

Campus reps bridge gap for international students



Theresa Ogaosun, left, Lethbridge College Students' Association Vice President of student life chats with Maria Teresa Ruesta-Lescano, right, an international student on campus in the Lethbridge College Buchanan library on Oct. 5. Photo by Winglee Cheng. Read the full story on page 2.



Sharon Boit, left, and Theresa Ogaosun, right, won the student LCSA election on Oct. 5. Photo by Winglee Cheng.

Voice of international students heard in LCSA election

Story by Winglee Cheng

The results of the Lethbridge College student election have been announced, with five candidates filling the LCSA Student Council table. They are Theresa Ogaosun, Sharon Boit, Haley Brown, Moaozzama Parvez and Marzelle Cruz. Theresa Ogaosun and Sharon Boyette are two of the candidates who have gained support for representing the voices of international students.

Ogaosun shared her personal experiences and the responsibilities she carries as a student representative.

She spoke passionately about her role as an advocate for the student body. She also emphasized her commitment to advocating for the needs of students.

Her responsibilities include participating in meetings, proposing ideas and working with the students' association to address student concerns and needs.

"I have always been someone who aspires to be like a guiding light wherever I go. I want to make a

positive impact. I am an international student and part of my goal is to make sure that the international students are heard and I want to represent them," said Ogaosun.

When it comes to students' biggest challenges, Ogaosun believes many students feel alone due to lack of accessible resources and opportunities for open discussion.

She attributes this to a lack of diversity within the students' association. She emphasizes a balanced approach to diversity is important. This not only fosters inclusion, but also helps students feel connected and understood, especially those from similar backgrounds.

When talking about the qualities and skills that student representatives should possess, Ogaosun placed special emphasis on leadership.

She believes a good student representative should prioritize others, be approachable, lead behind the scenes and avoid strict enforcement of rules. Listening is another important skill she believes is essential to effective student leadership.

See the full story at LethbridgeCampusMedia.ca.

Lethbridge College food program aims to help those struggling

Story by Zach Robinson

In an effort to support struggling students experiencing food insecurity, Lethbridge College has taken action by making food more readily available to those in need.

One expert says food security is a challenge faced by many students, but some may find requesting aid to be a difficult task.

Lethbridge College Wellness Services, in collaboration with the Lethbridge College Students' Association and the Ecumenical Campus Ministry, has installed a food pantry for students to freely take what they need. Understanding the difficulties students face, Lori Harasem, health promotions coordinator, says concerns about food security have been growing. She hopes the pantry will help combat those issues.

"We've seen statistics from the LCSA food bank that show the need for more food security initiatives have been increasing over the last couple of years. So, we decided it was time to try to add something just to make sure that all students were able to, as much as possible, access at least some food."

There are more options available at the post-secondary institution, such as the LCSA food bank, but the stigma surrounding these support services prevent many from seeking help. According to the Interfaith Food Bank, one in five Albertans are food insecure. Multiple factors can play into why someone wouldn't reach out for assistance, such as wanting to support themselves, too embarrassed to ask for help and worries about people they know finding out.

The area where the pantry is located was carefully chosen, near Harasem's and the LCSA's office, so they could keep the food pantry stocked at all times as well as to maintain discretion. Angela Fretts-Waters, association services coordinator, says these factors were taken into consideration as a way to



Lori Harasem, health promotion coordinator, stocks the shelves of the food pantry at Lethbridge College on Oct. 11. Photo by Zach Robinson.

address the stigma.

"For some students, there's still a stigma about using a food bank. So, with the food pantries, we're hoping that it will reach those students."

This first food pantry is a pilot project for the fall semester and there are plans to install more at various locations around campus to reach those in need. Harasem says if anyone wishes to contribute, then they are free to leave non-perishable food items on the shelves of the pantry.

To read more, visit LethbridgeCampusMedia.ca.

New platform gives sexual assault survivors options to share their story

Story by Brett Browne

A new reporting platform is giving those who have experienced gender-based or sexual violence a new way to share their story.

Students now have access to a secure, 24-hour online reporting service that lets survivors share their story anonymously. The platform called REES, which stands for Respect, Educate, Empower Survivors, was adopted by Lethbridge College and the University of Lethbridge this fall.

Jason Lawrence, Lethbridge College conduct officer, said REES allows survivors to have complete control of what happens to the information they share.

