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QUOTE OF THE WEEK

*“I always was going to be a rock star
from a young age - a rock star and a
firefighter.”*

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January 24, 2020 Vol. 52, Issue 03

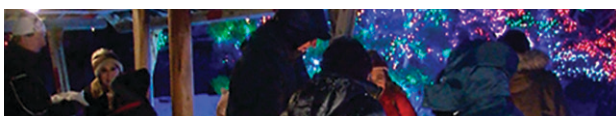


ENDEAVOUR



Mental health

An increase in mental health issues
among Lethbridge College Students
By Riley Kubik Page 2



Opera in the garden

Two local opera singers perform in the
Nikka Yuko Japanese Gardens.
By Justin Parkin Page 8

Lightning strikes twice

Two key players injured in successful
season.

By Kevin Forsyth Page 12



Sing it all the way



PHOTO BY TYLER HAY

Mercedes Fawns performs with her band Fawns at the Owl Acoustic Lounge on Jan. 18. The five-piece band plays fast and aggressive original alternative rock songs. Their songs are inspired by mental health, relationships and nostalgia.

House parties encourage you to think before you drink

Joshua Schoening
@joshschoening

It's New Years Eve, the music is blasting, without a care in the world.

After a round of drinks and the countdown to the new year, a house party seems like the best way to continue the party.

“I remember arriving there, but I don't remember anything else... I don't remember anything throughout the whole night except for when I woke up the next day, on New Year's Day at 7 p.m. on a couch with some guy,” said a young woman who does not want to be identified.

Although the night began with no troubles, things turned when the source went to a second party.

“I had no idea who anyone around me was, I had no idea what day it was, I had no idea what time it was, nothing,” she said.

After a number of tests at Chinook Regional Hospital, the source said it had been revealed to her that she had been drugged.

Scenarios like this are the Chinook Sexual Health Centre's specialty, as they help victims of assault cope and work through traumatic situations like these.

Kirstine Tassie, Chief Executive Officer at Chinook Sexual Health Centre said victims of situations like these often blame themselves, sometimes isolating themselves and even becoming suicidal.

“We see everything from them doing a lot of self-blame or self-shaming on themselves. Our society has done a good job of saying that they're responsible for their sexual assault, when they are not,” Tassie said.

Although situations like these don't happen only at house parties, Tassie and the rest of her team see a number of different scenarios.

Victims of these crimes are not responsible, Tassie added a few ways one can avoid situations like these.

“What people can do is become an active bystander. Some examples of that would be if you see there is someone getting really uncomfortable or someone is getting really drunk, it could help to find them a safe way home,” she said.

“If you see someone trying to pull someone aside into a private room, you can interject. Say ‘is this what you want?’ or ‘hey, we're going to go home right now,’” Tassie continued.

Tassie also touched on the importance of growth, as victims of these crimes are not defined by the events.

“There is lots of hope for them moving forward as well. The assault does not define who you are. There are things in your life that yes, will be different. But you can also grow, develop and even succeed even if this has happened to you,” she continued.

If you or anyone you know is in need of support, visit Wellness Services at Lethbridge College or the Chinook Sexual Assault Centre.

Lethbridge man getting more heat than he bargained for

KELSEY O'DONNELL
@kelsrodonnell

A Lethbridge man living in Australia is feeling more heat than he expected while being caught in a record-breaking heatwave causing severe bushfires.

Ben Kelly grew up in Lethbridge and moved to Brisbane, Queensland two years ago looking for a way to progress his career in a warmer climate.

However, with no recent rain in his area and fires raging in several parts of the country, Kelly said the impact of the bush fires is hard to ignore.

He said rivers in his area have gone dry leaving him with no usable water in his home since he uses natural water rather than an in-home water tank.

Due to the rain shortage, Kelly has had to purchase water to continue his normal daily activities.

"I'm just really hoping for a new weather system to kind of come in

and disperse all the smoke away from the heavy populated areas and bring some rain along with it," Kelly said.

The water shortage hasn't only affected him but has left his horse kodi feeling the effects of the drought as well. With little to no grass, his horse has become underweight.

According to Biodiversity Expert from the University of Sydney, Chris Dickman, an estimated one billion animals have been killed due to the bushfires.

The fires that began in late November caused over 140 additional fires to break out, some of which are still uncontrolled. 26 lives have also been claimed while destroying over 17 million acres of land and over 2,000 homes.

Kelly also mentioned the heavy smoke has caused businesses in his area to close and many people to wear masks.

Smoke levels in various cities across the country measured air qual-

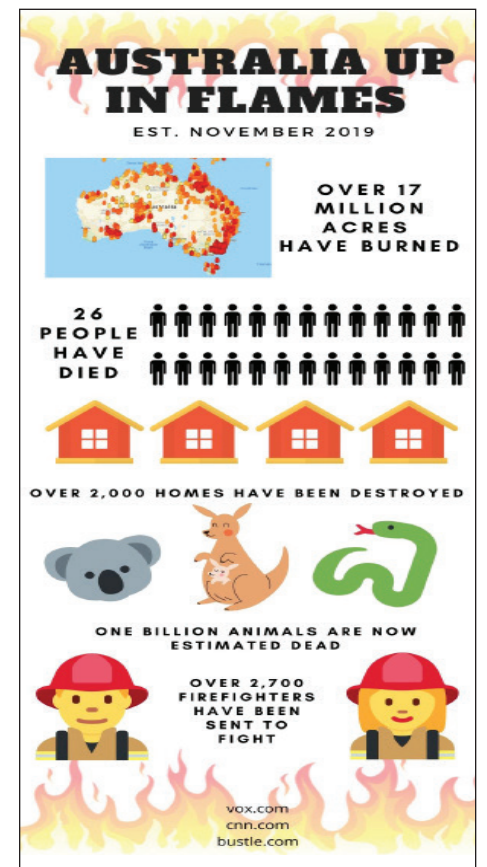
ity levels 11 times higher than the hazardous level.

Kelly L'Hirondelle, deputy chief of operations for Lethbridge Fire Services said firefighters battling the extreme conditions could have a long road to recovery as well as people with respiratory health problems.

"It's a daunting task that they have ahead of them. Very extreme wild land fire behaviour. There's a lot of people and wildlife impacted. They're losing an unimaginable amount of wildland," he said.

Approximately 2,700 firefighters have been battling the Australia bushfires, more than 160 being Canadians. Since fire season has only begun, it could be months before the country sees relief.

