a program's tuition could increase by 30 per cent between the first and third year of a student's studies.

The provincial government has also decided to cut funding to Alberta's Summer Temporary Employment Program (STEP.) The program funded municipalities, small businesses and not-for-profits to hire students over the summer to gain work experience during their studies.

Programs like STEP are important because they give students the opportunity to build their resume before they graduate and enter the workforce.

This helps prevent the cycle of "they won't hire me because I don't have experience, but I can't get experience because they won't hire me," without exposing them to exploitative unpaid internships that limit the experience to only those who can afford to work for free.

Post-secondary education is going to become more expensive for students in Alberta and institutions all over the province are going to have to do more with less.

Educated youth are the future of this country but our provincial government is taking a step backwards.

eLIFE

Century old fire hall transforms into haunted house concert venue

KEVIN FORSYTH
@KevinF_1988_

It is dark and blood is splattered all over the bar. About half the room is covered in shadows, while the rest is littered with skulls and cobwebs. Louis Cza, also known as the Black Greek God, is leaning against the bar, looking completely unconcerned.

He's standing on the top floor of CKXU's Frighthall No. 1 haunted house, which doubles as a green room for musicians.

"It's in my blood to make stuff that's kind of vibey and people can feel a good vibe from it and really connect to it in one way or another," says Cza, talking about the feelings he tries to create with his music.

The Calgary-based assistant bartender, has a wide range of musical influences, which include anything from Chopin to '70s and '80s Nigerian funk to black metal.

Cza said what is most important, is making music that creates a feeling in his audience and moves them.

His sound includes elements of hip hop and electronic music, but also call-backs to experiences from Cza's past.

"I find nostalgia is my biggest inspiration. It's a trip. I feel like it's just my ability to hear sounds in my head. Those are two of my biggest inspirations...nostalgia, growing up, things I was exposed to," he says.

This is Cza's second visit to Lethbridge. During his first trip he performed a show and composed a

song for an art project at the Southern Alberta Art Galley called the Impossible Blue Rose.

He says he does not tour a lot, but plays shows at home in Calgary.

"Their live performances tend to be really upbeat, very bouncy," says Genna Bouchier, executive director of CKXU.

"[He] really gets the crowd going... The stuff he actually puts online is a lot more down tempo, more mellow beats, a little bit darker."

Although he exudes a confident demeanor, Cza says he gets nervous before each show.

"I was having tummy aches driving here, just because I'm anxious... I'm surprised because I've been on decently massive stages with thousands of people," says Cza, adding the feeling melts away when he begins to perform.

Cza says he is excited about his upcoming album, *Stargazer*, which will be released in the spring.

When the lights go out on his performance, the room is dimly lit and the cobwebs and skulls of the haunted house are back. The smoke dissipates and the atmosphere returns to university students drink-



PHOTO BY KEVIN FORSYTH

Louis Cza performs at CKXU's Frighthall No. 1 Music Fest on Oct. 26, 2019.

ing and talking, awaiting the next set.

The Frighthall is in its second year of scaring members of the community bold enough to enter its doors for a red tour.

"The red tours are really intense, super scary, full blast. Our actors just go completely ham," says, Bouchier, adding there are yellow tours for people looking for a fun and less spooky version of the haunted house.

Fire Hall No. 1 was built in 1909, ceased operating as a fire station in 1974 and was recognized as a historic site in 1979.

Local tattoo artist finds new inspiration after opening her own shop

KELSEY O'DONNELL
@kelsrodonnell

The smell of peppermint soap fills the nostrils of a Lethbridge tattoo artist as she presses the permanent ink into her client's skin. She hears the buzzing sound of the coils and rotaries coming from the tattoo machine as she begins to pierce the skin.

Nikki Rouillet-Thrun, Rouillet Tattoo shop owner and artist, recently achieved her lifelong goal of opening her own tattoo store. She said the experience was stressful, exhausting and testing, but the best decision she ever made.

