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QUOTE OF THE WEEK

“Why the hell are we just spending money and out drinking, when we could be making money doing karaoke?”

Read more about the Pogo Bros. on Page 8



March 13, 2020 Vol. 52, Issue 04



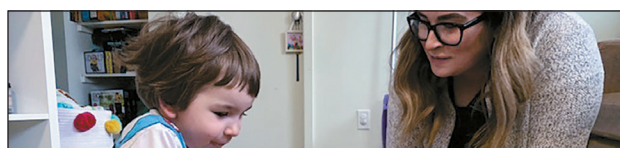
endeavour



Sunshine brings happiness

The days slowly become longer, the snow begins to melt and brings new life with it.

By Heather Grande Page 6



Mother's balancing act

College student learns the balance of motherhood, studies and volunteering.

By Kelsey O'Donnell Page 7

Basketball helps player

Athlete shows dedication to basketball, after physical and emotional setbacks.

By Kelsey O'Donnell Page 10



PHOTO BY TYLER HAY

Regular hand washing is one preventative measure everyone can take to slow the spread of COVID-19. Alberta had 19 cases as of March 12.

College prepares for COVID-19

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With 23 confirmed cases of the novel coronavirus (COVID-19) in Alberta and the World Health Organization (WHO) officially declaring it a pandemic, Lethbridge College is making plans in case the virus spreads within the province.

“Our biggest concern right now is the health and safety of our students — we don't want them all getting sick, so we are making sure that we are doing everything we can to prevent that,” said Frank Zappone, occupational health and safety lead at the college.

Zappone said the college is making sure instructors are able to deliver classes online if necessary. It is looking at what can be done to make sure students can finish the semester if the virus comes to Lethbridge, but according to Zappone, the chance of a campus-wide shutdown is low.

“We are going by what Alberta Health Services is advising us to do. Right now, it is nothing because there haven't been any cases in Lethbridge, so we are not panicking,” he said, adding they are watching the virus closely, since it is in Edmonton and Calgary.

There were 11 confirmed cases in Calgary at the time of writing and 103 nation-wide. Canada has one recorded death due to the virus. A man in his '80s with underlying health issues died on March 8 in Vancouver.

Federal Health Minister Patty Hajdu said on Wednesday that between 30 per cent and 70 per cent of the population of Canada could acquire the COVID-19 virus. Though the vast majority will recover, she said Canadians must work together to protect the vulnerable population.

According to the WHO, the average global mortality rate is 3.4 per cent. This number may seem insignificant, but at the low estimate of 30 per cent of Canadians being infected, that could result in 383,418 deaths.

“The reason I personally feel safe is because it is a virus, just like influenza is a virus and there are precautionary measure you can take. The other thing is that the recovery from the coronavirus is about 94 per cent,” said Harmoni Jones, manager of Wellness Services at Lethbridge College.

Jones said the first step the college took to prevent the spread of COVID-19 was to increase cleaning and sanitization of high-traffic areas. Preventative measures such as staying home when sick and proper hand washing are encouraged.

“We have also looked at large events and whether we should continue with [them] and what are some precautionary measures we would need to put in place if we are going to have large social gatherings,” said Jones.

As of now, the college still plans to host its annual Bridging Cultures event at the end of the month. Jones said the college believes it is a low-risk event because participants are local and there are no cases in Lethbridge.

Though the risk of school closure is low right now, Jones said students can be ready by familiarizing themselves with Canvas, the learning management system and how they can use it to its full potential. She also suggests students make sure they have what they need, in case they have to stay home for two weeks due to sickness or potential infection.

“There [has] been discussion around how we can make it so it is not stigmatized, so that people do feel comfortable staying home — but there have only been preliminary discussions around that,” said Jones.

The college launched a website to communicate all COVID-19 related news.

Zappone said one of the school's biggest worries is making sure graduating students are able to finish their education.

“We want to make sure that happens. We're looking at doing everything we can,” he said.

Check out CRLC the Kodiak for various radio music specials from March 23-27!

Council to make final decision for Nikka Yuko Japanese Garden funding



PHOTO BY TYLER HAY

Collin Hirano, Director of Nikka Yuko Japanese Garden speaking with the media after Lethbridge city council's decision was made to push back the renovation plans for the garden on March 9.

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As the new year began, Nikka Yuko Japanese Garden looked ahead to a new beginning this year. However in a vote on Monday, March 9 Lethbridge city council made the decision to push back continuing with the renovation plans for the garden.

Council is now asking that the garden's organizers come back at a later time to make more of an impression on council to continue the plans for the renovations.

Organizers of the garden said they would like to build a new community facility, measured at 465 square metres.

Colin Hirano, Director at Nikka Yuko Japanese garden said that building the new community centre would allow the garden to host many more event opportunities.

"The project to build a community facility would expand the capacity that the garden would have, it would allow for a unique area for us to have curated displays and show off some symbols of the garden as well," he

said.

Hirano also explained that this new community centre will allow the garden to provide some new opportunities for visitors of the garden.

"It will allow us to expand the services the garden provides to both the community and to visitors as well," Hirano continued.

Organizers of the Nikka Yuko Japanese garden are expected to present more information to city council on March 23.

Recycling in Lethbridge facing safety challenges amid success

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The city of Lethbridge's Waste and Recycling program is coming up on its nine-month anniversary, but many residents are still unsure of how to properly utilize the system.

Steve Rozee, manager of Lethbridge's Waste and Recycling Centre, says he sees examples of improper disposal on a regular basis.

Dangerous items found at the Materials Recovery Facility (MRF) that shouldn't be tossed into residential blue carts have included knives, food waste and even live bullets.

Rozee said that improper disposal can cause damage to equipment and even put MRF employees' safety at risk.

"We've had a couple of injuries. We've had an individual get cut

very badly through their cut-proof gloves by glass that was in mixed plastics recycling," Rozee said.

Though much of the sorting of waste is done by machines at the MRF, employees are responsible for sorting many materials by hand to ensure everything ends up in its proper place.

Because dangerous materials are often placed in blue bins along with safe materials, employees face the daily risk of coming into contact with potential safety risks.

"The program is for packaging and printed paper, so, the boxes and metals we intend to receive are from packaged goods and such- not just any anything plastic or metal. So, that's one of the mistakes people are making," Rozee said.

Though the city tries to cover all their bases when it comes to safety,

cooperation and awareness from the community is key to the recycling program's success.

The city offers many resources for Lethbridge residents who are unsure of how to properly utilize their curbside recycling.

An extensive breakdown of the do's and don'ts of residential blue bins can be found at curbside.lethbridge.ca. Additionally, residents can access the Waste Wizard through the city's website and educate themselves beyond the blue bin, with information on proper disposal of nearly any material.