Victoria, New South Wales and Queensland have experienced heavy rainfall in certain parts of the area which was able to bring some relief to the bushfires, but left majority still burning.



INFOGRAPHIC BY KELSEY O'DONNELL

Fires burning throughout Australia have caused mass destruction across the country for wildlife and wildland.

Mental health of post-secondary students on the decline

RILEY KUBIK
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Surveys show that the mental health of post-secondary students is on the decline. Last year, Lethbridge College participated in the National College Health Assessment (NCHA) - a survey of student health and wellness across all Alberta post-secondaries.

The results are in, and some of the statistics may surprise you.

The data shows, Lethbridge College students are facing increased stress and mental health issues. Struggling with finances, sleep difficulties and mental health issues were common themes among the student population.

Compared to NCHA data from 2013, there was a 44 per cent increase in students dealing with depression and a 25 per cent increase in those experiencing anxiety.

According to the college's on-campus Wellness Services, a student's health and wellness may have direct impacts on their academic performance.

Wellness Services manager, Harmoni Jones says her team at the Wellness Centre is here to support students both in and out of the classroom.

"We have multiple services here on campus and we're able to connect students with outside services as well if need be. We want to give students the tools so they can develop their own strategies too," Jones said.

She encourages any student who is struggling to reach out to the on-campus services.

For some students, reaching out can be a difficult first step. For nursing student Miranda Payne, however, this difficult step was necessary.

"It was a slow build up. I thought I was coping well because I was still showing up to class and getting things done, but it just built up and eventually I had to do something," Payne explained.

Payne explained she had struggled with depression and anxiety for several years before being diagnosed.

The nursing student has tried numerous different forms of treatment ranging from homeopathic approaches to prescribed medication. Face-to-face counselling with a trained professional, however, has been the most effective route for Payne.

"There were a lot of things I just didn't have the guts to say to my friends or family. I think anyone can benefit from having that unbiased perspective from a counsellor," said Payne.

Lethbridge College's on-campus Wellness Centre offers traditional counselling as well as referrals to other forms of treatment. Services are open to all staff and students at the college at CE1380.

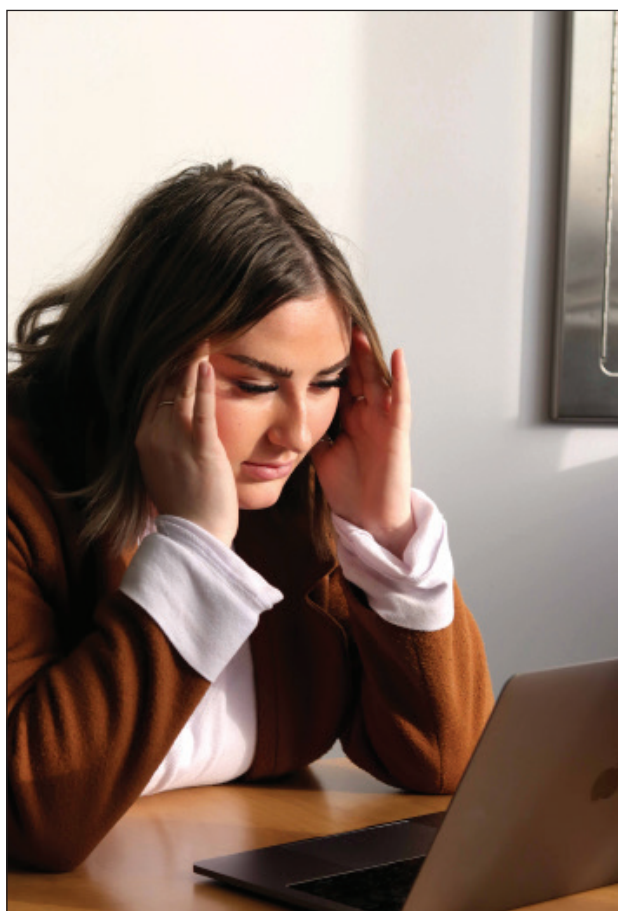
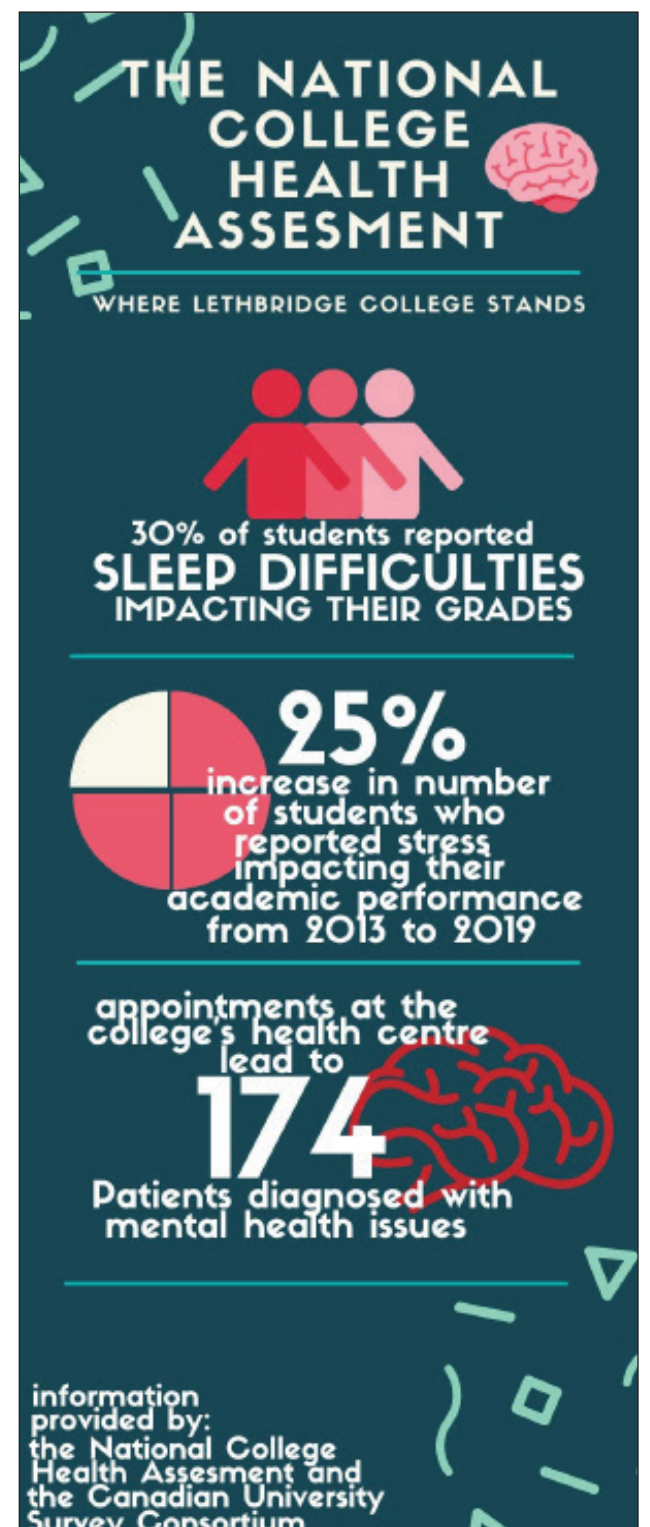


