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QUOTE OF THE WEEK

“It worked to their benefit as a business and it worked in our benefit because we get to make our music”

Read more about the Standard Time Jazz Duo on Page 6



October 30, 2020 Vol. 53, Issue 1



ENDEAVOUR



Risky dispatch changes

The 911 calls for an ambulance will be transferred to Calgary in the new changes by Alberta Health Services.

By Ali Pulido-Guzman Page 2



Two men struggling

Individuals having a hard time share their experiences with city homelessness and the problems that occur.

By Mario Cabridilla Page 5

PBA players hit the field despite COVID-19

Players are happy they can still play baseball, the biggest challenge is the limit of players allowed in the weight room.

By Josiah Spyker Page 7



PHOTO BY KARSEN MARCZUK

Royal Canadian Air Force Lockheed CC - Hercules touched down Oct. 27 at Lethbridge Airport. Members of the crew were refueling and unloading items off the plane.

Pilot project changes COVID-19 testing

KARSEN MARCZUK
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A new Alberta pilot testing project will see the 14-day isolation period cut to 48 hours for travellers at Alberta airports and border crossings.

On Oct. 22, Premier Jason Kenney announced travellers entering Canada through Alberta by land or air will have the option to be tested for COVID-19 when arriving.

Currently, travellers entering Canada are required to self-isolate for 14-days once arriving. With the new pilot project, travellers will be able to receive a COVID test and isolate for 48 hours until they receive a negative test result. At that point they are able to leave isolation. As part of this program, travellers will need to be tested again in six or seven days after arriving in the province.

The pilot project is set to start on Nov. 2 and will be the first of its kind in Canada. Testing will be available for travellers entering both the Calgary International Airport and the Coutts land border crossing.

Trevor Lewington, CEO of Economic Development Lethbridge says the project is worth trying, while keeping safety front and centre.

“It’s something that we have to explore because we’re in the middle of a public health emergency but also an economic one. No questions, we have to take reasonable steps to protect public health to control the spread of the virus, but opening the border allows us to look tourism [as well as] other business generation.”

Lethbridge is located 110 km from Coutts, Alta. and is the first major city along Highway 4. With more travellers able to cross the border, Lethbridge’s economy may see a slight increase.

“[The pilot project at] the border allows additional visitors and we will see spending in things like hotels, fuel and in restaurants,” said Lewington. “Hopefully as we open the border, you’ll see more commercial traffic, but if it’s easier to get through and drivers have more access, that will improve the flow of goods.”

Montana has the third highest COVID-19 infection rate per capita in the U.S.A. which will be closely monitored by Alberta Health Services.

With the pilot project set to begin next month, Alberta and Destination Canada have put forward plans on how the tourism industry can cope while continuing to focus on staycations and regional travel.

Stephen Braund, marketing director at Tourism Lethbridge says the tourism industry has been dramatically affected by the COVID-19 pandemic in all parts of the world.

“We’re focused on ensuring that any travel is safe and we want to increase the number of hotel stays that we have in the city. But it’s vital [that we] make sure we support our small businesses, local accommodations and restaurants, but with safety [being] a key factor.”

Travellers with a connecting flight from Calgary International Airport to Lethbridge will have the option to receive a test.

“We want to have people discover this portion of the Alberta that we have. [There are] many attractions and stunningly beautiful landscapes that we’re waiting to introduce travellers to this safely, yet exciting way,” said Braund.

The Government of Alberta and Government of Canada have agreed on a 26-week pilot project. If the project is successful, Premier Kenney said it could be expanded to the Edmonton International Airport as early as February.

EMS dispatch consolidation creating risks for rural Albertans

ALEJANDRA PULIDO
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Alberta Health Services has made the decision to cancel its contract with the City of Lethbridge for ambulances to be dispatched from the Lethbridge Public Safety Communication Centre and onto their own dispatch centre, the Southern Communications Centre in Calgary.

Currently at the Fire department in Picture Butte, Emergency Services are contracted with Alberta Health Services to provide a Basic Life Support Ambulance 24 hours a day for seven days a week out of their firehall. They are currently operated by the city of Lethbridge which has a contract with AHS to dispatch ambulances and therefore affected by AHS decision.

This change will take place early in the new year, when the Picture Butte Emergency Services will no longer have their ambulance dispatched from Lethbridge which has been done since 1998.

As a citizen calling 911 you should notice no change. The call will be answered in Lethbridge since they are a 911 centre still. Lethbridge will still dispatch Fire and Police resources, as the city of Lethbridge (RCMP is dispatched out of Red Deer), the dispatcher will ask you what the nature of your call and if you need Fire, Police or EMS. Upon saying that you need an ambulance, your call will be transferred to Calgary and it should be a seamless process.

For members of rural communities, in this case Picture Butte, the call will be processed in Calgary and from there they will notify the Picture Butte Emergency Services ambulance and AHS assure them that it won't be any longer than their current process.

The problem arises when their

ambulance needs the assistance of their Basic Life Support fire apparatus that has trained EMTs and EMRs, which happens for about 80 per cent of their calls.