Since opening her shop in late July, she said the experience has made her fall in love with tattooing all over again. Rouillet-Thrun always knew she wanted to own her own shop with the ultimate goal to act as her own boss.

She began professionally tattooing when she was 19-years-old. She actually started tattooing in her early teens when friends would ask her to do it spontaneously.

When she first began her career, she found it difficult because tattoos were still not as socially accepted. Being a young female starting out in the indus-



PHOTO BY KELSEY O'DONNELL

Nikki Rouillet-Thrun tattoos a back piece on her husband Kevin Thrun at Rouillet Tattoo. This fourth session marked a combined 12 hours of working on this artwork.

try, it created even more challenges.

Quickly after she began tattooing, she was told to enjoy it while she could, because it wouldn't last long.

She found this discouraging at first because these men were in the

industry for more than 20 years at the time and still thought the industry was going to stay very male-dominated. However, she is proud to say that nowadays it is completely different.

"There are so many amazing female

tattoo artists who are absolutely killing it and I'm so happy that we've been able to overcome all the things thrown at us and become successful," she said.

Selena Osborne, of Libertine Tattoo Shop, said there is growing support for female artists and that is one of her favourite things about being a tattoo artist.

"I get to talk to a lot of great women and hear their stories that are totally different than mine. These are people I probably would have never met otherwise," Osborne said.

Osborne also said she loves discovering the online community for support such as the "Ladytattoers" Instagram page.

Rouillet-Thrun said the biggest reward of being a tattoo artist is being able to help clients love their bodies.

"I know first-hand what it's like to hate the body you're in and how tattoos can change that," she said.

When clients open up and tell her the work she's done has helped them feel comfortable and confident in their skin, she said it is the highest level of compliment she can receive.

Rouillet-Thrun hopes her clients love their bodies and keep finding new ways to re-inspire themselves.

Social media taking a toll on mental health

RILEY KUBIK
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New research shows that social media is taking a toll on our mental health.

Advancement in technology and social media over the past decade has brought people closer together. Our loved ones living across the globe are now available to us through the touch of a button. The benefits of these technologies are endless, but how do they affect us after we log off?

JAMA Psychiatry, a peer-reviewed medical journal, published an article

earlier this month displaying evidence that teenagers who use social media for more than 30 minutes a day may have increased mental health risks.

The study shows the longer teens spend on social media, the more susceptible they are. Teens who spend three hours or more a day had a 60 per cent higher risk of mental health problems compared to teens who didn't use. Those who spent six or more hours increased the risk by 78 per cent.

"We never post about the things that make us miserable, people only post about the good things," said Diane Fjordbotten, coordinator of the Learning Café at Lethbridge College. "Because we're sort of cherry-picking the best pieces of our lives to share we're giving people kind of a false impression."

These apps and technologies have become an integral part of daily life for most teens and young adults. Many members of this demographic admit to feeling pressure to check social media and

post online frequently.

For these reasons, Miranda Payne, a Lethbridge College nursing student, recently chose to take a break from social media. "It had a huge impact on my mental health. [It has given] me even more anxiety from looking at others, whether it's comparing myself to other women, thinking I should look a certain way. You can't help but subconsciously compare yourself to these people," said Payne.

She ended up taking a 45-day vacation from her social media platforms. She says

the experience was beneficial to her mental well-being, even despite experiencing FOMO or the fear of missing out.

"We never post about the things that make us miserable."

Diane Fjordbotten

FOMO is defined as anxiety that an exciting or interesting event may currently be happening elsewhere, often aroused by posts seen on social media. Merriam Webster officially added this term to the dictionary in 2016.

Payne did choose to return to social media to keep up with friends and family as she lives away from home.

She says her time away has made her more conscious of the way she uses social media.

"Now that I'm back on social media, I notice myself getting exhausted more easily.

I'm more aware now that my phone consumes a majority of my time and breaks are important," Payne said.