PHOTO BY RILEY KUBIK

Students at Lethbridge College reported many different cases of mental illness struggles over the course of the 2018-2019 school year. 35 per cent of students struggled with anxiety and 23 per cent of students suffered with depressions.



INFOGRAPHIC BY RILEY KUBIK

The National College Health Assessment is a national research survey to assist college health service providers and assist their students.



PHOTO BY JUSTIN PARKIN

The current greenhouse is located behind the Aquaculture Centre of Excellence and is host to over 15 different types of plants. All plants being grown in the current greenhouse are being used for research purposes.

College receives more than \$1 million in funding for sustainability research

JUSTIN PARKIN
@parkin_justin

Lethbridge College has received over \$1 million in funding to help researchers pursue new types and scales of exploration in food sustainability.

The funding was originally distributed in June of 2019 and will be allocated for a new greenhouse for research in the Centre for Sustainable Food Production.

“We’ve been doing a lot of research in Aquaponics and agriculture in terms of

producing food from fish nutrient. We’ve been doing this on a fairly small scale so [the new greenhouse] will allow us to research at a real business scale,” said Dr. Kenny Corscadden, Lethbridge College’s Associate Vice President of Research, in response to why the greenhouse is being built.

“This is an important day for moving Lethbridge College’s applied research forward,” said Corscadden.

According to Corscadden, the new greenhouse will focus on basic leafy

greens like lettuce, cucumbers and tomatoes until the research demands different crops.

“We’ve been trying for this for a long time. I think there’s been several iterations of grants put in over the years,” said John Derksen, chair of Aquaculture Centre. “From a teaching perspective, it gives us greenhouses where right now students are basically growing plants in classrooms, so [the greenhouse] will expand what students are able to grow.”

Along with the \$1 million given to build

the greenhouse an additional \$147,000 of funding will be given to two college researchers.

According to the Natural Sciences and Engineering Research Council of Canada or NSERC, this money will go towards equipment vital to their work.

Corscadden said the greenhouse will be mainly for research purposes, but all students will have access to the facility.

Further discussion is scheduled to happen on Jan. 28 and will consist of design plans and construction dates.

Global Game Jam event returning to Lethbridge College for a third year

HEATHER GRANDE
@grande_heather

Through the snow and cold days of January, the dim light of computer screens will soon illuminate the faces of gamers.

Global Game Jam has several locations around the globe, with Lethbridge College hosting the event for a third year.

The event is being hosted at the end of the month in the Virtual Reality computer lab located on the third floor of the Technologies Building.

Global Game Jam has been active for the past 11 years. The event gives creators 48 hours to create a playable game, using a pitch given to them at the beginning.

Participants are offered the chance to sleep in the college, so they do not lose any valuable time to create their program.

With no restriction on how much experience a creator must have, it allows rookie developers to work alongside others with years of experience.

People are given the option signing up with a team of people or registering on their own, in which case they are placed

on a team.

Allyson Cikor is an instructor in the multimedia production diploma program, as well as the Virtual and Augmented Reality Certificate program. She talked about how it is not about creating a fully functioning game, but getting the chance to work creatively with a severe time crunch.

She also spoke about how showing what they can create will look good on a resume, showing a company what they are able to accomplish in a time crunch.

“For the returning students they start to build a relationship, so a lot of them that are graduating or interested in the industry have these connections,” said Cikor.

She also talked about how hosting an event like this can help Lethbridge gain a strong reputation in the developer and technology community around the world.

The Global Game Jam works to help create a comfortable and safe space for developers to practice and hone their skills internationally.

As participants will have chances to interact with creators located all over the

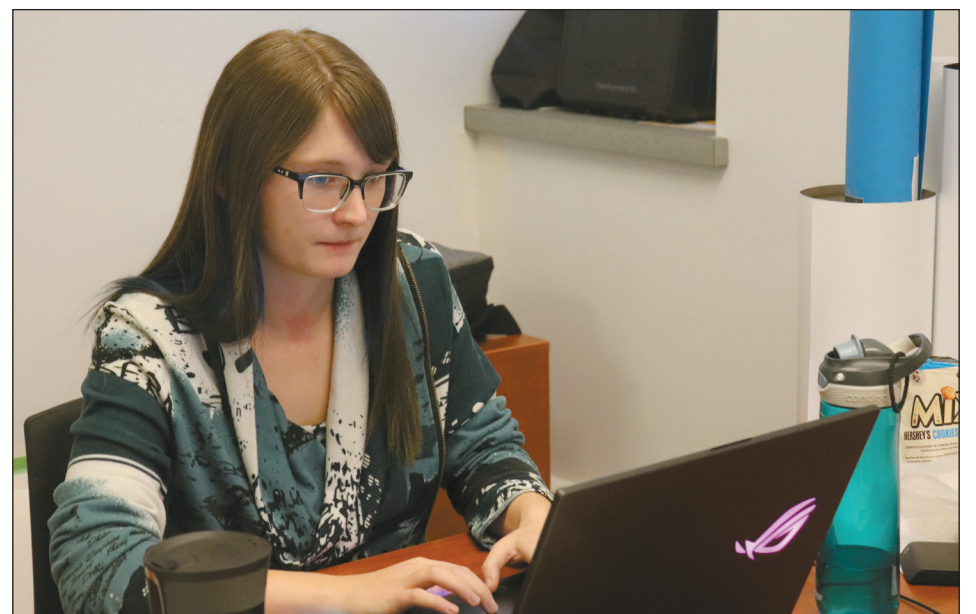


PHOTO BY HEATHER GRANDE

Allyson Cikor is an instructor in the virtual and augmented reality program at Lethbridge College, as well as an organizer for the Lethbridge Global Game Jam.

globe that are participating in the event.