Rozee says employee safety is a priority at the MRF. All workers within the facility are required to wear full personal protective equipment and the state-of-the-art design of the facility itself

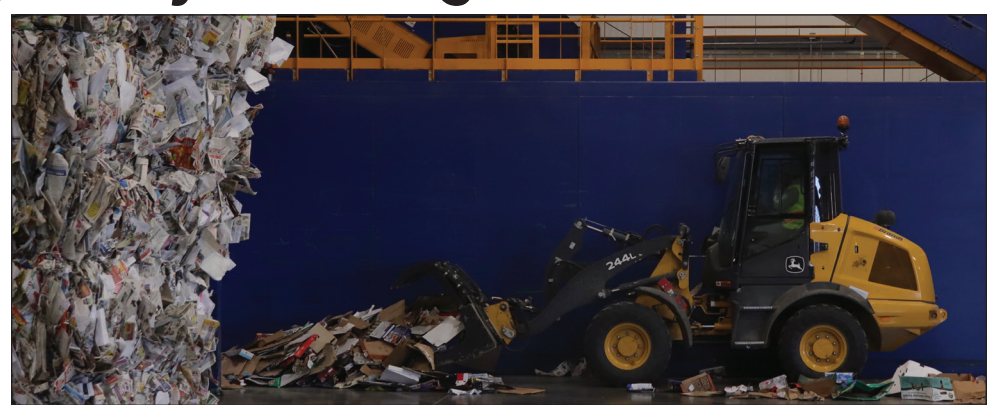


PHOTO BY RILEY KUBIK

Employees at the Materials Recovery Facility at work organizing recyclable materials.

mitigates issues like air quality concerns.

Improper disposal will continue to be an on-going issue at the MRF, but according to Rozee, things could be worse.

"Mostly, we've been pretty lucky. We've been open for eight months with only a few injuries. We haven't had any fires, which are common in this sort of facility especially with improper disposal of things like batteries and propane tanks."



PHOTO BY RILEY KUBIK

Steve Rozee guides a tour through the Materials Recovery Facility.

Local business owner shares his story for Black History Month

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People stared as he walked down the street, making him wonder what was wrong. Am I dressed funny? He wondered, until his friend explained that people stare at him simply because of the colour of his skin.

“Oh, we have white people in Kenya — we don’t look at them like that when they are passing,” said Stephen Onyango, owner of Legend Production and Films.

As Onyango delivered the final line of his anecdote, a small crowd at the University of Lethbridge laughed softly. He was one of three speakers at an event that marked the end of Black History Month. It was put on by the University of Calgary Faculty of Social Work and the theme was resilience in the face of adversity.

“When we think of [being] resilient, we think of someone bouncing back quickly after facing adversities, but I just want to highlight that black people continue to face adversities,” said Patrina Duhaney, a faculty member and organizer of the event.

Each speaker shared their unique story of challenges they face in everyday life. Onyango moved to Canada from Kenya 12 years ago — he shared challenges

he has faced getting an education, raising a son and starting a business in Lethbridge. When he got to Canada, Onyango took the New Media degree program at the university and was the only black person in his classes. He recalled a memory from his student orientation, which he said he will never forget.

“I expected different, but not being asked if I live in a tree — so when this guy asked me if I lived in a tree, I remembered that ‘cause my dad was called a monkey. Monkeys live in trees and since we are black, maybe we live in trees,” he said about a question he was asked after telling someone where he is from.

After a year of being at the university, Onyango said people began treating him as an equal. He was happy and things were going well for him. Then he faced a new challenge — being a single father. After having a son, he found himself in court fighting for equal custody.

“When I went to court, I would stand in front of a judge. When you stand up — you’re black in the middle of all these white people and you’re in a family court. You know it’s going to be hard,” he said.

Onyango said he had to deal with stereotypes because of his

skin colour. He said people think black men do not take care of their children. It took him two years to get equal custody of his son, who is now 10-years-old.

“Since I was the only black person in his life, I had to be the best dad that he could have,” said Onyango. He passed a photo of his son around the room as he continued his speech.

“When he is with me, I teach him how to be black. When he is with his mom, he’s taught how to be white — So he is very confused.”

When Onyango decided to start his own production company, he faced challenges with clients because of his skin colour. When he was working on a video involving local businesses, he said he had one business owner spread rumors about him — this damaged his reputation.

He has had people not want to work with him because he is black. He said he is proud of who he is and he posts photos of himself on his website.

“I want to be as loud as possible, so you go there, you know you are hiring a black person,” he said. He wrapped up his speech by tracking down the photo he passed around of his son and tucked it safely into his wallet.



PHOTO BY TYLER HAY

Stephen Onyango speaks in front of a crowd at the University of Lethbridge on Feb. 27.

Lethbridge locals looking at tiny homes to provide alternative to traditional housing

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When it comes to finding a place to hang your hat, traditionally there are two options — rent or buy. One Lethbridge man is embracing a new option.

Michael Bartz, a Lethbridge College student life associate has spent the past two years working on a tiny home, with the goal of reducing his cost of living and avoiding debt.

“I think the house encompasses a lot of those ideas of community and sustainability. Worst case scenario, if I lost my job and all my money — I have my house, I paid cash for it... I could park in a Walmart parking lot and live for a while,” said Bartz.

His tiny home is on wheels, meaning he may run into problems with bylaws when searching for a place to park it. According to the City of Lethbridge, tiny homes that are not on a foundation are not suitable for permanent habitation. The alternative homes are legal if they are built on a foundation, connected to utilities and meet Alberta Building Code requirements.

“For me, because I know the risk that, yes, I could be asked to move and I can’t legally park there. I know that risk and I am doing that, in spite of [it],” he said.

Bartz said he likes the alternate lifestyle tiny homes provide and he believes having zones for them would not align with the movement and what it stands for.

Teacup Tiny Homes builds houses on

wheels certified as recreational vehicles. Its goal is to diversify the housing market and give people the option to live smaller, according to owner, Jennifer McCarthy.

“If you don’t have a CSA certified or RVIA build or something like that, then typically you are not going to be allowed in any municipality, legally,” said McCarthy.

She said the city has agreed to work with her business if one of her clients decides to park their tiny home in the city.

“It needs to be on a foundation, which we can do. It needs to be permanently hooked up to city services, which we can also do. If the services are there, it has to be zoned properly,” said McCarthy.

Avoiding debt is not his only motivation for owning a tiny home — Bartz said living in a tiny home is as much about the lifestyle as the financial benefits. A tiny home for Bartz means having the freedom to travel and still have a place to call home, which he feels is less stressful.

“Another part of it for me is developing community wherever I am. If I am parked in someone’s backyard, I get to know those people. It kind of forces you to develop that community. I don’t have a gym and a library or any of that stuff in my house, so I am forced to go to those places,” he said.

McCarthy, like Bartz, said one of the biggest factors in buying a tiny home is freedom, whether financial or the freedom to move around.

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The Endeavour is produced four times during the academic year by students in the Digital Communications and Media program at Lethbridge College. Stories, photos and advertisements are produced as part of the academic program and are not representative of the opinions of the Board of Governors of Lethbridge College, its directors, officers, employees, agents or representatives.

The Endeavour newspaper, eNews television and Kodiak online radio are part of LethbridgeCampusMedia.ca.



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ILLUSTRATION BY CASSIDY LANGRIDGE

Decriminalizing drunk driving

The decriminalization of drunk driving has the potential to be successful in Alberta, but only if additional consequences and rules are applied to people caught over the limits. Fines and a temporary license loss is enough of a consequence to stop first-time offenders from repeating their actions.

Parents and guardians are worried as the Alberta government prepares to decriminalize drunk driving. After British Columbia made the move in 2010, the province of Manitoba joined the process of decriminalization and was immediately supported by Mothers Against Drunk Driving (MADD). MADD says the decriminalization will mean stronger prevention and fewer cases weighing down the courts. How will decriminalizing drunk drivers create prevention though? Wouldn't more people do it if they knew they wouldn't be charged?

With the decriminalization of drunk driving, the laws would change to more of a rehabilitation process instead of a criminal charge.