Those calls will now have to come from Lethbridge, so the call has to be transferred back from Calgary to Lethbridge. The fire dispatcher has to gather all the information that the EMS dispatcher has collected from the caller in order to dispatch the Fire apparatus from Picture Butte to assist their ambulance.

“My biggest concern as the supervisor, the manager of this organization is that when my staff need that assistance in a timely fashion, that delay is not only going to have an effect on potentially the patient care we're delivering to the citizen, but it also has an effect on their safety” said Frank West, Picture Butte Fire Department Chief.

His worry stems from the fact that sometimes when EMS are sent to a call, there is the possibility of encountering a violent situation, which can happen in any number of instances when someone calls 911. They can potentially be put at risk and in those instances, they need the assistance of a police officer immediately which could be delayed from transferring calls back and forth between centres.

When that call finally gets transferred, they have to be notified via dispatch system and then it takes about three to four minutes for them to come from their jobs or their homes, get their gear on and onto the fire truck. Therefore, any delay between the ambulance getting notified and the firefighters getting notified, adds to those precious seconds and minutes that it takes for the fire apparatus to arrive on scene and help out the ambulance crew.

In addition to being on a high risk situation that could potentially mean



PHOTO BY ALEJANDRA PULIDO

Picture Butte Emergency Services EMS Lead Justin Chronik, stands along side of one of the ambulances that will be getting dispatched from Calgary under the new protocols early next year.

life or death for a patient, having a call transferred to a centre operated by people who are not familiar with rural areas in southern Alberta, might increase the delay even more while callers are trying to explain their location.

This has already been experienced by the Picture Butte Emergency Services crew before. “The way it is right now, if the call takers in Lethbridge are handling too many calls already, we are bounced to Calgary. So, we have seen definitely the difference with that from call takers that kind of know the southern Alberta area to the ones that aren't as familiar with it just in the difference that we see in our notes and the information we receive,” said Justin Chronik, EMS team lead.

For local dispatchers who have handled those 911 calls for the last 50 years, knowledge of some roads' unofficial names come as second nature. For ex-

ample, Highway 520 runs from Barons to Claresholm and the locals call it Starline Road, but there are other examples like the pitch-fork road and the porcupine corner which could not be found on GPS.

“In Calgary they're not going to have that knowledge and eventually we will get that knowledge transferred to Calgary, like they will eventually pick it up, it'll be in their system but we're losing that experience that we currently have in Lethbridge,” West added.

Unfortunately, southern Alberta is not the only region affected by the change since remote areas in northern Alberta will be affected as well, because the provincial government is trying to find financial efficiencies and therefore, instead of having four dispatch centres in Lethbridge, Calgary, Edmonton and Fort McMurray they want to have only one in Calgary.

Programs at Lethbridge College are preparing for Winter 2021 semester

MARIO CABRADILLA
@cantfindmario

The Bachelor of Nursing program (NESA) at Lethbridge College is preparing for the college's Phase 2+ plan for the upcoming Winter 2021 semester beginning in January.

According to Liz Cernigoy, program chair for Bachelor of Nursing, theory classes will remain primarily online. However, all laboratory courses for the winter semester will be on-campus as opposed to the fall semester.

Students in their practice placement, where students go out into practice sites in the community to practice, will also occur. However, students are not sent to care for acute care patients or are suspected to have COVID-19 to minimize the risk for students, said Cernigoy.

Cernigoy also noted that while some practice placement settings were also limited due to COVID-19, like community health program rotations. As a replacement, students engage with online activities to help them with their learning.

However, while the program is also facing challenges due to distance learning, their faculty offers drop-in times with their office hours via Zoom or over the phone to connect with students one-on-one and assist with their education, said Cernigoy.

“Despite some of the challenges the pandemic has created,” said Cernigoy. “We want to see our students



PHOTO BY MARIO CABRADILLA

Nicole Forsyth (right), School of Allied Health chair and practical nursing instructor, instructs Beckie Fitzhenry, a practical nursing student, with catheterization on Oct. 28, 2020.

succeed.”

In addition, due to COVID-19 limiting physical interaction among educational institutions, Cernigoy also emphasized the need to support students' well-being. “When you think about nursing as a profession,” said Cernigoy. “We build relationships and that relational

practice is part of who nurses are.”

According to Paula Burns, Lethbridge College president and CEO in an email on Oct. 21, each program areas are still in the process of determining what will be available for the winter semester which will depend on how the COVID-19 pandemic will progress over the

Tumultuous and confusing time for Canadians since COVID-19

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The closure of Parliament, the WE Charity controversy and the throne speech are some major events that have kept politicians busy since COVID-19 took a hold of the country in the middle of March. On Sept. 30, 2020, Rachael Harder, Member of Parliament for Lethbridge, held a town hall meeting through zoom to discuss various events that have taken place in Canada. One major event discussed was the closure of the House of Commons Parliament back in March.

According to Harder, the reason parliament was closed was to give the government a chance to figure out how to navigate the COVID-19 pandemic.

“And then with regards to Parliament, the idea was that we would suspend for a time and then come back together when we could do so in a safe capacity.”