In its first year, Global Game Jam saw over 1,500 participants in 23 countries, while last year had over 9,000 games cre-

ated in 113 countries.

The event continues to grow each year and continues to give developers a chance to start or develop their career.



OPINION

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ILLUSTRATION BY CASSIDY LANGRIDGE

It's time to talk about a third bridge, again

You snooze your six a.m. alarm. It's dark outside and the thought of venturing into the -30 C air makes your skin crawl. You immediately fall back asleep, but jolt awake half an hour later and realize you're late for school. Yikes.

You head out the door after throwing yourself together. Your car starts after the second try and you're on the road. Fumbling with the radio, you are heading down University Drive when you hear it – the familiar voice over the airwaves utters a deadly phrase, “collision on Whoop-Up Drive.”

West Lethbridge is home to commuting students and staff alike who will all agree the winter morning trek to school is a beast that cannot be tamed.

Leaving a minute later than planned can throw a wrench into your entire commute and wind you up in seemingly endless traffic. Throw a car accident on the bridge into the equation and you might as well just stay home. By the time you make it to the college, class will be over and your instructor will have written you off as a slacker. Your perfect attendance record is no more.

It's that time of year, Lethbridge. We need to talk about the third bridge.

Born-and-raised Lethbians are more than familiar with the topic. There have been rumors of the third bridge for as long as most can remember. This time of year though, they come to mind often. Especially on frosty morning drives to the college when traffic and car accidents have one, if not both of the bridges packed bumper to bumper.

Though west-siders currently have

two options to cross the Oldman River, the Highway 3 route is out of reach for residents living in Riverstone or the Canyons. The highway merge and higher speed limit may also intimidate some drivers the winter months.

Whoop-up Drive sees a heavier traffic flow, comparatively. This, and the multiple lanes on the bridge, result in greater risk for collisions. The bridge's variable speed system also contributes to traffic and driver confusion.

The city's initial proposal of the bridge happened over a decade ago and was estimated to cost about \$150 million. The city's transportation department recommended the project be named Chinook Trail and should be done in approximately 25 years.

However, the transportation department proposed the idea again to the city's finance committee in 2016. It proposed \$5 million be used in 2027 to complete the design and cost estimate for the bridge.

The city noted that increased number of collisions and heavy traffic flows on Whoop-Up Drive and Highway 3 are reasons to revisit the project sooner.

Lethbridge's booming population should be reason enough to get this project rolling. Over 40 per cent of the population live on the west side and due to the city's poor public transportation system, the majority commute in their own vehicles.

The city noted along with its proposal in 2016 the current plans for the third bridge could be accelerated, if need increases.

For now, Chinook Trail will be the light at the end of the tunnel for west-siders.

City of Lethbridge is targeting unregistered dog owners

KELSEY O'DONNELL
@kelsrodonnell

Lethbridge dog owners are required to pay an annual expense that could benefit them more than just having to pay a fee.

According to the City of Lethbridge, there are six benefits to licensing your pet including being a cheaper alternative than paying a fine and giving you a greater chance at being reunited if your pet goes missing.

Other benefits include quick contact with owners if your pet is found and free retrievals.

For Brooklyn Hirney, the nightmare of a missing pet recently became a frightening reality.

In May of 2018, Hirney let her dog, Louis, outside. She said she called him back in and he wasn't responding. She instantly had a bad feeling since her downstairs neighbour had a habit of leaving the gate open.

Hirney said previously if Louis had escaped, he would always return or be found within a few hours. However, this time she didn't have such luck.

"My heart was absolutely broken and the worst of the worst thoughts crossed my mind at that point," she said.

Ads, posters and social media were put up several times a day in the hopes of finding Louis.

But, after days went by, Hirney started to come to terms with the fact that Louis may not return.

That was until a man had reported knowing the dog's location and later returning him back to Hirney's home.

"When I saw [Louis'] face hanging out that car window, I absolutely freaked. I couldn't stop crying," she said.



PHOTO BY KELSEY O'DONNELL

Lethbridge dog owners will need to renew their dog registration before they have to pay a larger fine. Owners must pay a fee ranging between \$20-50 dollars by Jan. 31 depending if their dog is neutered and microchipped.

Hirney could see the dehydration and cuts all over her dog's body. She was confused and angry, but overwhelmed with happiness that her dog was safe and home.

New tags and a collar were purchased along with a secondary gate and locking system to ensure Louis wouldn't be able to escape again.

Skylar Plourde, animal control officer with the City of Lethbridge said Lethbridge has seen high rates of dog registration (approximately 9,000), but recognizes many owners still do not license their dog.

"We don't like issuing tickets, but it's the best way to get compliance. Often the reason why the dog isn't registered is simply that the person hasn't gone and done it yet. We're not running into a lot of people that say they didn't know," Plourde said previously on the issue.

All dogs six months and older are


required to be licensed or owners could see a fine of at least \$150.

Licensing pets allows for the City of Lethbridge to know how many dogs are in the city and what the needs may be for local dog parks as well as helping identify the budget for doggy bags and more.


Pet licensing prices can vary depending on whether your dog is neutered/spayed or microchipped with prices ranging from \$20-50 per year.


Owners have until Jan. 31 to pay the annual fee before receiving a fine. Fees can be paid online, by mail, in person or at a City of Lethbridge depository.

LICENSE YOUR DOG SO YOU DON'T PAY THE FINE




All dogs six months and older require a dog license






\$50 – Not fixed and no microchip or tattoo (ID)
\$45 – Not fixed but has either a microchip and/or tattoo
\$25 – Fixed but no microchip or tattoo
\$20 – Fixed and has a microchip and/or tattoo




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- Public education programs
- Maintains the dog parks around the City of Lethbridge
- Help with the cost of running the Animal Shelter



HOW TO PAY

You can pay your annual license fee online, by mail, in person or at a City of Lethbridge depository.



lethbridge.ca
 facebook.com/lethbridgeanimalservices
 lethbridgehumansociety.com

Practical nursing students explore poverty simulation

MANJEET KAUR
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Students from the practical nursing program worked together as Lethbridge College hosted a poverty simulation on Jan 16.

Linda Sprinkle, manager of student awards and financial aid said poverty simulation features a mass causality with over a dozen volunteers from campus. Approximately 90 students encountered a range of obstacles and challenges involved in navigating a month in the life of a family living in poverty.

"We want people who are working in practical nursing to be compassionate and to be understanding of people who are live in low socio-economic statistics," Sprinkle said.