With this new proposed change to the law, first-time offenders caught drinking and driving will receive fines ranging from \$600 to \$5,000, loss of license for a case-by-case duration and the impounding of your car. For repeat offenders, the criminal charge will remain the same.

Currently, Alberta has a zero-tolerance system to deal with drunk drivers. The system now ensures anyone caught drinking and driving will have to face the consequences and deal with their criminal charge.

So, if Albertans are continuing to drink and drive knowing they will receive a criminal charge when caught, then why would they stop drinking and driving if we take out the criminal charges?

A majority of teenagers will at some point in their life come into a situation where they are thinking about driving

home after a few drinks. Now, add those thoughts to the fact that they will not receive a criminal charge and the odds of the teenager getting into the car will increase dramatically.

Police won't be letting people get away with drunk driving, but fines and a temporary loss of a license are not enough of a consequence for putting lives at risk.

Instead, why not build more options for those people to get home? For a city full of students and young adults, Lethbridge has an inferior public transportation system. Students or locals going out to the clubs at night only have a few options for getting home. Either they have someone drive them home, they call one of the two Ubers in Lethbridge or they have to wait for hours outside to get a cab.

This is a big factor in how many people are drinking and driving. When the end of the night comes, a majority of the partiers don't have the patience to wait. This is when people will begin to drink and drive.

Full decriminalization of drunk driving will only work if there are proper consequences for the people that are caught. Having to pay a fine and temporarily losing your license is not enough for some people to resist the urge to drive again.

However, if Alberta were to add some specific regulations on top of the decriminalization, then the potential for success will increase. If the province was to include a drink limit for first-time offenders, it would show there are still big consequences for drinking and driving.

Before Alberta had the zero-tolerance rule, we had a legal limit of 0.08. Why not bring this limit back?

That would mean first-time offenders caught under the limit would only get the fine and loss of license instead of the charge with repeat offenders receiving a criminal charge.

eLIFE

Local improv theatre group puts new spin on familiar story

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A local theatre group is nearing the end of their improv season. This spring, ImpromptOu will conclude Freak Show, its eighth rendition of American Gomorrah Story at Didi's Playhaus.

"We've taken different arcs from American Horror Story and taken a comedic, improvised spin on them. Some of the characters might look like the characters from American Horror Story on TV, but then we see where it goes," said David Gabert, ImpromptOu's general manager and one of the performers.

The actors have a very basic script, but there is a lot of room for creativity outside the basic plot and characters.

"We're all to one extent or another improvisers and you kind of have to be when you're creating music on the fly," said Greg Wilson, a performer in the group.

According to Gabert, although the performances are based on the original show, the plot can go off in any direction an improviser likes.

"Those familiar with American Horror Story would know there's a clown who's on a murderous rampage. We don't know if our clown is going to be from the past or if our clown is going to be on a murderous rampage, but we still have a clown character," said Gabert.

The story takes place in 1954 and depicts characters working in a failing circus freak show which includes a wacky sense of humour not present in the TV series.

The improvisation group has four permanent players and fills out the rest of the cast with guest stars. Gabert, Erica Barr, Nicola Elson and Jay Whitehead make up the main cast for the series.

The show runs as a serial and is modeled after improvised soap operas, such as Calgary's Dirty Laundry, according to Gabert.

"[We have] Freak Show tonight, for example. We have the girl with the conjoined twin, the lobster boy — a lot of characters that people will recognize, but we won't know their journeys," said Gabert.

Music, acting and improv are all lifelong passions of



Nicola Elson (left) and Erica Barr (right) perform at Didi's Playhaus on March 7. PHOTO BY KEVIN FORSYTH

the performers, according to Wilson.

"I started in high school just doing whatever I could. When I got here it's just all *Who's Line is it Anyway?* — that's the stuff that made me want to make people laugh," he said, referring to the popular improv comedy TV show which ran from 1998 to 2007.

Wilson spent some time with the University of Lethbridge's improv group, but eventually he felt he was ready for the next step. He joined Gabert's company,

then called Drama Nuts, which eventually became ImpromptOu.

"It's something Jay, the artistic director, and myself always wanted to do here in Lethbridge and we found a really great audience for it," said Gabert.

The Gomorrah series is in its fourth year of operation and eighth season. The next chapter will be in three weeks at Didi's Playhaus. Tickets can be purchased at the door or at theatreoutre.ticketit.ca.

International students face struggles while far from home

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In September 2018, an Indian international student at Lethbridge College realized she was undergoing serious depression.

The language barrier, homesickness, transition in culture and being in a new country were the main reasons for Sarabjeet Kaur's depression.

"When I have a problem in my life, I just deal with it. But sometimes it becomes beyond my emotions," Kaur said.

The biggest problem she faced when she first came to Canada was the language barrier, which resulted in a lack of employment and not performing as well as she had hoped in her courses.

She faced difficulty in finding a job, which resulted in depression and anxiety. She did not engage with other students in the classroom and she had poor relationships with her instructors and classmates. It resulted in a challenging college experience for her as she has already failed two

courses in her first semester.

Her depression resulted in a lack of sleep which make stress management more challenging.

According to the Anxiety and Depression Association of America, 70 per cent of those who report persistent stress have trouble sleeping. One day Kaur attempted suicide because everything was just getting too overwhelming for her. Luckily her friends saw her and they began taking care of her and identifying solutions to her problems.

"It was a very bad day in my life. Sometimes today, when I close my eyes, I recollect the moments," Kaur said.

After that, her friends came up with solutions and suggested she join English speaking class. They are also helping her

out financially.

"My friends are very supportive and now I live with my friends and live a happy life. My parents are proud of me as a daughter," Kaur said.

After that, she joined English classes and got a job at Tim Horton's in February 2019. She also improved her GPA in the second semester.

Kaur was educated to be tough and move on with mental distresses and she has always been trying. However, after several months of struggling, she realized that it's something more than she can handle.

"Thankfully, I found myself some encouraging friends and family who always support me in these situations," Kaur said.

Harmoni Jones, manager of wellness services at Lethbridge College said there

is a difference between mental illness for domestic and international students.

Jones said international students face problems adjusting to a new place. They are usually confronting culture shock, homesickness and language barriers in a new country.

She said failing to adapt to a new environment, culture and stressful situations can cause mental issues to rise.

Jones suggests that international students needs to ask for help and take suggestions from international services. She also suggested students need to make a balance between family, work and schools.

"Try to think about different strategies to make a connection in foreign countries. They also need to understand that what they need to prepare before they live in a foreign country," Jones said.

Harmoni said a variety of students are struggling with mental health and this is a normal part of life. But she also notes that everyone should ask for help when they need it.

"Sometimes today, when I close my eyes, I recollect the moments."

- Sarabjeet Kaur

Young mother can no longer have children after postpartum complications

KELSEY O'DONNELL
@kelsrodonnell

The obstetrician walked into her hospital room after taking a closer look at her ultrasound results. The defeat and worry were written across her doctor's face. The chances of yet another surgery would likely be in her future, making it her third procedure within four weeks after giving birth to her newborn daughter.

She could feel the frustration, anger and exhaustion build as she listened to her doctor explain how remains of her placenta had not been successfully removed.

For 23-year-old Kiera Elton, this was the beginning of a series of surgeries she would have to undergo.

The first-time mother grew up in a large family consisting of three sisters and an older brother. For as long as she could remember, she dreamed of being a mother. Although, she didn't anticipate the experience to leave her heartbroken as the ability to birth her own children was stripped from her.