Parliament was suspended for three months before it came back together as a “special committee.”

According to Harder, a special committee is a, “glorified meeting that takes place in the chamber with a limited number of people.” It gives parliamentarians from other parties the opportunity to communicate with each other.

The special committee gathered in June, July and August.

For June it was for most of the month, for July and August it was for only eight days each.

Another major topic that was discussed in the meeting was how the government dealt with the COVID-19 pandemic.

In Harder’s opinion, the government



Rachel Harder MP who was elected in 2015

was slow to close Canada’s borders.

According to Wesley Wark, a professor at the University of Ottawa, Canada closed its border too late.

“January 2020 and February 2020 were effectively lost months for Canada in terms of us preparing for the impacts of COVID-19.”

Harder expressed concern about the shortage of masks and how the World Health Organization initially stated that masks weren’t necessary for healthy people.

Now the WHO recommends everyone wear a mask when social distancing is not possible.

A controversial topic that was discussed was the WE Charity Foundation and its involvement with the Trudeau and Morneau families.

The WE Charity Foundation is a not-for-profit organization that engages with young people to encourage them to help their communities through volunteerism.

In June of 2020, Prime Minister Justin Trudeau announced the WE Charity Foundation would be in charge of a grant program providing students money if they volunteered in their communities.

It was discovered that Trudeau family members and Morneau family members were receiving money from the WE

Charity Foundation.

Once this information came out, an investigation was started. Not long after that Trudeau decided to prorogue Parliament on Aug.18 which shut down parliament.

Trudeau promised he would come back on Sept. 23 with a plan to restore Canada.

The famous throne speech was delivered on Sept.23, 2020 by Julie Payette, Governor General of Canada.

In his speech Trudeau said, “I don’t want you, your parent, or your friend to take on debt that your government can better shoulder.”

A university student who attended the town hall zoom meeting expressed concern about the rising debt in Canada.

Canadians were expecting a very detailed plan. A plan to restore safety and security during the pandemic, a plan for economic recovery and a plan for a unified nation.

Harder claims the throne speech was very disappointing to a lot of Canadians.

“It’s been a little bit of a tumultuous and confusing time for many Canadians and that’s the type of feedback I’ve been getting from you as my constituents and from Canadians as a whole.” said Harder.

The Conservatives plan on voting against the throne speech and they believe the NDP will be voting in favour of the throne speech.

Starting next week committees will start meeting up to vote, debate and answer questions from the public. The priority of the Conservatives is the health and safety of Canadians, to get the economy back on track and to unify our country.

Unsanctioned injection site trying to assist those is downtown core

JAXON MCGINN
@thewonders132

The organizer of a group that set up an unsanctioned injection site in Lethbridge has been fined multiple times.

The organizers of the unsanctioned injection site have popped up in the City of Lethbridge because they feel the existing services are not adequate. This has several residents who are unfavourable in regard to this decision.

The City of Lethbridge has confirmed the organizers of the Lethbridge Overdose Prevention Society (LOPS) have been fined because they have continued to operate their unsanctioned injection site downtown without a permit.

The LOPS does not have approval from the City of Lethbridge and Alberta Health Services to run an unsanctioned

injection site.

The city issued a ticket for failing to provide a permit an offence of \$300.

Under bylaw 5651, “No person shall: unless allowed by permit: (p) Camp in a Park (q) Erect a tent or other structure in a park.”

“We’re trying to revitalize the downtown core and to have a site like that is very disconcerting,” said city councillor Mark Campbell.

City councillors decided the city’s bylaw enforcement officers and Lethbridge Police Service would monitor the situation and many people are concerned if that’s the right choice.

Other residents are in favour of this site since

the provincial government ending the support for the Supervised Consumption Site.

LOPS is running a

“We’re trying to revitalize the downtown core and to have a site like that is very disconcerting”

Mark Campbell

GoFundMe page to save addicts from an overdose and only in a few weeks since they started, they have brought in over \$18,000 in financial aid.

Since they’ve started, many LPS officers haven’t seen any illegal activities since it’s been running.

Alberta Health Services created a mobile Overdose

Prevention Site in the meantime to help provide support in this time of transition.

“I believe that it’s a good idea, but the city should do more compared to letting the police just handle it,” said a concerned Lethbridge resident

Many residents hope the city councillors and the Lethbridge Police will make an executive decision that will be in favour of everyone involved.

The Government of Alberta had pulled funding for ARCHES at the end of August, which was Canada’s busiest injection site that saw an average of 500 visits a day.

The unsanctioned, pop-up injection site was set up just days after the province had revealed that the City of Lethbridge has one of the highest per-capita rates of opioid overdose deaths in Alberta.

POP-UP OVERDOSE PREVENTION SITE OPERATIONS IN LETHBRIDGE

300 DOLLAR FINE

was given to the Lethbridge Overdose Prevention (LOP) where they had set up a tent for overdose prevention without a permit.



13,000 DOLLARS

had been raised for a go fund me page for the LOPS to keep running and helping prevent overdose in the City of Lethbridge

500-600 PEOPLE

had been going the Supervise Consumption Site before it had closed and ending its funding.