According to Sprinkle, students got a great experience similar to what they would get in a real-life situation.

She said schools, work, health care services, banks, social services, community and grocery services, police officers and government employees were a part of this simulation.

Students were divided into 26 families and they ran into different scenarios

during this event.

Sprinkle added after that day they have some idea of how to handle a situation like this once they get into the real world.

"Events like this are such great events for students. The practical stuff and unplanned things create great teaching moments for students that they can get only by experiencing them," Sprinkle said.

Donna Kalau is an instructor in the child and youth care program who assisted in the simulation. Her role throughout the event was to provide transportation passes to families who faced problems and challenges.

She said participants need to make a difficult choice and ask volunteers how they can spend these valuable and limited resources.

The presentation was part of a class assignment and these types of exercises allow them to see how they will react in real-life situations.

"The whole purpose of the activity is to get people who are likely to work with clients in the future and who may be living on the edge of poverty. This activity gives them a better understanding and increases compassion," Kalau said.



PHOTO BY MANJEET KAUR

Connolly Tate-Mitchell, marketing and communication coordinator for the United Way provides task information as part of the poverty simulation.

Flu shot and outbreak numbers down this season

JOSHUA SCHOENING
@joshoschoening

The temperature is dropping. Coincidentally, the number of cases of the influenza and amount of flu shots being distributed has also gone down.

According to Alberta Health Services, the amount of cases of influenza have gone down compared to last year's cold and flu season, with fewer lab confirmed cases.

Last year's flu season, the number of flu shots distributed was just short over one million vaccines throughout Alberta.

Emma McClure, Wellness Services Clinical Care Coordinator at Lethbridge College, who also specializes in immunizations said the decrease in number of immunizations being distributed is mostly due to misinformation.

"There are so many myths about the flu vaccine 'being bad' that are all over social media. It makes it very difficult for the up to date and accurate information to reach many people," added McClure.

McClure also added the number of cases fluctuate every season, as the effectiveness of influenza the vaccine also differs from year to year.

"The number of flu cases would be affected by the number of



PHOTO BY JOSHUA SCHOENING

Emma McClure RN, vaccine specialist at Lethbridge College takes inventory of the vaccines available at the college's wellness services.

people vaccinated, but also by the effectiveness of the vaccine. The influenza is a virus that is always changing, which is why we need a different vaccine each year to re-protect ourselves," McClure continued.

This year, there have been just under 50,000 confirmed cases of influenza diagnosed in Alberta, almost 15,000 less cases than the 2018 cold and flu season.

Just across the bridge, the students at the University of Lethbridge prepared for this cold

and flu season in various ways.

However Tiara Audet, a first-year student at the University of Lethbridge did not get a flu shot this season.

"To be honest I just didn't get one. If a bunch of my classmates are getting the shot, I should be OK," said Audet.

McClure added the best way for students and staff at Lethbridge College to protect themselves is to get a flu shot, wash your hands and avoid contact with your eyes, nose and mouth.

Flu shots in Canada

41.8 Per Cent

Canadians under 18
In the 2018-2019 cold and flu season, Canada saw its highest per cent of Canadians under 18 getting a flu shot.

4/10

Four out of 10 Canadians this year began the cold and flu season saying that they will not get a flu shot.

\$

How much will a flu shot cost???
All Albertans six months of age or older can get the current flu shot for free!

Sources

www.alberta.ca/
globalnews.ca
www.canada.ca

INFOGRAPHIC BY JOSHUA SCHOENING
In this year's flu season, 40 per cent of Canadians said they would not be getting flu shots.



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eLIFE



Iron Chef competition cooks up local talent

MICHAEL KAAKE
@TheKaakeman

Two teams competed to make an appetizer, soup course, entrée and a dessert at Mocha Cabana as part of a culinary cook-off where chefs showed their skills in the kitchen.

The Iron Chef competition showcased chefs, apprentices and cooking enthusiasts from around Lethbridge, including one team that are apprentices at Lethbridge College.

For one apprentice, leaving carpentry to pursue his passion for cooking was an easy decision.

"I got the opportunity to apprentice under Mocha and I definitely took the opportunity. And I'm very much enjoying it. I enjoy cooking for people and that's something that can always make them happy," said Taylor Draper, a second-year competitor at the event and apprentice at the college.

The young chef's apprentice team won the appetizer competition with a feta and lamb filo. Draper said it was a stress reliever to win the first round as it took pressure off for the rest of the challenges.

"The past couple weeks, especially coming up was stressful. Filling recipes, making everything from scratch and trying to top off our executives. It was fun, it was very good," he explained.

Draper notes that he has been cooking now for 14 months, as he joined Mocha Cabana right before the Iron Chef competition last year. He said his goal is to

travel around the world with cooking in the future.

"I love different cuisines. I'm not partial to anything. So, I'm hoping this is just a stepping-stone and I can continue to advance here," he said.

Other winners in the competition included Marc Gedrasik, a sous chef at Plum Restaurant who won the soup competition, Grace Oaks, chef apprentice who won the dessert portion and her fellow apprentice Barret Sunada, who won with his entrée dish.

The competition also has many local farms bringing in the ingredients to Mocha Cabana as 26 companies donated to the bistro.

"We love our local partners. We also have several businesses downtown that we like to collaborate and support. I think the fact that we have these local farms and businesses helping and supporting us really helps put on events like this," said Angel Harper, one of three owners of Mocha Cabana.



PHOTO BY MICHAEL KAAKE

Taylor Draper, an apprentice at Lethbridge College, cooks alongside Marc Gedrasik, sous chef at Plum Restaurant at the Iron Chef competition at Mocha Cabana on Jan. 15, 2019.

Harper added this is the sixth year and ninth Iron Chef event that Mocha Cabana has held since she became the owner. She said they used to do the event twice a year, but decided to stop due to the heavy school workload for apprentices.

The Mocha Cabana owner said the competition is all about having younger, less experienced chefs come in and have a chance to showcase their skills.

"This is the opportunity for these students and apprentices to be creative, to plan production, to basically practice everything that they are learning at school, in the real world and get some feedback," said Harper.

The co-owner added she believes people would have an uproar if Mocha Cabana did not do the Iron Chef event as guests have come back every year.

The event served 86 hungry guests. Tickets for the event cost each patron \$100. For more information about future events, visit the Mocha Cabana website.

Windy City Opry showcases local talent

TYLER VERLOOP
@TylerVerloop

The Slice Bar and Grill was jam-packed with patrons moving and grooving during the Windy City Opry on Jan. 11.