Elton and her husband found out they were pregnant after a year of trying.

However, it didn't take long for Kiera to find out pregnancy may not be as smooth sailing as she had hoped. She was diagnosed with Hyperemesis Gravidarum which caused vomiting, nausea and dizziness to be a part of her daily routine.

Moments after Elton welcomed her newborn daughter Lillian, she could feel someone pushing on her stomach. She learned not only that her placenta had not yet been fully delivered, but it was coming out in pieces.

"I was feeling confused and really didn't understand what was happening. I was trying to stay calm while they told me they would have to take Lillian away from me and go into surgery right away," Elton said.

Elton went through two more surgeries in the span of a few weeks and still was told the same thing, her placenta was still not fully removed.

After receiving another ultrasound, Elton's doctor regretted to tell her there were still parts of her placenta stuck. Her doctor decided to allow her to start birth control with hopes to end the bleeding, even though this is not recommended

until six weeks postpartum.

The birth control was successful allowing Elton to end the prescription after five months. One month later, the couple announced they were unexpectedly pregnant with their second child.

Due to the severity of her last pregnancy, Elton's doctor recommended a c-section, but she wanted a natural birth.

"They had to give me a blood transfusion because of how much blood I lost."

KIERA ELTON

Once Elton had gone into labour with her second child, she began to feel incredibly nauseous and dizzy with her blood pressure dropping. Next thing she knew, she woke up with eight doctors surrounding her. The stress continued when her blood pressure dropped drastically three times throughout the course of the next few hours.

Doctors began to question whether she would be strong enough to start pushing since she was already nine centimetres dilated. Elton said she could see the concern on nurses faces, knowing she didn't have much fight left in her. Elton fought with everything she had left and welcomed her son, Lochlann to the family.

"I was so happy and it felt like such an accomplishment to deliver my full placenta," Elton said.

Unfortunately, this sigh of relief didn't last long. Two weeks after delivering her son, she experienced the same symptoms from her first pregnancy. Elton was told Uterine Artery Embolization surgery was the only option. This surgery would allow a radiologist to use a catheter to deliver small particles that block the blood supply to the uterine body. The surgery did not go as well as she planned.

"I was told I basically almost bled out on the table and there was a high chance they thought I could have died," said Elton. "They had to give me a blood transfusion because of how much blood I lost."

The family returned home for one



PHOTO BY KELSEY O'DONNELL

Young mother, Kiera Elton is grateful for her daughter, Lillian after continual pregnancy and postpartum complications. She said she never takes the little things such as picking outfits together, for granted.

night, before the excessive bleeding returned. This time Elton knew the solution was going to be different.

After trying multiple medications to attempt to stop the bleeding and injections, she knew her worst nightmare was about to come true.

Her doctor explained her placenta and uterus had grown into each other, eventually causing her uterus to turn septic. The result would be fatal.

Elton was 22-years-old at the time when she was told she would need to un-

dergo a procedure to remove her uterus.

As Kiera went on to heal from her traumatizing battle with postpartum complications, she dealt with increasing postpartum depression and anxiety. She found postpartum isn't talked about enough, whether that be the physical or mental side.

"Encourage new moms who are struggling to seek help. There is no "wrong" way to feel," said Monica Loewen, executive director of the Lethbridge Pregnancy Care Centre.

Getting outside helps combat mental health challenges

HEATHER GRANDE
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The days slowly become longer and the snow begins to melt and brings new life with it. People begin to find a new reason to go outside and enjoy the nature around them. During the winter months, many people can find themselves suffering with Seasonal Affective Disorder (SAD).

SAD is a form of depression. Though not as severe as some other forms of depression people can suffer from, it can still affect a person's willingness to go outside, to participate in physical activity and motivation at work and school.

Since SAD is mainly caused by a lack of sunlight, this leads to lower serotonin levels in the body. With the season about to change, the longer days of spring can help boost ones mood. As days get longer and the weather becomes more preferable, people are more willing to spend

time outside. They may opt for a walk or a run rather than spending time in bed to avoid the cold weather.

Laura Morden, health promotions coordinator at Lethbridge College, talked about how this change of lifestyle can positively benefit people going forward.

"Winter tends to be that way where it's a little dreary, a little cloudy, a little snowy and cold. People don't want to go outside, people don't want to be active and you go into a bit of hibernation state," said Morden.

She also talked about how going into nature usually leads to some form of physical activity, which not only boosts serotonin levels, but releases endorphins as well. Both of these hormones can help boost morale.

The health promotions coordinator also said since most people prefer warmer weather, this also increases the likelihood a person will go outside and feel motivated.

"Sunnier weather gives people more of an outlook towards spring, where we think warmer weather, doing

more summer activities, being active and being outside," said Morden

Kirby England, environmental science professor at Lethbridge College, talked about what can be expected to be seen as the seasons change and flowers bloom in southern Alberta.

"We can expect more precipitation and more moisture available for plants and animals. Trees, shrubs and everything waking up from their winter slumber. Buds that were put down last fall are going to come back to life," said England.

This new life can be a part of the reason people are more willing to head outside and spend time in nature as many prefer the warmth of the sun to cold winds.

It is this warmer climate that can encourage a person to go outside, get active or even just spend some time appreciating nature.

If you or a person you know is feeling depressed, call Wellness Services at Lethbridge College at 403-320-6173.

Local folk artist releases his sophomore album *Will*

KEVIN FORSYTH
@kevinf_1988

In the strange purple light of the stage sits a man on a stool. He closes his eyes and strums away on his acoustic guitar to a full house at the Owl Acoustic Lounge. Tyson Ray Borsboom plays his first set alone, but he soon will be joined by his band to play songs from the newly released sophomore album *Will*.

"I would say that 70 per cent of this new album is love songs," says Bors-

"Listening to those songs is a bit painful sometimes — but people still like them."

TYSON RAY BORSBOOM

boom.

This is the second album for the local artist, but the first with a full band. He says his music has changed quite a bit since his previous effort, 2018's *Sinner*.

"Listening to those songs is a bit painful sometimes — but people still like them so that's all that really matters," says

Borsboom with a chuckle.

His new band includes Kieran Swinney on bass, Kevin Giron on electric guitar and features Megan Brown on violin for several songs.

"Him [Borsboom], Kevin and I used to come to the open mics all the time, so we met each other that way. He asked me to play on his album and a few of his other endeavours," says Brown, who also heads up another local band, Makiisma.

According to Borsboom, the album includes indie, alternative and a little bit of rock.

"Genres are a really tough battle to get around. There's a lot of genre bending stuff these days," he says.

One of the many tracks inspired by love and relationships is "Can't Go Home", which was inspired by a trip to South America. A friend was feeling conflicted about leaving his girlfriend behind without telling her "I love you" for the first time.

"Their love can withstand that separation — that distance — and always come back to it," says the singer-songwriter, adding that it's one of his favourite stories.

Borsboom began playing guitar when he was 12 and began attending the Harmony School of Rock on Lethbridge's north side. The school went out of business when he was a teenager and that was



PHOTO BY KEVIN FORSYTH

Tyson Ray Borsboom plays with his band at the Owl Acoustic Lounge. The last time he played for several years.

He began playing again with a new band as a teenager in his dad's garage for a few years until the group fell apart.

"I think the only gig we ever had was a smash-up derby — the Coaldale Smash-up Derby — we played a flat deck and it was, the sound quality was just terrible,"

says Borsboom with a laugh. He adds that band always managed to turn his original folk songs into rock songs when they practiced.