Limiting screen time and social media usage may seem impossible in our current digital age, but they may be helpful practices in the long run.

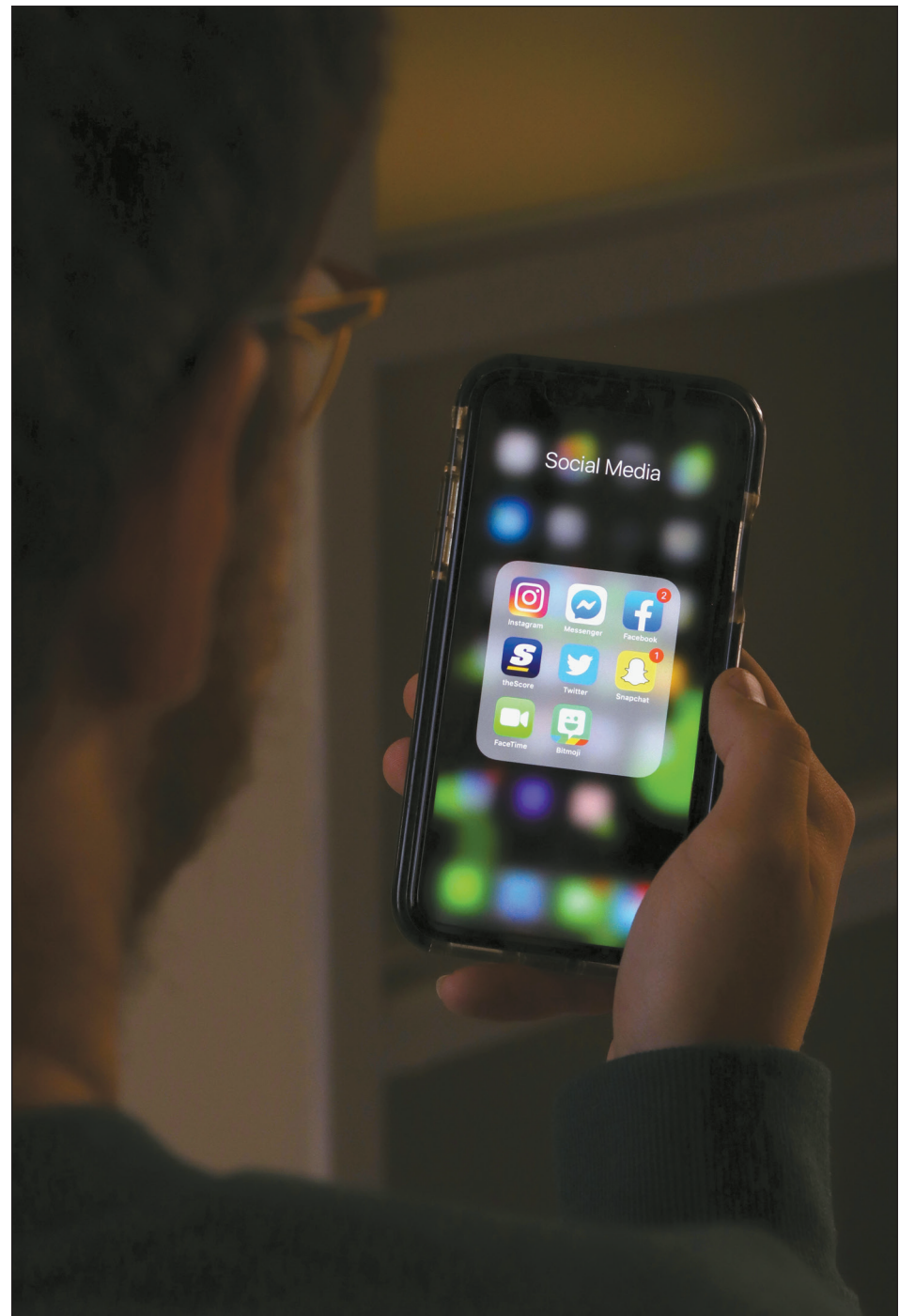


PHOTO BY RILEY KUBIK

A study by Ryerson University surveyed 1,500 Canadians and found that 94 per cent of adults that use the Internet have at least one social media account.