An opry is an event where an establishment hosts live folk or country music.

Lethbridge has hosted the opry for at least the last three years.

The concert put six local artists in the spotlight. The musicians were Shaela Miller, Ali Cat, John Wort Hannam, Skinny Dyck, Bailey Kate and Zach Passey.

The opry did not feature any bands, but instead showcased individual singers and songwriters from the local music scene.

One musician in particular, Shaela Miller of the Shaela Miller Band, hosted the event. Miller said the Windy City Opry is fashioned after the Grande Ole Opry located in Nashville.

She said her drive to write music has always been within her. Miller started writing music at 16-years-old.

Her passion for music has always been there although it has not always been for country music.

"When I first started writing, it was kind of a dark folk kind of thing. It is really hard to say what it was. I started listening to the classic country hits and was immediately drawn to it. Now I tend to listen to everything under the sun," said the lead singer.

Miller said her favourite song she has written was "Friend Tonight" that was featured on her last record.

Bad Ideas because it tells a beautiful story and the song creates an ambiance that is full of mood and emotion.

The main piece of the Shaela Miller

band started performing her self-written songs in front of an audience when she was 16, sneaking into venues that only allowed patrons over the age of 18.

It was here where she met one of the more interesting musicians that performed at the Windy City Opry this month. His name is John Wort Hannam.

Hannam's passion for music started at a young age, as he was consistently in the boys' choir throughout his school years.

Hannam did not start playing music for a living until 2002.

"I quit my job teaching, went on unemployment insurance and made myself a promise that I would take that 10 months that I got and write as many songs as possible. I ended up applying for an arts grant and received it and my career took off from there," said Hannam, the musician who is on a career path adventure that has spanned over two decades.

Hannam does not qualify his music as country, instead, he prefers to call it "prairie music."

He said if he had to pigeonhole himself into a genre, he would classify his music as singer-songwriter folk music.

He has always appreciated and enjoyed lyrically-driven songs because the story behind the words speaks to him.

Hannam said his musical inspiration was a United Kingdom punk rocker musician named Billy Bragg because it was not just some pop A.M. radio, it was something different that spoke to him.

"That style of music was full of angst and anger and as a young kid, I liked that," said the singer.

Hannam mostly plays with his band. He said his band was formed abnormally as opposed to most bands.

"I didn't know most of my bandmates



PHOTO BY TYLER VERLOOP

Shaela Miller, lead singer and songwriter of the Shaela Miller band, performs one her newly written songs at the Windy City Opry on Jan. 9. Miller started up the Windy City Opry to showcase the talent of Lethbridge's local music scene.

right away. Being a part of the music scene over the years, you start to realize how small the community is. So, if you needed a bass player, word of mouth travels fast and that is how the majority of us ended up joining a band together.

Lethbridge has a ton of great local

musicians," said Hannam.

Hannam plans to release a new record in May and is currently in the process of finishing up a few songs from the album.

The Windy City Opry happens on the second Wednesday of every month to showcase Lethbridge's musical talent.

Japanese Gardens hosts night of opera under twinkling lights

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People in Lethbridge were welcomed to the winter lights festival by the sound of sweet melodies, glistening lights and unique ice sculptures last weekend.

Opera in the Garden was put on by Nikka Yuko Japanese Gardens on Jan. 10 in hopes of combining Japanese and Canadian culture.

Guests heard the harmonized voices of the Little Lethbridge Opera Company while enjoying the 115,000 Christmas lights scattered around the garden.

"We are just always trying to find new ways to entertain our guests and give people different things to experience. So having opera in the gardens is something that most people might not ever experience or ever get to hear an opera singer," said Melanie Berdusco, marketing and event manager for the Japanese gardens.

The opera singers performed three-



BY JUSTIN PARKIN

Lethbridge locals gathered at Nikka Yuko Japanese Gardens to enjoy a night of singing, hot chocolate and amazing Christmas lights. In the near future the gardens will be hosting a variety of events including horse wagon rides, tea workshops and more opera singing.

songs every half hour between 6:30 and 8 p.m.

"There's a ton of different kinds of peo-

ple coming in and out of the garden and many of them may have not heard opera at all, so it's really cool that we get to sing

for people who know us and people who don't," said Megan Wittig, singer for Little Lethbridge Opera Company.

The gardens also featured three brand new symbolic ice sculptures.

One of the sculptures known as "ONI" or demons is seen to be the bringer of bad luck.

In the coming weeks, the gardens will host an event that allows guests to throw roasted soybeans at the sculpture to symbolize a way to provide defense against evil spirits.

This action will encourage good luck to the people who participate.

This was the first time the Japanese gardens hosted an event with the Little Lethbridge Opera, but said the turn out will result in more events.

Along with the opera singers dropping in, the Japanese gardens are also hosting a variety of events over the rest of the month including a tea workshop, horse and wagon rides and another opera night on Jan. 24.

Makiisma to release *Lady Misery* to masses

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A local band is preparing to release its debut album this spring in a genre most people probably are not familiar with: doom folk. Makiisma has been playing together for nearly three years and have developed a sound, which blends together disparate elements to create a unique and heavy sound.

"It's kind of a genre we gave this band - it's very slow. It's not quite metal like sludge metal or something, but still kind of folky"

T.J. WAITHO, KEYBOARDIST

Makiisma will soon take its new nine-track album *Lady Misery*, on the road this spring.

"We're having an album release show - we're doing a mini-tour, but our album release show here is going to be March 28," said Megan Brown, the band's vocalist, guitar player and principal songwriter.

Brown said she thought about recording an album over the past year and felt there was enough material to create a cohesive album.

"A lot of the music I write tends to be based on per-

sonal experience, so it's kind of a combination of the past couple of years - some relationships and personal turmoil and just - it's a combination of all of those themes," she said.

According to Brown, the group hopes to make stops in Edmonton, Calgary, B.C. and some festivals in the summer.

Though the band is fairly new, its members have been active in the local music scene for much longer.

"I've been playing around the community - the music community of Lethbridge - for about 10 years now, so I knew Keenan [Pezderic, drummer for Makiisma] and I'd known about him before and I wanted to put a band together, so I asked him and TJ just kind of popped up at an open mic," said Brown.

Most of the musicians play in other groups in addition to Makiisma. Pezderic plays in a local funk band called Adequate and Brown plays in the rock outfit known as Junkman's Quire.



PHOTO BY KEVIN FORSYTH

Megan Brown performs with Makiisma at the Owl Acoustic Lounge Jan. 10.