He and his band will be doing some touring in Alberta and B.C. this summer — his hope is to reach Vancouver Island and perform there for the first time.

Lethbridge College student balances motherhood with school

KELSEY O'DONNELL
@kelsrodonnell

A Lethbridge College student is learning the balance of motherhood, studies and volunteering while advancing herself personally and professionally.

Megan-Tania Jones said after returning to school from a seven-year break, she moved her life from Yellowknife, NWT with her son to Lethbridge College.

After applying to college on a whim, she said she didn't expect to actually get accepted. Jones began classes in the Health Care Aide program the following semester. Now after gaining her Health Care Aid Certificate, she is working to complete her electives for nursing.

Jones said she wanted to find a way to make friends and build strong relations throughout the college with as many people as possible.

By pushing herself out of her comfort zone, she said it made her more confident and guided her to build connections with students, staff, faculty and the community.

Juggling the responsibility of Paxton, her three-year-old son and academics, while wanting to maintain a social life led her to join the Simulated Patient Health Environment for Research and Education's (SPHERE) Student Crew.

This is a student-led volunteer initiative allowing participants to receive training in naloxone, sexual abuse-assault and more. The crew also gets to act in scenarios used by various programs throughout the college for realistic learning experiences such as mock disasters.

According to Marie Laenen, a Lethbridge College SPHERE instructor, the bond formed between participants of Student Crew and instructors is unique and heavy because of the collaborative work and involvement from both parties.

This type of growth is something Jones hopes every student can experience.



PHOTO BY KELSEY O'DONNELL

Student, mother and Student Crew volunteer plays with her three-year-old son, Paxton after a full day of classes and volunteering. She said she loves being a role model to her son and hopes he will follow in her footsteps of building connections.

"There are students that do feel alone and aren't able to make those connections so if I can help at least one student to feel more comfortable, then I've done my job," she said.

According to Jones, anywhere volunteers are needed on campus, she can be found.

She explained when she started at Student Crew, she was doing laundry and data entry to get a stepping-stone into volunteering. Although, with the crew Jones was able to grow even more personally and professionally than she hoped.

Laenen said when Jones first began with SPHERE she was shy and apprehensive, but anyone who knows Jones now, would see she is the complete opposite.

"I'm a very social person so if I can fill my day with that, then I'm set."

MEGAN-TANIA JONES

"She illuminates kindness, compassion and a real welcoming sense... Having Megan there to just smile with students makes a big difference," Laenen said.

While balancing school, volunteering and her son, Jones' day-to-day schedule looks "far from normal." She said her usual day consists of getting dressed, fed and out the door to the school to drop off Paxton at daycare and for Jones to get to class. Outside of class, the majority of her time is spent volunteering and tutoring until it's time to go home.

"I'm a very vocal person, so if I can fill my day with that, then I'm set," Jones said.

However, being a role model is more than just her involvement on campus. She said her son's additional set of eyes watching her encourages to be the best version of herself. She hopes he will be able to follow in her footsteps and be more involved as he grows older.

Jones said her biggest goal is to continue to connect with people no matter how big or small and leave them feeling impacted.

Brothers' entrepreneurial journey brings laughs to local stage

JOSHUA SCHOENING
@joshschoening

You can hear the soft hum of the music playing in the basement suite with people lined up out the door.

It's another evening of stand up comedy at Good Times, a comedy club owned and operated by two brothers running events all over the city.

John and Roy Pogorzelski, better known around Lethbridge as the Pogo Bros. The pair have teamed up with their own marketing and event planning company, entitled Pogo Bros. Incorporated.

The pair of brothers began their entrepreneurial journey after John was let go from a previous job.

"We really realized that the highs are high and the lows are low."
JOHN
POGORZELSKI

"I just realized that I would be working a lot better if I was working for myself. I got fired from an organization here in Lethbridge, I cried to my brother [Roy] and he said 'well, why don't you start your own business and do your own thing?'" said John, describing their start as entrepreneurs. After John was let go, the pair formed their business.

"We worked together and we created a company called Pogo Bros, about five years ago now, 2015 or so," John explained.

The duo began their new journey by performing karaoke, as Roy describes the pair as big karaoke guys.

"We thought to ourselves, why the hell are we just spending money and out drinking, when we could be making money doing karaoke?" Roy continued on about the company's beginning.

John found a deal on a karaoke set-up and the two were on their way.

"We got a buddy to buy into the equipment, we gave him a percentage of the company and we just started doing karaoke. From there we ran a festival and just kept building it and building it and now we're in our fifth year," John explained.

After the two began their journey with karaoke, the pair ran a fundraiser.

"We did a rock, scissors, paper fundraiser and our first payment under Pogo Bros. was in hot dogs and perogies that we had left over," Roy said.

After their first fundraising event, the pair fell in love with helping others. However, they learned quickly that events like these were quite the challenge in their own right.

"We like to raise money for non-profit agencies and charitable causes in the community and that was one of the ways we started. We thought we would be the agency that would help fundraisers plan these events, but events like those are so hard," Roy continued.

After the fundraising event, John began to organize a number of festivals in the community.

He organized anything and everything, from Latin Fest to a World Cup viewing party.

The road to success wasn't quite all sunshine and rainbows however. But one thing that keeps the brothers' morale up is their ability to turn negative situations into positive ones the pair can laugh about.

"Our first year doing Oktoberfest under Pogo

Bros. was a huge success, the weather kept all weekend and it was fantastic...but the next year was a disaster," John said.

The brothers agreed that second Oktoberfest was one of the lowest lows.

"The event was over by eight, nine o'clock. People were just not there. It was like we were watching thousands of dollars just walk out of the event," Roy added.

As the brothers worked harder and harder, they learned that there is no success without a degree of failure.

After a few years of festival planning and hosting, the brothers put their heads together and decided to open something brand new to Lethbridge – a comedy club.

"I had been involved in comedy at the time after doing it for about three years at



PHOTO BY JOSHUA SCHOENING

John "Johnny Pogo" Pogorzelski opens up another set of stand-up comedy at his comedy club, Good Times in Lethbridge on March 7.

that point...I went out to Medicine Hat and checked out their new comedy club. It was just a comedian lady who started her comedy club and I looked at that and I was like 'restaurants are done. Everyone has a restaurant,' then we thought 'who are we competing against with a comedy club?'" John explained.

And so the idea was set. Lethbridge's first comedy club was opened in late 2018 and has been met with high praise.

Just over a year into business, the

Pogo Bros. shifted their attention to another project.

"One goal that we are looking forward to, we've [Roy and John] always talked about for about five or six years now, is finally getting our beer musical out. It's exactly what it sounds like, we're writing songs, we're performing...its going to be a lot like The Full Monty," said Roy.

For all the latest updates on Good Times comedy club, visit their website at goodtimesyql.com.

Lethbridge College looks to take stress out of transition into the workforce

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As the school year comes closer to its end some students at Lethbridge College are struggling to maintain their mental health.

Thankfully the college has multiple programs and resources put into place to help students reach out and restore their well-being.

For eight months students are taught about the importance of taking care of themselves and balancing their lives with time to decompress. Sometimes the workload involved in school can cause students to put their mental health on the back burner to finish their schoolwork.

"I think mental health is really important and students need to make sure that their mental health is

really up to date in the sense of getting the help they need," said Steve Johnson, student support specialist at Lethbridge College, in response to why mental health is important.