Galt Museum helping to keep indigenous history alive

TYLER VERLOOP
@TylerVerloop

A dimly lit room was filled with the smell of candles, as local history buffs and elderly folk filled the board room to learn more about Lethbridge's local indigenous history at the Galt Museum.

The Indigenous History Program is a group of eight sessions exploring topics of Blackfoot history.

"I think it is long overdue. Canadians in general need to learn of our shared history," said Rebecca Many Gray Horses, lead educator for the Indigenous History Program.

"The Galt Museum has taken initiative. Our topics are really unique. We have Blackfoot historical figures, which talks about our role models and ancestors who hoped to ensure our history and knowledge were

passed down to us. Treaties are another very important topic to us," she said.

Attendees will hear the Indigenous perspective and their history, as well as their shared history with Canadians.

"Canadians in general need to learn of our shared history, because it is not always in our Canadian history books and schools."

Rebecca Many Gray Horses

One of the topics highlighted was how to interact within Blackfoot culture and ceremonies.

At each session an elder from the Blood Tribe would be brought in. One elder in attendance was Rose Fox, a leader for the All Women's

Society of the Blood Tribe.

She brought sweetgrass in for the audience as a demonstration of respect, as many Indigenous people believe sweetgrass helps in prayer, smudging or purifying ceremonies and consider it a sacred plant. The elder said the usual places in Lethbridge where she picks sweetgrass are disappearing due to the current state of the environment.

Fox said she did not teach her kids their native language because she was punished in a residential school for speaking it. She did not want that for her children, so she taught them English.

"They can come to understand their practices and how their worldview helped them move around through time," said Susan Burrows-Johnson, CEO and executive director for Galt Museum and Fort Whoop-Up

"I think that taking away who was here and how they



PHOTO BY TYLER VERLOOP

Blackfoot Tribe elder Rose Fox reads a "Blackfoot People" book with lead educator for the indigenous history program Rebecca Many Gray Horses.

function leads us to how we got here today and it is important to understand that."

The Galt Museum executive director said the Blackfoot language classes on Thursday

nights are also very important and recommends citizens attend.

The sessions have been on-going for two years now and looks to continue for the foreseeable future.

eSPORTS

Local pastor squares off in MMA cage

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The fighter looked down and took a deep breath before making his way to the cage. As he walked under the red lights towards his opponent, U2's Sunday Bloody Sunday boomed from the sound-system. The room was full of cheers as the pastor walked up the steps into the cage.

"And in the red corner, Fighting out of CMC (Canadian Martial Arts Centre) in Lethbridge... Frank the Tank Allen!" Called out the announcer.

A pastor by trade, Frank Allen, took up mixed martial arts as a way to get into better shape. For eight months he trained five days a week – starting at six in the morning he spent an hour each day MMA and fitness training.

"When I talk about discipline I think it translates into every part of our lives, whether it's our physical stuff, our spiritual life, all of it. Discipline is so critically important to our lives," said Allen.

Among the crowd was Jason Allen, Frank's brother, who came from Victoria, B.C to watch the match.

"I don't get excited about a lot of things, but the week leading up to coming in, I just couldn't wait for the week to be done. I was super excited to see him... I haven't seen him in, I'm going to guess, three or four years," he said.

Jason said it was a proud moment when he saw his brother fight in the cage. He was not surprised when Frank told him he was training as a mixed martial artist.

"I know growing up he played football for a long time and that was a big drive in his life. Of course, he has the church and God, but the physical aspect of things, that is



Frank Allen, pastor at the Christian Tabernacle Church, preaches on Oct. 20.

PHOTO BY TYLER HAY

something for him to focus on and have goals to achieve which has been fantastic for him," he said.