OPINION

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Walking in a winter wonderland



PHOTO BY MARIO CABRADILLA

"She came to work with me," says Vicki Pietras as she takes Sylvie for a walk on Oct. 19, 2020 at Henderson Lake Park.

Reckless to cut jobs during global pandemic

Alberta Health Services should not be cutting jobs during the COVID-19 pandemic.

AHS announced during a press conference on Oct. 13, that they would be cutting between 9,700 and 11,000 health care jobs.

This is not the time to be making decisions like this.

In an attempt to soften the plan, Alberta Health Minister Tyler Shandro made it clear the layoffs would not include front-line workers and instead focus on laboratory, cleaning and in-patient food service workers.

This should not matter.

In the time of a pandemic all these jobs are necessary for the health care system to not get overwhelmed.

The province's plan is to outsource these jobs to the private sector to save money.

AHS believes they can save between \$837 million and \$1.2 billion annually with these cuts.

The problem isn't necessarily the layoffs themselves, since these jobs should still be available in the private sector, but it may easily create problems and stress in an already stressed health care system.

There is an argument to be made that these cuts could help balance the budget but putting extra stress on the health care system as well as the extra stress on the workers themselves is a huge risk the government shouldn't be taking right now.

Another complaint is that layoffs would be happening to working-class people dependent on a steady income, while the senior executives making these decisions don't have to worry about a thing.

Throughout the pandemic the government has stated how important the

healthcare system is and how they were putting their health at risk while helping others. But now that the provincial government can save money, these people can now be thrown out like chaff in the wind.

The plan also includes an increase in charges for supplies the provincial health-care insurance plan does not cover, such as crutches and casts, as well as increased fees for continuing care homes. This again just increases financial stress for people that have been hit financially by this pandemic.

Another troubling concern is that these layoffs will increase further labour strife within the health care system.

Susan Slade, the Alberta Union of Provincial Employees vice-president believes if the government goes through with their plan it will only create further animosity between workers and the government.

Heather Smith, the United Nurses of Alberta president also says these cuts will only further demoralize an already stressed out and fatigued work force.

"I think my members would respond the way any worker would to the notion that an employer is just going to bore full speed ahead with decimating workplaces and refusing to give any consideration to assisting employees that they are discarding."

Again, these cuts may work in a normal setting, but we're not in a normal setting right now and the health care system should not be the one taking the brunt of these layoffs.

If the government is so set on saving money, maybe they should look at themselves first and other programs, not the one field we are all counting on to help keep us healthy.

e LIFE

Two men struggling with homelessness share their experience

MARIO CABRADILLA
@cantfindmario

The program coordinator at Alpha House Society says many people don't see the story behind people struggling with homelessness, they only see the addiction. This stigmatization can prevent someone from getting the supports they need to break the cycle.

"At first, [substance use] may just be a few every weekend," said Rebecca Lane on Oct. 16, 2020, program coordinator at Alpha House Society, adding many people fall to substance abuse and realize too late that it's out of control. "They start to lose things in their life. Maybe their housing, their job, family, friends and relationships."

On the eve of Oct. 16, 2020, a group of people experiencing homelessness gathered outside Lethbridge Alpha House, waiting for dinner at the soup kitchen. They listen as a man, sitting upon the base of a tree, donning locks of silver beneath a white top hat, strums his guitar.

West Hillier, who has been experiencing homelessness for years, rose his gruff yet harmonious voice as the beats and rhythm of his guitar played a country tune. The song told the tale of an old, street dancer still grieving even after so many years for his four-legged friend that passed away.

"Oh! Mr. Bojangles," a member of the audience joined in the chorus as light, cheerful laughter echoed about, putting a smile on Hillier's features.

Hillier, also a local musician who produced an album called *Down the Line*, ended the song with a grin as the audience resumed their chattering.

On the other side of the tree, far enough for the wind to stifle the echoes of Hillier's music, a vehicle passes by a black-haired individual sitting on a curb, briefly shading his eyes to block the rays of the sun. He narrows his eyes as light falls upon his weary features once more.

"Sometimes, I wish I was dead," said Steward Sunchild after blowing a puff of smoke toward the sky, his two biggest wishes are for a house and a car to someday call his own.

"It's just because you don't want to feel anything, like you don't want to feel pain. You don't want to suffer anymore. You don't want to struggle every day. You don't want to wake up and panhandle or feel bad for taking people's money."

According to the second Homeless Partnership Strategy Coordinated Point-In-Time in 2018 conducted by the Government of Canada in Lethbridge,

223 individuals were struggling with homelessness which is an increase of 134 within two years. There is yet no data as to the 2019-2020-year periods.

"After 11 p.m., a bunch of my friends came over and we played music," said Hillier and explained that [playing music at night] was against the noise bylaw. "Cops came and they kicked me out and that happened so many times and so I ended up homeless."

Substance abuse and addiction, according to the Lethbridge Municipal Housing Strategy 2019-2025, is one of the causes of the rise of homelessness in 2018. The study explained the rise can in part also be explained due to the city's increased efforts of identifying the number of individuals struggling with homelessness.