"Lethbridge musicians are quite - we play in lots of different bands, we're not - what's the word I'm looking for - polygamous, is that a word? We're very polygamous, we all play with a lot of bands," said Waltho.

The band's vocalist said the album is something she has been thinking about for the past year and she is happy with the product.

"We're looking forward to sharing it," said Brown.

21st Avenue still losing sleep one year later

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Like three springs under pressure, the band members jumped high into the air. Time suspended for a fraction of a second while the band hovered above the stage. Their shoes met the floor with a cymbal crash and immediately the lead guitarist and frontman began head banging, without missing a note.

"I knew I was going to be a rock star from a very young age - a rock star and a firefighter. Firefighter didn't work out,"

OZTIN BOWDEN,
FRONTMAN, 21ST AVE.

The band showed off new music at the Owl Acoustic Lounge on Jan. 18.

They released their debut album, *Don't Sleep*, a year ago.

They are gearing up to announce a release date for their sophomore album, *Form*. The band has adopted a heavier sound in the past year and has undergone a change in lineup.

Bowden says the band's life really started when Jesse Debona, their current drummer and Levi Trodd, their current bassist, joined the group. Though this is not their first time in a recording studio, it is the first time with 21st Avenue. Debona and Trodd have recorded with their other band, *Frege's Puzzle*. Debona said the recording was a challenge, as he was recovering from an ankle injury when recording laying down his drum parts.

"It was a real struggle. It was really hard, but I learned a lot. When I brought those skills to the table this time



PHOTO BY TYLER HAY

TOP: Dayton Jans plays lead guitar for 21st Avenue at the Owl Acoustic Lounge on Jan. 18. TOP RIGHT: Oztin Bowden (right) and Levi Trodd (left) perform with their band 21st Avenue at the Owl Acoustic Lounge on Jan. 18.

and I had full function of all my limbs, it just made it so much better," he said.

The band plays mostly original songs, with a few covers mixed in. Though the band writes as a group, Bowden is the main lyricist. He said his writing has evolved since the first album.

"I wrote about the people I know and love more than I did myself this time around," he said. For the most part, he said he likes to write from personal experience. The title track from their first album was written about Bowden's insomnia and relationship with Catholicism

when he was younger.

"I'm a restless man... I don't sleep - it's all because of my sins and that was kind of the idea of the song," said Bowden.

Debona said Bowden's writing is one thing that sets them apart from other bands.

"We have these little things with each member that makes us stand out," he said.

Dayton Jans, lead guitarist, works as a graphic designer and runs the band's social media, Trodd studied audio engineering in university and Bowden studied music.

On Jan. 24, the band will play both albums back-to-back at The Slice.

They expect to release *Form* next month and plan to announce a release date this week. The band is driven by their love of playing. All members share a goal of playing music full-time.

"I'm living very poor, most of my money comes from the band, but I love it and I don't care," said Bowden.

eSPORTS

Kodiaks dive into second half of season

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After winning its last three games, the Lethbridge College Kodiaks will look to continue its winning games as they go into the Alberta Colleges Athletic Conference championships.

The championships will be hosted by the Kodiaks for the first time, as the team will be front and centre in front of its home crowd. The team is currently 13-3 on the season and sits second in the south division.

One of the main reasons for its success is due to fifth-year star Carter Hansen. Hansen currently holds the ACAC records for kills in a career. He broke the record of 1,168 kills that was previously owned by his former teammate, Dax Whitehead, in December of last year. Hansen has 186 kills this season as he will look to add to his total. Hansen said he has enjoyed his career with the Kodiaks.

“It’s been a good five years. It has had some ups; it has had some downs. The last two years have definitely been some good ups... I have enjoyed every moment I have had here,” said Hansen.

The Kodiaks will play 10 more matches before the conference championships. They will have a tough schedule as they will play teams that are over .500 in six of those matches.

Greg Gibos, the coach of the team, says his group is ready for the home stretch.

“The guys are all happy and excited to be back in the gym. I mean, we are the number one seed in the south, so we want to keep it that way and have a really good seeding heading into the playoffs,” said Gibos.

Gibos added the college has done a fantastic job of bringing in new talent to help build the program into something the community can rally behind. He said fifth-year players Hansen and Michael Hummel will get the chance to celebrate their last season, while playing on the big stage at home.



PHOTOS BY MICHAEL KAAKE & HEATHER GRANDE
Kodiaks men’s volleyball players Carter Hansen (above) and Nash Shipton (right) in practice at the Val Matteoti gymnasium on Jan. 9, 2019.

The Kodiaks will continue their season when they face off against Ambrose University on Jan. 30 and 31.



Bohne brothers bounce back in Kodiaks practice



PHOTO BY TYLER HAY

Trey Bohne (right) and his brother Chase (left) practise drill with the Lethbridge College Kodiaks on Jan. 21.

Lethbridge Hurricanes storm the streets



PHOTO BY TYLER VERLOOP

Lethbridge Hurricanes centre Noah Boyko (right, 19) celebrates a goal with teammate, centre Logan Barlage (27, left) after scoring a goal during a community street hockey event in the Copperwood area to connect with the fans on Jan. 19.

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Aspiring hockey players suited up against the city of Lethbridge's beloved major junior hockey team in a fun outdoor street hockey game last weekend.

The Western Hockey League's Lethbridge Hurricanes and three homebuilders within the subdivision community of Copperwood hosted a community street hockey event on Jan. 19.

This was the second time the Hurricanes banded together with the Copperwood community to participate in the event.

"The community is a lot bigger, so we're starting to get a lot of support. It is good to show the support back to the Hurricanes and back to everybody else. As you can see in these events, it turns out to be a success," said Brody Prete, a sales associate with Stranville Living.

Daytona Homes, Ashcroft Homes and Stranville Living were the three companies on site. Each of the them had a show home next to the street hockey games.

Hurricane players rotated shifts to sign autographs in the show homes, while their teammates played street hockey with kids.

There were two street hockey games taking place simultaneously, a 10-year-old and under game as well as a 10-year-old and over game.

The Hurricanes were visibly happy with the fan support and displayed an energetic appearance through the duration of the event.

"It's awesome. They come and support us all the time, so it is nice to come out and do something for them once in a while too. The fan support during our playoff push has been awesome. The last game was a sell-out and playing in front of that atmosphere was great," said Joe Arntsen, rookie Hurricanes defenceman.