Frank has been a pastor for 15 years, currently at the Lethbridge Christian Tabernacle. He said, though some people are not fond of the idea of a pastor throwing punches, many people from his congregation were at Rumble in the Cage 62.

"Your winner, by tap out, due to arm triangle, at 1:20 of the first round, Frank the Tank Allen!" The announcer called as the referee raised Allen's arm in victory.

Cheers filled the room as the pastor turned to his opponent, grabbed his hand and gave him a quick hug and pat on the back.

"I was blessed in how it went in the cage, but I feel like the fight was the really the seven months leading up to it. It was every day, trying to get up at 5:30 in the morning, to get to the gym to train and get ready. It feels like all that was the hard fight and I just got to have fun last night," he said at his church service the morning after the fight.

Kodiak player set for fifth and final volleyball season

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A fifth-year athlete is excited for this upcoming season to shock the competition with a fresh, young team as she begins her last year as a Kodiak.

This year's team is joined by seven first year players, making the line-up one of the youngest in the league.

Harper Elwood, a Kodiak student-athlete that has played for the Kodiak's volleyball team for the past four seasons.

Elwood moved from Sparwood, B.C. to pursue her love for volleyball and was pleased to find a program that held the same values and expectations as she did. This all began with great coaching and a great team.

Head coach, Anna Schwark thinks this year's team will give the Kodiaks the opportunity to prove themselves in the league and show they can hold their place in the competition.

Schwark became head coach four years ago and when stepping into the role, she knew she wanted to make changes to the program. This included taking the recruitment process more seriously to find athletes that better suited the team.

Schwark said every year Elwood has been on the team, her season looked drastically different. However, she never lost her passion and has shown continuous resiliency.

"I think the thing about her is her resiliency because she's still here. Being a fifth-year athlete is incredibly difficult because you have to be physically strong and you have to be mentally strong. She continues to show her passion and dedication," Schwark said.



The Lethbridge College Kodiaks women's volleyball team cheers after getting a hard hit down on the floor from left side.

PHOTO BY KELSEY O'DONNELL

Elwood played as a left side until this season, when she had to take a step back and become a libero due to injuries.

She says she is enjoying her new position because she is able to back up her teammates in any way she can.

She added that she thinks no team will be able to succeed if they cannot be there for each other during the highs and lows.

Elwood dealt with a challenge much larger than most teams have to face when her teammate, Emmalee Cherweniuk died in a car accident in March 2017.

The team was forced to remain resilient on and off the court, despite their loss.

"Before we step on the court and after O Canada, I always give a look to her [number] 15 poster up there and try to make her proud for every single game that I get to play for her," Elwood said.

She also said she tries to keep Cherweniuk's legacy alive for future Kodiaks.

The fifth-year player said she is excited to be able to see how the team will do against high ranked teams since this year's Kodiak women's volleyball team has so many new faces.

Elwood said she is excited for her future after graduation and hopes volleyball can remain in her life after retiring as a Kodiak.

Amputee athlete hopes to join Kodiaks



PHOTO BY MICHAEL KAAKE
Mack Adams, an amputee athlete, sets up to shoot the ball.

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The ball swished through the net and sounds of squeaking shoes echoed through the gymnasium as the player practised his shots.

Mack Adams is an athlete, but not just any athlete. He was born with congenital disabilities that forced him to have double leg amputations as well as his index fingers and thumbs.

Growing up in Sparwood, B.C., Adams was seen in a different light, as kids in school saw him as less of an athlete because of his condition.

Some of Adams' teammates believed he could not keep up with them because he was different. The skepticism, however did not stop him from playing sports. Adams believes it was a big step for him as an athlete.

"Over the years, you realize amputations really change the game for you. Having a sport with people who had a lot of leg strength were the ones I decided to play. So it was a big jump going from sledge hockey and wheelchair basketball into being the first amputee standing in Vancouver for provincials," said Adams.