Lane said judging people based on outward appearance and actions will only create barriers and fuel disconnection. Only in creating connection, instead of barriers, can solutions and healing be found, she added.

As a child, Sunchild said he suffered from sexual abuse while in a foster home.

"That's what messed me up first in life," said Sunchild.

Sunchild also noted he suffered from mental health issues as he grew up, saying it caused other people to misunderstand his behaviours as a child to be filled with malice despite the absence of

any ill-will.

However, he also admitted having stolen from a convenience store as a form of rebellion against social workers supporting him, stating he had no way to release his anger and frustration. As a result, he ended up in juvenile detention after being caught, causing a fracture in the relationship between him and his family affecting him even to this day.

According to Lane, because many people experiencing homelessness may have a criminal record, it is difficult for them to seek employment. In relation to substance abuse, Lane said even if an individual may escape substance addiction, failing to find employment traps them in a box.

"I know sometimes it's a big risk to take a chance on someone when you're seeing a snapshot of what their previous life may have entailed or what they may have taken part in their previous life," said Lane, suggesting employers take the time to get to know an individual and putting them in a position where they're not a risk to a business may help them regain their confidence.

According to Lane, employment may also help people who are homeless an opportunity for a normal life. Lane also noted that many people experiencing

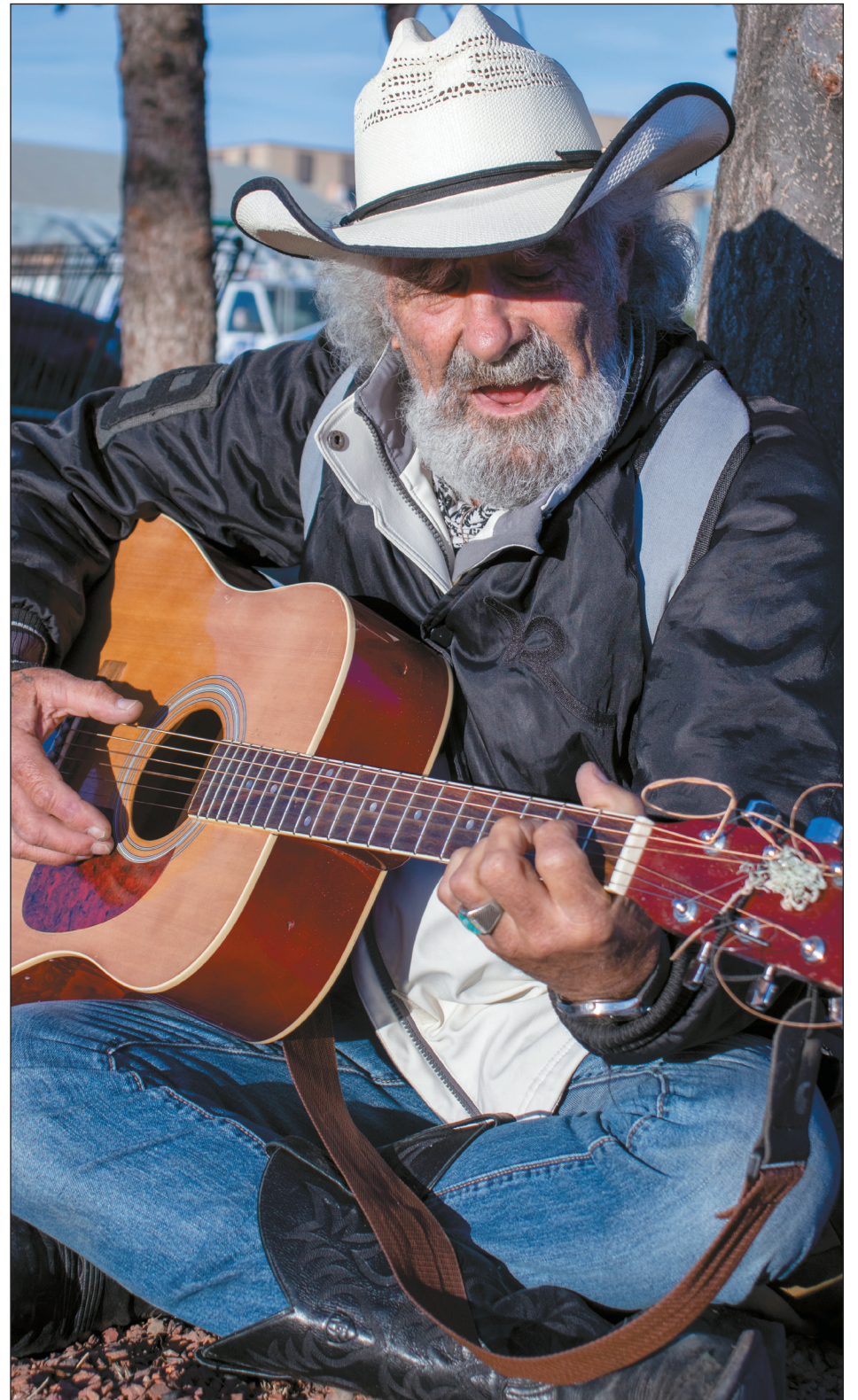


PHOTO BY MARIO CABRADILLA

West Hillier, a local country musician struggling with homelessness sings Mr. Bojangles by Jerry Jeff Walker outside Lethbridge Alpha House on Oct. 16, 2020.

homelessness lack family support or support in their lives in general.