The first-year WHL player has put up three points (one goal, two assists) in 30 games this season. Arntsen is currently living with fellow defenseman, Koletrane



PHOTO BY TYLER VERLOOP

Alex Thacher, Lethbridge Hurricane forward, dangled around children during the Canes vs. kids game at the second annual street hockey event. Daytona Homes, Ashcroft Homes and Stranville Living participated in the event allowing players to sign autographs in the showhomes.

Wilson, who is in his last year of eligibility with the Hurricanes. The rookie admits that Wilson has made the adaption to the WHL a bit easier for himself by helping him get familiar the league. Wilson has been able to provide Arntsen with comfort, as this is the first time he has lived away from home.

The event is all about the kids enjoying some fun with the hometown team who they often look up to during their respective tenures.

"It was fun to play with the Hurricanes because I want to play in the WHL when I am older and I idolize them," said Brody Tatlow, a fifth grade Lethbridge student from the Copperwood community.

The Hurricanes World Junior Championship gold medalists defenceman Calen Addison and centre Dylan Cozens made a surprise appearance near the end of the event to sign as many autographs as possible for the young fans in attendance.

The Hurricanes roster is now locked in



PHOTO BY TYLER VERLOOP

Justin Hall and Logan Barlage, Lethbridge Hurricane forwards, hussled for the ball during the Hurricanes street hockey event hosted in the westside community of Copperwood on Jan. 19.

with the passing of the Jan. 10 trade deadline, so the team as is will be the squad the city will put all their hopes into.

The Hurricanes currently sit third in the eastern conference, trailing be-

hind the Medicine Hat Tigers and the Edmonton Oil Kings. If the playoffs started today, the Hurricanes would face their Highway 3 rivals the Tigers in the first round.

Captain bounces back from injury

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The grating sound of the skate sharpening machine echoed down the hallway of the hockey arena.

The smell of old, sweaty hockey equipment filled the air while the lights flickered, constantly changing the look of the shadows casting down on the floor.

Just a few years ago Shay Wirll was ready to hang up his skates for good, but a lot has changed in the past three seasons.

The captain of the Lethbridge Lightning hockey team moved to southern Alberta four years ago and thought hockey was a thing of his past.

"I was helping my younger brother and they saw me and asked if I wanted to come out and play some competitive hockey and I said, 'You know what, let's give it one more go,'" said Wirll.

The Strasbourg native played elite hockey at several levels including university, college and even a brief taste of the Western Hockey League. By the time he left his home province, he thought those days were over.

"If it wasn't for the organization and the guys in that room, I don't think I'd be playing," said Wirll.

The Lightning are in second place in the Ranchland Hockey League and seem optimistic about the rest of the season.

"I definitely like where we're at. I'd be putting our money on us right now to finish the season the right way," said Mike Teslak, head coach for the team.

It has been a long road for Wirll to get where he is today. He has been playing hockey for almost as long as he can remember.

"When the water froze, I was out there skating. From four or five-years-old I was skating on ice and then I played hockey every year since," said Wirll.

Injuries have been a constant not just for the captain, but for the team as a whole. Both Wirll and goalie, Cole Schafer have recently experienced setbacks. Schafer suffered a high ankle sprain in the first game of the



PHOTO BY KEVIN FORSYTH

Cole Schafer (#30) defends against an offensive rush by the Siksika Buffaloes at Nicholas Sheran Arena on Jan 18. The Buffaloes won the match 5 - 1.

season and only returned to the goalie crease in mid-January.

"It is frustrating for sure. You have high expectations for the season, especially provincials. You want to play well," said Schafer.

Wirll continues to play the sport he loves, despite suffering a concussion and a broken ankle in the past few years. He said the hard work has paid off, as he is second

in the league in scoring and averages nearly three points a game this season.

"I'm 28-years-old, but sometimes I wake up and feel like I'm 35. Hockey beats you up a little bit. I guess if you do the math I've been playing for 23 years," he said.

The Lightning will wrap up its season in March, compete in the playoffs and then host the provincial tournament.

Tokyo Olympics host controversial sport

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The 2020 Summer Olympics are just around the corner and new additions to the games will make this year one for the books.

Tokyo is hosting the games for a second time. These games will see the introduction of several new sports, including karate and surfing

One new addition, however, has had mixed reactions from local athletes.

Skateboarding will also make its Olympic competition debut.

Due to the sports' underground roots, its transition to the big leagues has caused skaters across the globe to consider the impact Olympic competition will have on the sport.

Skateboarding has upheld a certain reputation since breaking into the mainstream; a reputation rooted in straying away from the norm. For decades, skateboarders have been painted as misfits and troublemakers.

This stigma has also forced skaters to stay underground - creating their own community, culture and rule books.

Because skateboarding walks the line between sport and self-expression, the community has become divided. Some see its debut as a step in the right direction.

Others see it as selling out.

For local skate shop owner, Brian Smith, picking a side of the debate hasn't been easy.

"As the owner of a skate shop, yeah, this is great. Getting more kids to skate is always the goal. But, as a



PHOTO BY RILEY KUBIK

Brian Smith tunes up a customer's skateboard at Boarderline.

skater myself, it goes against a lot of what I know," Smith explains.

Smith has been skating since childhood and has been a part of Lethbridge's skateboarding scene for over a decade.

He is now living out his childhood dream of owning a local skateboard shop.

Along with business partner, Ian Gauthier, Smith holds down the fort at Boarderline.

Though Smith hopes skateboarding's Olympic debut will give the sport the credibility it deserves, he worries that officials will prioritize traditional athleticism over the longstanding style is the sport was built on.

"It's [skateboarding] all about self-expression and I don't know how you're going to put a score on that. The best skaters aren't the most technical ones, they're the ones trying new things and messing around," Smith said.

Though Smith's business partner sees both sides of the debate too, he remains hopeful for the future of skateboarding.

"[Skateboarding] becoming an Olympic sport is a win because we're trying to break down that stigma. Competition skating has been around and been debated for years and this is just another level of that," Gauthier said.

The Summer Games will feature two disciplines of skateboarding: park and street.

The park competition will take place on a hollowed-out course featuring a complex series of twists and turns.

The street competition features a straight course with stairs, handrails, benches, walls and slopes to mimic a real street.

One athlete rides at a time and competitors get three timed runs to post their best score.

Skateboarders will compete in Tokyo at the Aomi Urban Sports Venue, which will also host three on three Basketball and Sport Climbing.

The competition takes place throughout the entire Games from Jul. 24 to Aug. 9.