"They (REES) have put together a platform which is very survivor-centric. It allows people to choose their timing, the information they want to share, even whether they want to share it or not," he said.

According to Carmen Guenther, wellness services manager, those using REES can choose to forward the information they share to staff at the college, to the Lethbridge Police Service or to simply store it on the password-protected platform.

"REES is trauma-informed. It lets you take the lead in how you want to tell your story. And once you've completed your record, you have options," she said.

Guenther said one option survivors can choose will connect them to the college's new gender-based and sexual violence support advisor who can help them access resources and support.

"For some, that's really supportive, to actually have a human involved," she said.

According to a 2019 survey from Statistics Canada on Individual Safety in the Post-secondary Student Population, 71 per cent of students at Ca-

nadian post-secondary schools witnessed or experienced unwanted sexualized behaviours during a one-year period.

However, the survey also found most students chose to take no action because they felt uncomfortable, were worried about negative consequences or feared for their safety.

Lawrence says adopting the REES platform is an attempt to make the reporting process at the college more responsive to those who have experienced an assault.

"If we can provide the widest amount of opportunity for them to share or store that story that they've had, that incident that's taken place in their lives, we hope that will provide them with as

many opportunities as possible to begin the healing process," he said.

Guenther says the college realized it needs to do a better job of dealing with gender-based and sexual violence. Improving the reporting process was an important step.

"Before reporting was pretty complicated. I mean, we really didn't have a clear system in place at the college and we're the first to own that," she said.

Along with adopting REES and hiring a gender-based and sexual violence support advisor, the college is working on a three-year strategic plan to improve its education, support and response to the issue on campus.

"We're hearing from students nationally that this is a concern for them and we know rates are really high, so we want students to know that it's our priority to help them advocate for the needs that they have," said Guenther.

REES can be accessed through the Gender Based and Sexual Violence page on the Lethbridge College website.

"REES is trauma informed. It lets you take the lead in how you want to tell your story."

**Carmen Guenther
Wellness Services Manager**



Shaylene Wall, instructor in arts and sciences at Lethbridge College lectures her afternoon social class at Lethbridge College on Oct. 2, 2023. Photo by Steffanie Costigan.

All ideas welcome at liberal arts institutions

Story by Steffanie Costigan

Many ideas, debates and discussions continue to be welcome in post-secondary institutions across Canada.

Freedom of speech has been popular in educational communities since a recent, controversial speaker, Frances Widdowson, who visited the University of Lethbridge. Shaylene Wall, an instructor in the arts and sciences department at Lethbridge College, shared her views on the misinterpretation between liberal arts education and politics.

"I think that there's been a lot of confusion regarding this idea that a liberal arts institution, like the university, and where I teach here at the college is somehow the liberal arts name, or the title is synonymous with the Liberal party's value systems. And, in actuality, that's not the case," said Wall.

In 2019, Lethbridge College created a freedom of expression statement following the direction of Alberta's minister.

Bill Werry, Alberta Post-Secondary Network, executive director, voiced his thoughts on the importance of freedom of expression in post-secondary schools.

"The intent of that is to ensure that people have an opportunity to debate and learn how to think

through issues, as opposed to just being handed a specific way of thinking about any given issue. I really think that post-secondary education is about free expression of different points of view," said Werry.

Wall said the history of liberal arts in education began in the Industrial Revolution and education originally had no room for politics.

"Unfortunately, politics [filtered] its way into many things now. It's hard to make that separation. I think there's just been a lot of confusion regarding that."

Recently Widdowson returned to Lethbridge on Oct. 16 once more, holding an open debate at the main branch of the Public Library on the topic of "woke-ism threatening academic freedom."

At the open debate, Johan Pickle, a current University of Lethbridge student, voiced his concern about political division in schools.

"Certain instructors are requiring agreement to get an A. I think the message [shows] an emphasis on group identity, [it's] demoralizing," said Pickle.

Wall says she does not believe a student's political opinions affect their grades, instead she says the class rubric reigns supreme.

Read the rest at LethbridgeCampusMedia.ca.

Guerilla film with shoestring budget promotes different side of Alberta

Story by Jared Vas

In the heart of the Alberta prairies, where the sun meets the fields, a local film is being made.

Still in its early stages of production, "Wild Bill" is a mockumentary about passion, belonging and duality. The project, with an anticipated release in summer 2024, is a collaboration between director and writer Tanner James and the namesake of the film and star, Bill Lawson.