In the case of First Nations struggling with homelessness, Lane explained many of them suffer from intergenerational trauma caused by the residential schools.

"It's a lot deeper than just get a job. It's actually healing these people from the inside out," said Lane.

"It's hard to talk about this," Sunchild said before placing his cigarette against his lips, exhaling an even bigger cloud of smoke as silence briefly took over his sharing of experiences.

As an individual who is homeless, Sunchild said he experienced many things like people beating him up while asleep and calling him names, as well as stressing that there are some bad people out on the streets.

However, Sunchild remains positive to not let his past dictate who he is today,

living to best represent his name, to spread the light.

"It could happen to anyone," Sunchild said, adding the importance of family and not taking anything for granted and being happy with what you have. "I don't want that to happen to any people."

"Don't let homelessness take you too."

While Alpha House Lethbridge supports people who are homeless with a food bank and shelter, Lane stressed the need for permanent housing and community-based housing with intensive case management will be the best solution moving forward.

According to the Lethbridge Municipal Housing Strategy 2019-2025, the need for permanent supportive housing need is projected to grow even further. To address the issue of homelessness, city council allocated over \$5 million in funding on Oct. 5, 2020.



Pianist Randy Epp, performs at the Water Tower Grill and Bar.

PHOTO BY NATHAN REITER



PHOTO BY NATHAN REITER

Local jazz duo finds way to perform live despite pandemic

NATHAN, REITER
@nathanreiter14

Local musicians have had to adapt the way they perform due to the ongoing COVID-19 pandemic. This includes having to perform in different venues with smaller audiences.

Don Robb and Randy Epp form the Standard Time Jazz Duo. Robb, the trumpet player of the duo is a retired music teacher who worked at Catholic Central High School says the relationship with the Water Tower Grill management has been very good.

“It’s been excellent. They’ve been really good to work with and they treat us very well when we are over there. It’s worked to their benefit as a business and it’s working

to our benefit because we get to do our music.”

Robb says having the new venue has brought a lot of new listeners for the duo’s music as well as plenty of familiar faces supporting the Water Tower to enjoy the music.

“I’d say it’s been a good combination. I know that there has a lot of new people that I recognize, people I’ve let now we are playing and several have joined us but there’s been plenty of new people so it’s been a really good balance that way.”

Ram Khanal, the owner of the Water Tower Grill and Bar, says the desire to support local artists was the key drive to having live entertainment present.

“I want to support the local artists, that’s the one key drive I wanted to have always. Some sort of entertain-

ment so the local artists will have a space to show their talents because this is their passion”

Khanal says it was part of his vision to include live entertainment since taking over the Water Tower.

“Ever since I went in the tower, that was sort of my plan to have entertainment there. We have a great vibe there.

We have a modern lounge that you can enjoy”

The Standard Time Jazz Duo has been performing at the Water Tower Grill and Bar on a bi-weekly basis. The next performance is scheduled for October 28.

Massage therapy students practice skills while remaining vigilant against COVID-19

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The Lethbridge College Massage Clinic is taking precautions to stop the spread of COVID-19 while helping students practice their skills while also providing the general public a chance to relax.

The clinic moved locations to the first floor of the technology building to be able to split the clinic into two massage rooms. Each room has 12 tables but only six are used at a time and each of them is separated by curtains.

There is soothing music playing and the lights are dimmed in each room, so it is not so bright on the eyes when the patients roll over.

There is a reception area where they take payments by the entrance, but the doors are locked during clinic hours, so clients need to ring the doorbell, their assigned student will let them in. Once at the clinic people are asked to wear masks and apply hand sanitizer.

The students have been pleased that everyone has been very accommodating with wearing masks during their massage.

Staff and students say that everyone at the clinic are doing their part, following many protocols to stop the spread of COVID-19 which is very important for everyone’s safety.

“We follow all of Alberta Health guidelines for cleaning and we go above and beyond what they recommend. And

we have three different groups of students that come in every other night,” says Amy Reed, Massage Clinic Manager regarding their safety measures.

While helping others relax, students at the massage clinic are keeping themselves and others safe, as they are required to perform enhanced cleaning and to wear a mask at all times and sometimes that gets pretty hot.

“We are constantly changing our masks if we get too sweaty, we are constantly washing our hands,

hand sanitizer, lysol wiping everything, so everything is being very clean,” says Kerra Pawlak, Massage Therapy student regarding their routine.

The Lethbridge College Massage Clinic is open to students and the public Monday through Friday from 5 p.m. to 9 p.m. and Saturdays from 9 a.m. to 5 p.m.

Monday nights are themed, they offer a senior’s night, kids’ night, runners’ night, among other themes.

To book an appointment you can call the clinic at 403-329-7274 and most days you can book a massage within the same day.