Basketball is a way of life for the young athlete.

It began in junior high when he would be found in the gym before and after

classes. Adams said sports were his way of coping with his condition and depression.

He also played goalie in hockey, third base in softball and multiple positions in soccer.

"My mom and my high school gym teacher were my two biggest supporters. Between the two of them – I was able to get the best support in the world. My mom always told me instead of giving up, I should

"Instead of giving up, I should go out there and try it and be the best I can be at it."

MACK ADAMS

go out there and try it and be the best I can be at it. My gym teacher, Penny Lowe, was the person who influenced me to play basketball. She always motivated me to take shots and practice," said Adams.

Adams felt like he didn't belong on a basketball team.

That all changed when he met Kodiaks men's coach Ryan Heggie, who was a leader at a basketball camp in B.C. at the time.

"I was amazed. First of all, I was like, how are your legs staying on. So, I asked him and he showed me. Mostly amazed that he could do the things that he was doing with a basketball and running up

and down the floor. The kids were balling with him and treating him like just one of the guys which was also pretty impressive," said Heggie.

Adams said Heggie was the best shooting coach he ever had as the coach found ways to make his shooting style work.

"Ryan gave me that kick that I needed to get into where I wanted to be. [He] really taught me the basic fundamentals of being a player and made me realize that it wasn't all about stats, it was about the team before anything else," said Adams.

He said he would love to play under Heggie for the Kodiaks next year and wants to try out for the team next season.

Playing collegiate basketball would be a dream come true for him.

"We are not going to give him any special treatment because of his past. We are going to treat him just like another player who is trying out. We are going to give him a fair chance and I think he has the potential to make the team," said Heggie.

Heggie added that Adams is a unique and talented person.

He believes Adams is inspirational for players on the Kodiaks.

Tryouts for the 2020-21 basketball season start in April. Adams' journey will continue as he will attempt to become the first amputee to play collegiate sports in Canada.

Recruitment program begins at Lethbridge College

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The Lethbridge College Kodiaks are reaching out to high schools to recruit new athletes in hopes of bringing home championships.

With athletes graduating and moving on every year, the college has started a recruitment program to ensure new talent comes through the doors each year.

High schools around southern Alberta have been in contact with the Kodiaks proposing new talent for multiple sports.

One Kodiak team is hoping for luck with recruitment this season – the women's volleyball team has brought in multiple new faces in hopes of adding skill and size to the team.

"It's an exciting feeling because you're being recognized by the community and it's a privilege to even get asked about it," said Joe Dixon, a first-year women's volleyball player.

Dixon added she was recruited by multiple schools but chose Lethbridge College because it was close to home and they had an energetic women's team.

The women's volleyball team finished last season with four wins and 20 losses, but head coach Anna Schwark said new talent like Dixon will spark a turn around this year.

Along with the women's team, the men's volleyball team also added some fresh new faces.

The men have started their season at a one and one record after trading games with SAIT earlier in October.

The players aren't just athletes but students as well and have a responsibility to keep their grades high.

"I know the Kodiaks take a great pride in having their athletes well above the overall student body GPA and there's lots of things for [athletes] and supports when they get here," said Greg Gibos, head coach of the men's



PHOTO BY HEATHER GRANDE

Kylie Morrison and Maile Funa for the women's Lethbridge College Kodiak's volleyball team move into position anticipating a hit after Linnea Brickwood sets the ball for her teammate.

volleyball team.

He added the Kodiaks main concern is finding a program their athletes are comfortable and interested in.

All Kodiak sports have the same 2.5 minimum GPA for athletes.

Failure to exceed this GPA results in the loss of playing privileges, according to the contract given to all

Kodiak athletes.

The men's and women's basketball teams look to add checks in the win columns as they get set to take on Olds College on Nov. 1.

To find game schedules and detailed rosters for the Kodiaks teams visit the Kodiak athletics website at gokodiaks.ca.