In the film, "Wild Bill" was a famous musician akin to the likes of Bryan Adams. However, at the peak of his stardom, he mysteriously disappeared. The enigmatic star remained in the shadows until one day he was discovered in the small town of Taber in the background of a TikTok video. The clip is discovered and sparks a crew to get "Wild Bill" back for one last show.

The film is not just about "Wild Bill" and music, but it is a love story to Alberta and its vibrant music scene. James describes the film as the most unapologetically Albertan short film.

The two artists have worked together on multiple occasions. The partnership is rooted in their mutual respect for each other.

"I've always said that if I was the grand architect of the universe, Bill would be famous. Simple as that," James praises.

Lawson has a similar appreciation for James' way of doing things.

"He populates his projects with friends that he trusts so he is open to new ideas and the sharing of the experience. I have an abiding respect for and admiration for Tanner James and will be in any project he wishes."

With the pair's previous projects being less than ten minutes, "Wild Bill" aims to be a longer film nearing the 40-minute mark. As the filming process nears completion this fall and winter, James reflects



Bill Lawson as Wild Bill prepares for his comeback. Photo by Jared Vas.

on some of the moments he was able to capture.

"During our concert scene, something magical happened. "Wild Bill and the band put on the best show I've ever seen. It transcended our little movie and became something bigger, it was real. Bill won over the audience one by one and channeled the energy into a positive force. It was a spiritual experience, shared amongst great people."

James says independent film is a dying art and he aims to show a different side of Alberta.

Lawson praises the story as one of staying true to yourself, your community and your art whether it is prose, painting, pottery or poetry.

Read the full story at LethbridgeCampusMedia.ca



Horses Joe and Red, who are the two favourite horses at Lethbridge Therapeutic Riding Association meet several students ready to de-stress at Lethbridge campus on Tuesday, Oct. 10. Photo by Laura Castro.

Students find comfort in hearts of two healing horses

Story by Laura Castro

Two horses healed the hearts of many college students during a high-stress exam week.

The Lethbridge Therapeutic Riding Association brought their equine therapy program to Lethbridge College.

The Founders' Square green space held students receiving that special human to animal contact from horses Joe and Red.

This registered charitable organization operates with a handful of staff ready to spread their outreach program around the city.

Kale Hayes, executive director of the LTRA, says these horses were brought to the college in hopes of helping students through their mid-term season.

"I think there is something too just being around animals that big, getting endorphins up, making people feel good and it's a positive distraction," Hayes said.

The LTRA's outreach program includes many volunteers who aid more than 350 student visits every year.

Karmyn Burndred, a student at the college in the child and youth care program says this kind of event leaves a positive impact on students.

"This is a good way to de-stress and enjoy the college experience rather than stress about school and everything that's going on. You can just take a

minute and just enjoy what's in front of you," Burndred said.

The association has been in business for the past 47 years in Lethbridge.

When the LTRA isn't visiting students around Lethbridge, it is helping individuals with certain disabilities by connecting with their horses.

The association provides hands-on instruction for children and adults with special needs to create a bond between them and the horse.

The LTRA says every riding session requires around 1,700 volunteer hours to stay operational.

Hayes says the bounce back after the pandemic was not only beneficial for post-secondary students but also for the horses.

"It's been kind of a staple around Lethbridge, we're now growing back after COVID, so it's kind of nice to get these guys out and meet some new friends," Hayes said.

The horses allowed students a moment of relaxation by letting students pet, feed and connect with them.

While the healing horses' event was cut short due to the rain, the LTRA is said to return to the college in the spring to bring more equine therapy to students especially during stressful times in the semester.

See the full story on LethbridgeCampusMedia.ca.

Mobile food bank serves those in their neighbourhood

Story by Mark Soliman.

Pop-up food banks are now showing up around Lethbridge providing the community with access to free food.

One of Lethbridge Food Bank's priorities is the Pop-up food bank. This is where a vehicle that carries donated food which routinely visits various neighbourhoods.

This mobile food support service aims to give the community members access to everyone who needs extra food at their table. A once-a-week schedule posted on its website announces its activities for the month. And one of their venues is the post secondary institutions.

Now, fall marks the start of a new school year for all learners. Records from Lethbridge College's Compliance office show the number of enrollees had increases of 30 per cent this fall 2023 from last year's statistics. Both domestic and interna-



Students line up outside the mobile food bank truck on Lethbridge College campus Sept. 28. Photo by Mark Soliman.