Follow them on Facebook at Lethbridge College Massage Therapy for more information about massage prices.

eSPORTS

Prairie Baseball Academy takes field despite pandemic

JOSIAH SPYKER
@JosiahSpyker

The crack of a baseball hitting the bat generates cheers from the crowd as the ball flies over the players on the field as the batter rounds the bases. Yes, it's true, the sport of baseball is continuing despite COVID-19.

When organized sports were shut down in March, it left the future for players up in the air.

Although the temporary shutdown of sports may seem inconsequential compared to the greater health concerns the country is facing because of the pandemic, the lack of player development can have lasting impacts on players' careers.

This is one reason why the Prairie Baseball Academy decided to continue play throughout the pandemic. Head Coach Todd Hubka said they faced many challenges to be able to hold the season, with the main issue being the use of their indoor facilities.

"We have a beautiful training centre that our players have their dressing rooms in and we have our weight room and everything in there. The amount of people we can have in there in a time and that sort of thing has been the biggest challenge." The season has gone smoothly so far with players getting used to new protocols they have to follow. Varsity catcher Cooper Finch is happy with how things have unfolded so far.

"The season has been going well lately, it's just a little bit different with the new COVID rules. You always have to wear masks and make sure we are staying in separate dugouts."

Although they have been cleared to play, an issue that arose was what other teams they could play against. The PBA has mostly been playing against each other with limited access to other teams.

"Usually in the fall we have a couple more teams come in, but this year because of the situation we're in, the only team we could play was the Vauxhall Academy. We played them a couple weekends and other than that we have been inter-squadding," said Hubka.

Finch says one of the team's biggest problems now is less weight room access for the players.

"It's a little tough, we haven't been able to go inside and use our weight room as much, but hopefully things will change soon and we'll be able to get back inside. We need to get some more weight on the boys and get ready to hit the ball hard."

The new challenge facing the Academy is not solely COVID-19 based, the change in weather is now causing problems for how the winter training program will take place.

"Moving forward, when the snow hits the ground we have to try to figure out and manage our team, while only having a certain amount of people in the weight room," said Hubka.



PHOTO BY JOSIAH SPYKER

PBA pitcher Tate Pearce delivers a pitch during a Fall World Series game at Spitz Stadium on Oct. 14, 2020.

Lethbridge woman completes 24-hour walk, raising money for homeless shelter

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A Lethbridge woman completed a 24-hour walkathon around Lethbridge, raising money for the homeless population.

Kaelee Steele, 24, tied up her shoes and hit the sidewalks at 11 a.m. on Oct. 10, at Chinook Lake, walking around Lethbridge for her One Woman Walk for Our Homeless project. Covering 58 km and walking over 86,000 steps, Steele wrapped up her walk on the following Sunday at Henderson Lake.

Steele has been completing different projects to raise awareness of community issues. Some of these projects include shovelling driveways in the winter months, visiting different care homes and handing out flowers while chatting with senior citizens.

"This is my first 24-hour walkathon, I kind of just wanted to do something good for my community and show everyone in Lethbridge that you can just decide to do it one day. I feel that too much of social media these days are talking about people needing a certain amount of money to be happy. Whereas I just decided I wanted to do something good for the community while trying to raise money for a good cause," said

Steele.

Her goal of raising a \$100 for every hour she walked, for a total of \$2,400 to be donated to the Alpha House Lethbridge.

Steele had the idea of the 24-hour walkathon after seeing the negative stigma and lack of support from the community which has left many vulnerable people without basic necessities.

"I choose to do a walkathon and raise money for the Alpha House Lethbridge because of the time of year we're at, it's [the holiday season] and especially with the COVID-19 situation having lots of people staying at home, places like [shelters] have been getting a lot less donations and are thought of less," said Steele.

Steele has been preparing mentally and physically for the last two weeks before she completed her walk. With no route in mind, it allowed Steele to feel what the homeless population experiences on a daily basis.

Throughout her journey, Steele was joined by family and friends who brought her food and supplies with some joining her parts of the walk.

Originally from Saskatoon, Steele located to Lethbridge after finishing school in Vancouver. Once she arrived here almost three years ago, Steele created the KaeleeHelps

initiative where she completes different projects within the community to raise awareness and give back to others.

Alpha House Lethbridge provides the vulnerable population with basic necessities. Rebecca Lane, program coordinator at Alpha House Lethbridge says donations such as this goes towards client care, helping a wide range of people.

"We have showers and we provide laundry services. They can get all their hygiene products from us as well as clothing such as socks and underwear."

After completing her journey around Lethbridge on Sunday morning, Steele says she hopes to do another walkathon but in the meantime she is continuing to plan more KaeleeHelps projects.

"I'm definitely planning on continuing going forward advocating and being more community aware and helping all these different causes throughout Lethbridge."

Steele documented her journey to share with others. You can check out her 24-hour walkathon or upcoming projects by following her social media pages at KaeleeHelps. As of 10:30 a.m. Tuesday, Oct. 13, she has raised \$2,230. Anyone interested in donating can check out her GoFundMe page at One Woman Walk for Our Homeless.