Mental health is something that needs to be thought about on a daily basis, but as you finish your schooling and prepare for the transition from school to the workforce, you start to forget about keeping your sanity.

Transitioning to the workforce is something most students look forward to, but when the time comes to actually pack up and start the rest of your life, people begin to stress about everything.

This transition doesn't have to be difficult though as the Learning Café at the college has workshops in place to help students build and further their professional lives.

"We have a number of workshops around test man-

agement, text anxiety, stress management for the mental health pieces. We also have workshops to help students build their professional skills," said Diane Fjordbotten learning café coordinator.

Along with the Learning Café, the Lethbridge College Student Association is also planning multiple events in the months of March and April. Some events include cat café's and mental health movie nights.

All staff and students are encouraged to reach out to wellness services and the Learning Café to restore their mental health before exams.

Transitioning into the work force is always going to be a struggle but there are plenty of resources at the college for students to use.

"That transition piece is always scary, but if people just take it one day at a time and just try, usually it just turns out," said Johnson.



SPORTS



The Brinson Jones, rodeo clown entertains the crowd while the bulls and riders get ready for the next round. The entertainment featured singing, dancing and free prizes for fans.



Bull rider Zane Lambert rode into the winner's column as he bucked his way into the tour's third-place position. Lambert finished the event with a total of 55 points. Dakota Buttar finished in first place with 84 points.

MICHAEL KAAKE
@thekaakeman

Professional Bull Riding bucked over to Lethbridge at the ENMAX centre this past weekend.

Dakota Buttar, the 19th ranked bull rider from Kindersley, Saskatchewan, set a new record for consecutive rides without being bucked off to start the year when he went 10 for 10 as he won the Lethbridge belt buckle. Buttar went four for four in Lethbridge and beat out 30th ranked bull rider Brock Radford for the victory.

Jason Davidson, executive director of the PBR, compared the Professional Bull Riding league to another sports league that is popular in Canada.

"You're talented enough like any professional sport, like hockey and we all can talk about hockey in Canada. We have National Hockey League teams, we have American Hockey League teams, East Coast Hockey League teams, we have junior teams and then tier two junior teams, it's no different in the PBR. So, you're watching the National Hockey League of the PBR here in Leth-

bridge this weekend," said Davidson.

Davidson added he loves the staff at the ENMAX Centre. He believes Lethbridge is the best crowd on the PBR tour.

Bull riders have to be at least 18-years-old to become professional as they must go through a permit system to join the professional leagues.

Davidson said the riders have \$25,000 on their mind throughout the tour as they will try to climb up the standings and have the opportunity to win the \$110,000 prize money in Saskatoon in November. He added there are also PBR world finals that will have \$3.5 million in prize money.

PBR tours all around the world, with events in Brazil, Australia, United States, Mexico and Canada

"This is actually my first time at PBR. I usually go to the stampede shows in Calgary, so being able to make the travel to Lethbridge and watch a different show is going to be really fun," said Connor Cartwright, rodeo fan.

He added his brother, Cole has a past with bucking bronco riding as he made the cover of Calgary Sun

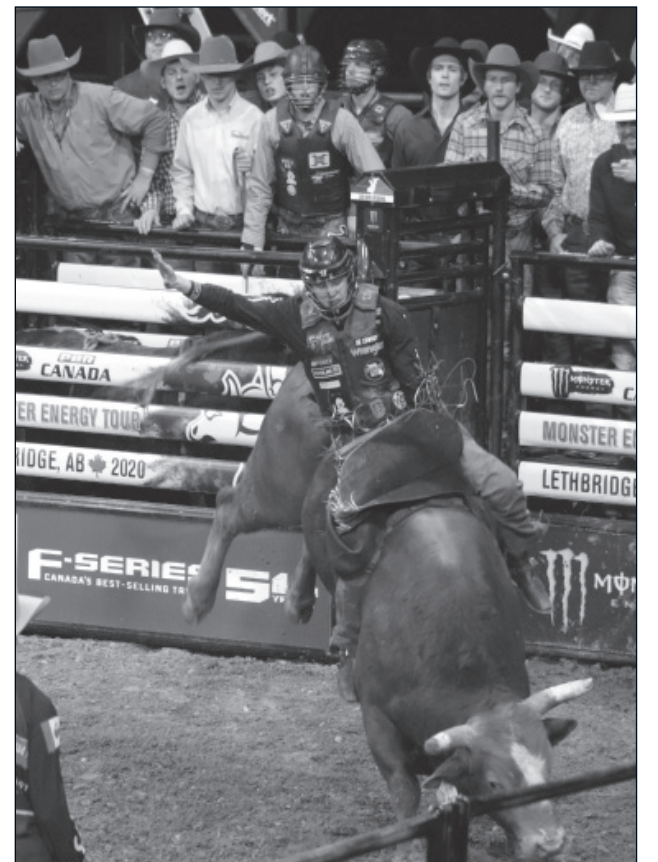


PBR bucks into Lethbridge

PHOTOS BY JUSTIN PARKIN



The three men who put their life on the line for any and all bull riders. These men would stand in the ring waiting for the rider to get bucked off, then help them get to a safe place.



Professional bull rider Brock Radford was riding in the second-ever five vs. five competition

because he got bucked off a horse and was knocked to a pole and hit the ground unconscious.

He added Cole is currently working on a rodeo career of his own.

Cartwright lives the country lifestyle as he works on multiple farms, which allows him to be in the middle of nowhere and to himself.

The country boy added he likes the peace and quiet, as he believes the city life is too loud.

"They're always judged by each ride. Fifty points will come from the bull, 50 points will come from the rider and then on the combined score will be the rider's final score.

So, the bull could score 30 and the rider could score 30 and that's a 60-point ride," Cartwright said when talking about how they determine scores in competition.

This is the 20th year PBR has broadcasted their events, and the 18th time coming to Lethbridge.

For more information about future Canadian events and other Professional Bull Rider competitions, go to PBR.com.

Local power lifter going for gold in the Special Olympics

JUSTIN PARKIN
@parkin_justin

The sweat drips from your forehead as you lean over picking up the heavily weighted bar. Your feet lock into place and with a single swift movement, you lift the weight off the floor. Your face begins turning red and your arms start to shake as you drop the weights. A smile extends from ear to ear as you have just lifted a new personal record.

For Lexie Higa, a Special Olympics athlete, this was an extraordinary feeling. Higa was diagnosed with cognitive disabilities at a young age, causing her to give up on a lot of sports. She thought she wasn't good enough to play.

After years of looking for a hobby, Higa fell in love with the sport of power lifting and began training.

"I like to give 150 per cent in everything. I keep pushing myself and pushing myself and when you see the end result, you see that you get out what you put in," said Higa in response to why she started power lifting.

Higa has been training for the Special Olympics power lifting competition for the past three years and is excited to compete.

"I wanted a strengthening sport



PHOTO BY JUSTIN PARKIN

Olympic athlete in training Lexi Higa hits the gym to continue her journey to power lifting in the Special Olympics.

because I noticed I have always been very strong physically. So I want to apply that to something I can be successful in," said Higa. "I have been overall pretty happy with what I have accomplished so far."

Karen Chipman, a power lifting coach

for the Special Olympics has been with the team for just over 10 years now. She was brought into the competitions and training when her own son trained for the Special Olympics many years ago.

Chipman has been working closely

with Higa as she believes that it is pretty rare to have a female power lifter.