Main photo: Emily Beilby helps to hand out support in getting resident has always by Mark Soliman.

tional have 5,014 confirmed enrolled students. With a 3.7 per cent inflation rate from last year, students could be struggling to manage their finances.

Lethbridge Food Bank has produced an initiative to provide students at the university, college, and the community with the nutrition they need during their studies.

Completing their leg for the fall's first month, Lethbridge College was visited in late September. On a Thursday afternoon at 3:55 p.m., minutes before the time of distribution, students, and several community residents slowly gathered to fall in line waiting for the Food Bank truck to arrive. With their empty bags and small carts which they prepared where they will use to carry all the goods they could bring home. As the food truck arrived, food bank staff immediately prepared all the groceries and products they brought. Emily Beilby, a mobile food truck staff member says they have been doing this for two years now, and it has been a year for the



Beilby (right), The Food Bank Society staff member supplies to college students who need a little extra food to their table. Insert: Pauline, a Lethbridge student who has been a regular client of Pop-up Food Bank. Photos

college since they started distributing food supplies.

"I like to come to this one because it is quick and everybody gets what they need. I hope. I hope it has picked up a lot since we started. It feels like we are serving the most of them are internationals, yes. It is great they get what they need and well, I mean they get some of what they need, right, because we do not really supply meat, but we try to do our best," Beilby said.

Aiziel Navarro, a first-year student in the business management program, had been waiting for 45 minutes in the college lobby after she was notified by a friend that there was a food truck coming with free food. She prepared herself with a small bag taking her chances grabbing some free goodies. As an international student, she only gets a limited number of working hours because of her school



This mobile truck carries food to various sites across Lethbridge. Photo by Mark Soliman.

schedule and being alone here in Canada, for her, this step means a lot.

"It will help me with my food budget and I think this will last for days. This will save some extra cash and time going to the grocery store, especially if you do not have a vehicle. I hope this Pop-up Food Bank will be a weekly routine; that would be great help, I think, for us international students," Navarro said.

With more registered members of Lethbridge community accessing its free food service, the Food Bank Society is now servicing more than 1,500 clients every month.

They gave out 5,020 hampers throughout 2022. A local resident who prefers to be called Pauline, is one of the service's recipients that day. She has no children, but she is taking care of three adults at home.

"It is always in my schedule. Well, I make no money. I make no income, so it helps a lot," Pauline said.

The Food Bank's staff was a bit surprised when the supply was all distributed so soon.

"Today we have quite a bit, I would like to give them more, but I will just bring what I have at work. Right now, it is not enough sometimes, it is, but it seems to be picking up, so we need to start packing for more people," Beilby said.

The Food Bank Society's Pop-up Food Service will continue its usual schedule until winter comes, then their distribution will be twice a week. See the full story at the LethbridgeCampusMedia.ca.

Local fashion week strives for inclusivity and diversity

Story by Keira Astalos

From runways to pageants, models have taken a dramatic shift in appearance for what used to be an industry standard. Accepting diverse body sizes has been the new norm for the fashion industry. Although inclusivity has been something that has been fought and worked hard for, there have been questions about whether this is something that belongs in every fashion show.

Victoria Secret is one of the biggest modeling agencies in the world who has brought back their infamous fashion show after a three year hiatus. With the show making a return, Victoria Secret fans speculated they were going to see the typical models they have every year. The tall, skinny picture-perfect angel. This angel was considered the beauty standard for years, but this year we have seen a dramatic shift. When they released the 2023 runway selection, we saw Victoria Secret models of all different shapes and sizes. Anlyn Thomson, one of the organizers for Southern Alberta Fashion Week, shares how she feels about the inclusivity in the fashion world.

“People like inclusivity, people like all gender and all ethnicities. But when you showcase something online with people that are tall, skinny and blonde and have all those qualities, you get more likes and views people look for that and you cannot get rid of that stigma. We need to evolve from that.”

Anlyn Thomson says the impact the fashion world has on all women is insurmountable, this industry can determine and shape the minds of what many people feel is an acceptable body type. Julia Alexander Former Miss Taber Pageant Queen shares how important body Inclusivity really is.

“When I met with a modeling agency I came in for a meeting and they measured everything on my body to the point of measuring to see how close or far my eyes were apart.”



Mackenzie Fehr and Hayley Lagler are happy to discuss positivity around body inclusivity on Oct. 8. Photo by Keira Astalos.