PHOTO BY KARSEN MARCZUK

Kaelee Steele, a 24-year-old Lethbridge woman smiling as she starts her 24-hour walkathon around Chinook Lake on the city's northside, Saturday Oct. 10, 2020.

Outdoor recreation stores and ski hills are preparing for a busy winter season

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Local outdoor recreation stores and ski resorts are preparing for the winter season as southern Alberta receives its first snowfall of the winter.

With the snow on the ground and more in the forecast, people are heading to local outdoor recreation stores to gear up for the ski season. Stores are seeing both new and returning customers coming into their shops. Joe Molina, marketing and web operations manager at Alpenland says people are buying gear earlier in anticipation in how busy this season may be.

“It feels early because people are anticipating a busy season as a result in how the bike season went. Right now, outdoor recreational equipment in every category is almost completely sold out.”

Alpenland has created safety protocols and procedures to help keep customers safe while shopping. They have increased their sanitation throughout the store, installed signage and are supplying socks for people trying on boots which are washed and sanitized after each use.

With many people staying at home over the summer months, local recreation stores are expecting a busier season in all departments. Skiing, snowboarding and snowshoeing are the top three sellers according to Molina.

“Before trying an activity do your research to understand the equipment that’s needed to be safe. We don’t want people that are trying it for the first time and not having the information or knowledge they need to be sure everyone is staying safe,” said Molina. “Don’t be afraid to ask questions, talk to the professionals or talk to the staff in the stores.”

Local ski resorts are also expecting a

busy season. Pass Powder King located in Blairmore, Alta. is set to open Nov. 14. As for Castle Mountain Resort is set to open on Dec. 4, although there is a slight possibility they will open before then. Castle Mountain Resort has seen an increase in visitors accessing mountain bike trails over the summer season.

Cole Fawcett, sales and marketing manager at Castle Mountain Resort, says they aren’t necessarily expecting a busier season however they’re expecting visitation to remain strong.

“We’re expecting a similar number of guests that we normally expect, maybe with some additional visitation during midweek periods which would really be helpful in spreading people out [during busier] periods such as weekends.”

Castle Mountain Resort is continuing to plan certain outdoor activities despite COVID-19. Activities and festivals that are hosted outside are expected to happen with the cancellation of most indoor activities.

There will be no restrictions on daily visitations at Castle Mountain Resort. Inside the lodge will be limited to a set number and face coverings will be mandatory in all indoor facilities, lift lines and high-density areas.

Skiers and snowboarders are encouraged to check Castle Mountain Resort’s website and social media pages for up to date information before they come up the resort.

“Camping out in the day lodge is not going to be a thing [this year] and people should be prepared to make their vehicle their own personal locker room,” said Fawcett. “The experience outdoors is going to feel like it always has been.”

Despite COVID-19, Alpenland is continuing to offer rental packages at their Lethbridge location for beginners.



PHOTO BY Karsen Marczuk

With snow falling in southern Alberta, Joe Molina at Alpenland organizes stock as a steady flow of customers purchase their new gear on Saturday, Oct. 16, 2020.

Lethbridge College Kodiaks plans for winter semester

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Lethbridge College Kodiaks have announced their plan for 2021 for all athletes and how they will continue their sports during the pandemic.

To help in the transition, the Kodiaks announced four new assistance coaches.

Rounding out the Kodiaks coaching are Andre Arsenault for the men’s volleyball, Micaela Stone for soccer as well as Nick Ontkian and Ricardo Quesada for cross country and indoor track.

The Kodiak plans for starting up will keep the safety at the centre of everything they do while the students will have strict rules to allow them to continue playing their sports.

Robert Togher is studying Exercise Science at Lethbridge College and is also a cross country athlete. He has had some experience with the students who still want to be involved in academic sports.

“It’s a pleasure just still to be a part of the college even though the challenges we are facing,” said Togher.

COVID-19 has had cancelled several sporting events, but for basketball season, athletes and coaches are focused on the winter semester in January.

Togher had an opportunity to be a part of the track and field team and appreciated the staff for letting him be a part of the journey to meet many teams’ mates that turned into best friends.

The new provincial guidelines allow the league to have cohorts up to 150 participants, including players and coaches, instructors, staff, officials, and volunteers.

With the winter semester, Kodiak student-athletes will have access to the PE building, including the gym. For many of the practices they will be allowed with specific protocols.

Kodiaks teams may also pursue many of the exhibition games and competitions in the fall at the discretion from their coaches.

Another student from the Kodiaks cross country team is Gave Jake had been hoping for a regular season, but it hasn’t stopped him from training as he looks forward to the winter semester.

“It’s all about letting yourself get back in a normal routine even though a pandemic like this one,” said Jake.

In preparation for the upcoming winter semester, many athletes have continued to practice regularly with the safety protocols where they have the same momentum as for a regular season.

Golfer reflect on a successful season despite COVID-19



PHOTO BY Nathan Reiter

Megan Giesbrecht hits her tee shot on the 13th hole at Henderson Lake Golf Club on Monday, Sept. 21, 2020.