"She's very motivated. I'm just really impressed and the Special Olympics power lifting is really good for female athletes because there is not a lot of them, so they really have more opportunities than athletes in bowling or swimming," said Chipman.

Higa completed her first lifting competition last year, but is hoping to do better this year.

"This year will be qualifying. So I'm going to try and qualify for provincials next year. So I am really pushing hard at that. I am working on it at home as well," said Higa.

The dedicated athlete is currently training every Monday to be ready for the upcoming competitions and is excited no matter the results.

"I'm excited but nervous at the same time. When you are in front of a lot of people, it gets unnerving, but as long as you focus on what you're doing and regardless of what happens you do your best then, whatever happens, happens," she said.

Higa's next Special Olympics power lifting competition will be held in Lethbridge at the end of June.

For one Kodiak athlete, basketball becomes more than a sport

KELSEY O'DONNELL
@kelsrodonnell

One Lethbridge College Kodiak athlete is showing her dedication to basketball, after physical and emotional setbacks.

Emily Greeno, a third-year point guard grew up in Calgary, Alta. and had been playing basketball her entire life. Since she was five-years-old, she watched her older sisters play Alberta Colleges Athletic Conference (ACAC) which made her to want follow in their footsteps.

Her father also had a heavy influence on her basketball career. Greeno was in Grade 9 when she found out the news her father had passed away.

"In a way [basketball] was a coping mechanism for me to deal with his lose," Greeno said. "I learned basketball in a way is a tool to process life through the emotions of disappointment, loss and grief but also excitement and joy."

She said he passed away around the same time she started to take basketball more seriously.

In grade nine, Greeno began to try out for provincial teams to help her reach the competitive level she wanted to play at. This helped her get scouted to play for the University of Calgary after graduating high school.

Unfortunately, during her first season she tore her ACL, forcing her to get surgery and sit out the rest of the year. After recovering she went on to play another season with the U of C Dinos.

Through the grief of her father's death and the disappointment of her ACL injury, she said basketball taught her a lot about healing.

After completing her second season, Greeno thought she was done with basketball. She went on to complete

her kinesiology degree majoring in leadership in coaching and pedagogy and got married which led her to Lethbridge.

Greeno began attending scrimmage games at Lethbridge College and decided to go to a identification camp to see if she could play at the post-secondary level again. This is what led her to become a Lethbridge College Kodiak.

While her father is no longer physically with her, she said still feels playing is living out their dream of basketball together and said the Kodiaks gave her that opportunity.

Deanna Simpson, head coach of the Kodiaks women's basketball team said Greeno is known as the team's "steady" because of her consistent plays and evident previous post-secondary experience.

"She has really helped our team grow in everything she does and I always know I can trust her out on the court to make the right decisions," Simpson said.

Simpson also mentioned Greeno's perseverance is to be admired. Other teammates have been nothing but supportive of her resilience. Greeno said watching her team connect and develop is one of the highlights of her Kodiak career so far.

"Having gone through a lot, it made me realize that winning and losing doesn't matter," she said.

She said what really matters is the effort players put into the sport both on the court and with teammates.

Greeno now has two years of eligibility left with the Kodiaks but said she doesn't know if she will pursue her career as a player or put her coaching degree to work. Either way, she said she now looks at basketball as a gift and blessing instead of just a sport.



PHOTO BY KELSEY O'DONNELL

Emily Greeno (left) tears up the court for the Lethbridge College Kodiaks in preparation for their next game.

Local gym hosts sparring competition

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Beginner martial artists had a chance to test their abilities in a controlled setting this weekend. Progressive Fighting Academy (PFA) hosted a striking tournament in Lethbridge with three other gyms from Medicine Hat and Calgary on March 7.

A striking tournament is different from other mixed martial arts competitions because the goal is to score points by landing punches and kicks, rather than trying to knock out an opponent. The focus is on sparring standing up and there are no takedowns or pushing allowed.

“We are trying to keep it nice and controlled, so people aren’t getting knocked out. Yes, they are going to get hit. It is like harder sparring with judges and officials, which is a nice chance for them to have that experience,” said Brad Wall, owner of PFA.

Cody Jerome, a professional kickboxer who trains at PFA, said the striking tournament can help inexperienced fighters get experience in being competitive with

contact sports. Jerome has been kickboxing for eight years and holds three professional titles.

Wall took over PFA after training with the previous owner. He teaches various fighting styles and focuses on mixed martial arts. PFA hosts classes for kickboxing, wrestling and Brazilian Jiu Jitsu. The academy invites fighters of all ages to train.

Wall said the competition gave students an opportunity to see if they want to compete in the future in more intense tournaments.

“I don’t fight or anything — I’m pretty old. This is just something to test yourself where you are not going to get killed,” said Thomas Griffin, who trains at PFA. He sparred in the tournament.

Griffin is hesitant to fight in more intense competitions because he is 41-years-old, but got back into martial arts at PFA about two years ago — he said he used to train when he was in his’ 20s.

“I’ll keep training until my legs tell me I can’t,” he said.

Last year PFA moved from its location above Lethbridge Fitness Club — Wall said the new location



PHOTO BY: TYLER HAY

Stephen Lee (right) spars with Vinh Pham at Progressive Fighting Academy on March 7. Both fighters came from Elite Martial Arts Academy in Calgary for a striking competition.

is more spacious and easier to train in. Though most students join for fitness, the academy provides amateur fighters an opportunity to compete.

College athlete runs last race, hopes to put school first

MANJEET KAUR
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Racing has been an instrumental part of one of the Lethbridge College Kodiaks’ life and now he has in turn been a key part of the college’s cross-country team.

As an international student at Lethbridge College, Kuljeet Singh shared his first experience and the challenges he faced when he joined the Kodiaks team.

He started his cross-country career as a Kodiak in 2018

and currently completed approximately two years with the Kodiaks.

Second-year general studies student, Kuljeet Singh, said he learned many valuable lessons and gained so much from competing at a high level.

“This is a great experience for me. It is my happy place and has helped me grow as a person,” Singh said.

The biggest challenge he faced when he became a student athlete is to ensure he balances his work, studies and competing as a Kodiaks athlete.

He didn’t want to leave the Lethbridge Kodiaks track team because it was his first dream and he wanted to accomplish it.

He was a part of the ACAC championship team in 2019, panda open, grand prix1 and grand prix2.

After he took part in the ACAC championship in 2019, he realized it will be difficult to pursue an academic career alongside being an athlete.

Singh said he didn’t want any obstacle between his work, studies and athletics. So he decided to work on weekends instead of

weekdays.

“I work hard every day and I have a great determination regarding track racing. This helps me to understand leadership and teamwork qualities. No pain, no gain is the right word for it,” Kuljeet said.

Singh said he had a good experience with all of the team members and coaches. He said he really has an awesome relationship with Simon Schaerz and Caylee Vogel.

Justin Fisher, a general studies student at Lethbridge College, is also a part of the cross country

and track teams at Lethbridge College.

Fisher and Singh are both good friends and compete together in every race.

Fisher said Singh is a great addition to the team and he works hard to win his races.

“The best thing about my team is that we are all different, but when we get on the course, we all have the same goal and we are able to come together,” Fisher said.

Singh is currently preparing for the ACAC championship which will be held in March.

Denajha Kie; army athlete with unfinished business

TYLER VERLOOP
@TylerVerloop

The sound of the fighter jet roars as the aircraft flies through the sky before their jump destination. The paratroopers are getting set to jump, but first, all their essentials need to be placed in their parachutes and backpacks.