Victoria Secret is embracing the change and stepping forward with promoting a new realistic norm when it comes to things like beauty and body type. Every type of body has a place in this world and it is important to promote that says Thomson. She wants to show that in their Southern Alberta Fashion shows.

“For Southern Alberta fashion week, we do have a different vision when it comes to fashion. Its very inclusive with size, age and ethnicity. Everyone can be fashionable with whatever clothes they prefer to use.”

Julia Alexander says society is ready to see a change in fashion standards. It is time to show the world the true beauty of every woman and every body type.

See the full story at LethbridgeCampusMedia.ca.

Getting by this winter with advice and stories from cold weather experts

Story by Tosin Liadi

Autumn ushers in cooler temperatures, harvest, vibrant leaves and shorter days. In Canada, the arrival of winter transforms the landscape by freezing plants, cooler and drier air and icy roads.

As people share their winter tips and experiences as the cold season approaches there are several worries including things like the subzero temperature, slick snow, seasonal depression and more.

In Canada, winters differ. The severity varies by province and place. Provinces located in Central Canada, the Pacific Northwest and the Atlantic provinces experience milder winters than the prairie provinces. Michelle Onwubuya who is a nursing student at the college shared her personal experience being raised in Ontario.

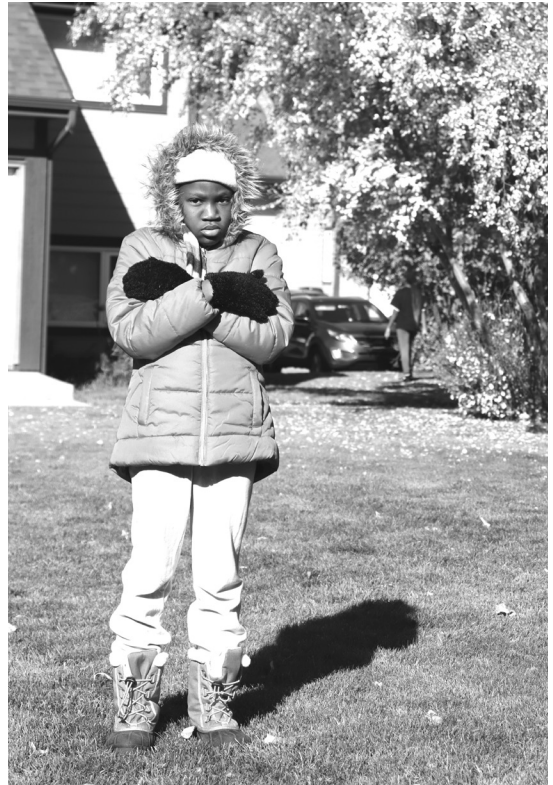
"I grew up in Ontario. Moving was like a huge change for me. Ontario winter is nothing compared with Alberta, honestly. It was a drastic change for me. It wasn't all play," said Onwubuya.

Student experiences during the winter season tend to be similar. Even though it's a story of students suffering through the cold and surprise watching the snow pile up, they are determined to make the most of their time preparing as much as they can.

Theresa Ogaosun, who is taking general studies at the college advised purchasing appropriate winter clothing to get through the winter.

"They should invest in good jackets because that was something someone told me. To get a good jacket, good snow boots and the best winter gear. As much as it's expensive, it will definitely last, because it's a long-term investment," said Ogaosun.

Transportation could also provide a significant challenge to students who solely depend on public transit since bus schedules are unpredictable in the winter. Sometimes the wait will be longer than an-



Lami Liadi is prepared for winter with warm winter boots, a jacket and gloves. Photo by Tosin Liadi.

anticipated. Onwubuya advised those who can afford a car should get one or else be ready to look for alternative means of transportation.

Conversely, some believe they will make the most of winter and that it might not be as bad as they think. High school student, Eniola Liadi was one such person. Despite moving to Canada in the middle of winter this year, she plans to enjoy the upcoming season by trying out some new sports like hockey and skating.

See the full story at LethbridgeCampusMedia.ca.



Lethbridge College Cafeteria customers Nate Jonnson (left) and Raphael Aubut (right) having a good time with a snack at the college cafeteria during afternoon classes break. Photo by Sarah Mfinanga.

High prices at cafeteria create challenges at mealtime

Story by Sarah Mfinanga

Lethbridge College cafeteria has had some students debating whether it is lifesaving or where you go to spend your life savings.

Food is among the many essentials in our life. In the heart of Lethbridge College is the Garden Court, the college cafeteria.

You would definitely know it's lunch time when you walk around the hallways.

The aroma of mouthwatering dishes crafted by culinary students will pull you in the cafeteria doors. You might even forget you packed your own lunch for the day.

We all love some tasty food, but as we all know, good stuff comes with a price.

Being a student may mean not having enough time and preparing meals every day can be a challenge. With the increasing price of groceries, comes rising cafeteria prices.

Most students end up debating about buying food at the college cafeteria.

Stephen Klassen, chair of school of culinary arts says the college always puts students into consideration. "We try to keep it pretty fair and economical, lower than many other commercial cafeterias."

The college cafeteria being helpful is undeniable.

It not only helps students to have easy access to food, but it also helps culinary students put their skills into practice once they graduate.

It can be hard for some students to afford to have lunch in the cafeteria due to several reasons.

Maria Max, a business administration student, says there are not enough options for students when they are hungry.

"We only have the college cafeteria and Tim Hortons, there is no competition, and the college cafeteria has a bigger selection of food. How do we expect to get low food prices?"

Although a challenge to some students, the college cafeteria continues to be a good place to meet and build friendships.

Alongside developing the skills for the culinary students, whether you are looking for a snack or a whole meal, the college cafeteria is a place to be.

The cafeteria has a wide range of selection of menus throughout the year, from lunch express, buffets, gala dinners and even evening dining.

It is not just food; it is the quality food that makes room for building friendship that equals quality time.

See full story at LethbridgeCampusMedia.ca.



Lethbridge College's Kodiaks cross country teams take off in a race at their recent practice on Oct. 10 in the Sugar Bowl. Photo by Angie Wiebe.

Kodiaks cross country dash towards finish line

Story by Angie Wiebe

Lethbridge College's cross country teams are preparing for the upcoming Alberta Colleges Athletic Conference (ACAC) championship race. Lethbridge is hosting the event at Nicholas Sheran Park on Oct. 28. They will be competing against schools from all across Alberta, with athletes trying to take the top spot for their school.

Head coach Simon Schaerz says he has high hopes for both teams and is happy with how they have competed so far. He thinks the men's team can definitely pull off a third place finish at ACAC's. The women's team will need to fight hard and perform well. Schaerz doesn't want the races to stop just after ACAC championships.

"To qualify for nationals, I think that's our biggest hope and plan," says Schaerz.

In order for the teams to compete at nationals with the best athletes in Truro, Nova Scotia they must place top three in their conference. That will be determined at the hometown competition at the end of the month. He says they have been planning everything accordingly to make it to nationals.

Ethan Grasmeyer, a first year runner for the men's team says he's happy about competing in ACAC championships in a familiar park.

"I'm excited. I like the course here and I hope the weather stays decent," says Grasmeyer.

Lethbridge hasn't hosted a cross country grand prix or ACAC championship since 2016 and Schaerz says they are looking forward to competing at home. The team had the chance to run the course at Nicholas Sheran in a competitive setting when they hosted the Running Room Grand Prix #3 on Sept. 30.

"Home trail advantage obviously is going to be a big factor and that will make things a bit easier," says Schaerz.

He says there was a good turn out of supporters that showed up to cheer them on and he hopes they will have just as many fans turn out during the ACAC championships.

As their last grand prix event just wrapped up, the team will gather themselves and prepare to race for the ACAC championships happening at the end of October.

Kodiaks hungry for victory

Story by Justin Sibbet

From impressive slam dunks to roaring crowds, one team is seeking all the joys that come with victory.

The Lethbridge College Kodiaks women's basketball team is preparing for a strong season with players expecting a championship run. However, when the final buzzer sounded in the Val Matteotti Gymnasium last March, the Kodiaks season ended in disappointment. The 68-63 loss meant the Kodiaks had finished in sixth place in the Alberta College's Athletic Conference championships. However, the sour taste of defeat has not dampened the mood in the locker room ahead of the new season.

Montana Berezay, a fifth-year guard, says she expects nothing less than an appearance in the gold medal game next March.

"I see us going to the championship," said Berezay. "I think we are all composed enough and have enough talent and IQ on the court to take us that far."

The Kodiaks veteran says the team has a good mix of seasoned players and rookie talent to take them the whole way. Furthermore, she says she takes her role as locker room leader seriously, hoping to inspire the next generation of players.