One Lethbridge College Kodiak basketball player was used to this kind of surrounding before she laced up her sneakers.

Denajha Kie is a first-year shooting guard on the Lethbridge College Kodiaks women’s basketball team. She is currently in her third eligible collegiate season. Similar to most recruits, she comes from afar. However, her story is vastly different.

Kie originally started her collegiate basketball career at the College of Southern Idaho. She stayed for one season, then joined the U.S. military for three and a half years.

The former soldier was stationed in Germany for two and a half years where her specialized role was a parachute rigger, otherwise known as a “92 Romeo,” in which her duties were to pack parachutes for the soldiers who jumped from the fighter planes. Kie was also a paratrooper who jumped out of these planes, while additionally, was classified as a “92 Goff,” which is a culinary arts

specialist.

The shooting guard said the biggest change from soldier to civilian was having to let go of the everyday structure that is required of a military member. She missed having the same routine every day and performing what was expected of her day in and out.

The first-year Kodiak said it was hard for her to leave. However, basketball was the first dream before the military came into play and Kie thought she had some unfinished business.

“I was missing basketball so much. That was my first dream, so I should finish that first. If this doesn’t work out in the long-term, I would go back and apply for an officer position within the military,” said the shooting guard.

Kie said basketball was the only thing she loves more than the military.

“Basketball is the only thing that could pull me away actually. I didn’t want to leave the military, but I still felt like I wasn’t finished with basketball yet,” said the first-year Kodiaks player.

Although basketball has been present in her life, Kie believes serving in the military taught her some valuable lessons that she has applied to the court this season.

“Hard work and determination. I work hard every day. The army taught me to work hard, teamwork, leadership,

stuff like that. I try to lead by example all the time.”

Deanna Simpson, the Kodiaks women’s basketball head coach, can attest to Kie’s leadership qualities, which was part of the reason she had recruited her.

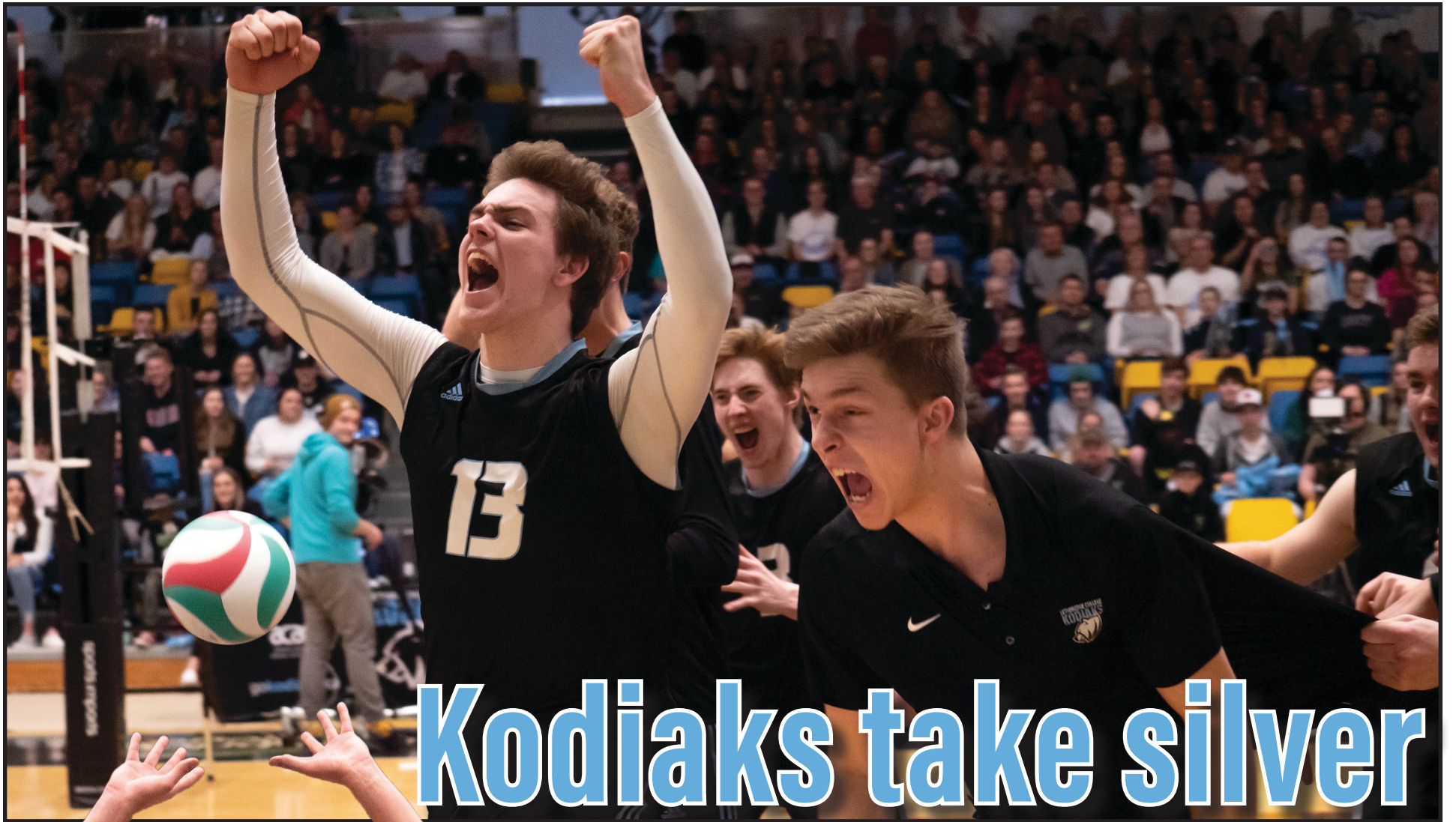
“She is everything you want in a player. I mean she works her tail off in practice; she goes after it. She does everything you ask her to as a coach. When I recruited her, I told her I was recruiting her for her stuff off the floor, just as much as on the floor. We have got a young group out there, so to have someone older come in to say ‘this how we do it. I didn’t get everything handed to me, I had to work for it,’ really has value to our locker room,” said the head coach.

Simpson said in a lot of ways, that stuff is exponentially more important than what she does on the basketball court.

“She’s not only a great player, but she is creating other great players,” said the bench boss.

Simpson said Kie’s addition to the team this season has helped her and the other coaches in improving, not just in an athlete’s abilities of the team, but also improving them as people off the court.

Kie is currently averaging 15 points per game and is hoping to chase an Alberta Collegiate Athletic Conference title and a national title with her teammates throughout her time left with the Kodiaks.



Kodiaks take silver

At the 2020 ACAC Men's Volleyball Championships

Lethbridge College hosted the 2020 ACAC Men's Volleyball Championships in late February. Eight of the best teams competed over three days. The Kodiaks walked away with second-place medals in the tournament.



(Top) Nolan Moes celebrates winning the semi-final game with the Lethbridge College Kodiaks. (Middle left) Zach Wikenheiser sets up a pass to his teammate Quinn Buchanan. (Bottom left) Carter Hansen and Michael Svab jump for a block during the semi-final game against SAIT. (Bottom right) Michael Hummel celebrates a point with his teammates Tony Albizzati and Michael Svab at the 2020 ACAC Men's Volleyball Championships on Feb. 28.



Photos by Tyler Hay