"I remember what it was like to be a rookie and looking up to those older girls, getting all the help and knowledge from them. So, I try to do that for the younger girls as well," said Berezay.

Another veteran leader on the team is Courtney Deemter, who says she has fallen into a de facto leadership position as well.

"I want to be a leader, but I also don't want to be too in charge," said Deemter. "I think there are definitely girls [who] look up to those who've been here for a while. So, it's nice to be able to be that leader and show them how we do it on this team."

She says there is optimism bursting from the locker room doors.

"I'm really excited for this year. When I started in



Kitawna Sparks, a Kodiaks forward, receives a pass during a practice on Oct. 12 in the LCI gymnasium. Photo by Justin Sibbet.

my first year, I didn't really know what to expect, but it was really fun. Then, last year, I feel like I kind of lost my groove a bit, but I think this year we have a really good team," said Deemter.

Meanwhile, Ken McMurray, Kodiaks head coach, says he will not jump on the hype train quite yet, though he admits the team has started on the right foot.

"We always want to have high expectations. I would never say, right off the bat, that we're going to win it all because I want these girls to continue to work," said McMurray.

To read more, visit LethbridgeCampusMedia.ca.



Peyton Whitequils watching his team from the bench during his game. Oct.14. Photo by Nakoda Thunderchief.

Off-ice issues plaguing Hockey Canada

Story by Nakoda Thunderchief

Hockey has always been a part of Canada's identity, from the crowds cheering to booing.

Players getting three goals result in fans losing their favourite hat letting everyone know it was a good night. Or the bloody fights that encourage many fans to go wild.

But over time there have been changes off-ice from what is acceptable to wear in a locker room in minor hockey across Canada, to the NHL banning pride tape and jerseys to the WHL hiring coaches with controversial pasts.

With the hockey community being split with these changes some vocal and some not, Peyton Whitequils who has played minor hockey in Lethbridge feels he understands why the changes in the locker room were made for both inclusivity and for encouraging players to feel safer.

He also feels coaches should be held accountable for parents in trusting them with their children.

The change to make it mandatory to wear base layers in dressing rooms shocked the minor hockey world in Canada and there may be more changes coming.

Meanwhile, in the Western Hockey League, the Lethbridge Hurricanes have hired Bill Peters former head coach of the Calgary Flames for the 23-24 sea-

son after an exit from the team for calling player Akim Aliu racist comments on several accounts back in 2019.

It was a shock to the hockey world after the incident and only time can tell if Peters has changed as he has stated in the Hurricanes press conference. For the NHL as fans, you can expect changes coming this season as the league has banned pride jerseys and tape.

The announcement came during the summer that players will not be wearing any special jerseys in warm ups for "themed nights." High-profile players such as Scott Laughton from the Philadelphia Flyers said, "I'll use the tape, even if I have to buy it myself."

Kristopher Wells, one of the co-founders of the pride tape-themed nights says any players who make the request will get the support if they want to encourage inclusivity. "We will send him and any of the teammates all the tape they want." The outburst became known after certain players in the NHL chose not to wear the jerseys as it went against their beliefs.

What does this mean for the league as themed jersey nights added an extra flare to the game?

Fan of the game Chase Muswagon feels at the end of the day it should not affect the league as fans come to the games for the players and the team. See the full story at LethbridgeCampusMedia.ca.



Lowell Yellowhorn, manager of Indigenous service and Todd Caughlin, athletics and recreation services director, help unveil the new Lethbridge College Kodiaks Indigenous logo thanks to eight athletes outside campus on Sept. 29. Photo by Ma. Janine Doroca.

Kodiaks unveil new Indigenous jersey

Story by Ma. Janine Doroca

Lethbridge College marked Truth and Reconciliation Week by unveiling the new Indigenous jersey for Kodiak athletes on Sept. 29. The event was held on campus with students, staff and community members witnessing the significant moment.

Dr Samantha Lenci, Provost and Vice President of Academic, highlighted the significance of this week.

"This week we have listened; we have learned and we have healed. We have done the most amazing announcements and words and songs and you've all heard that," said Lenci, recognizing the impact of the week's activities.

The highlight of the event was the unveiling of the new jerseys for the Kodiaks athletic program. Todd Caughlin, athletics and recreation services director, shared his perspective in storytelling and how jerseys are more than just clothing.

"The script is important, but the story means everything. And I love a good story, and that's what these jerseys mean," Caughlin stated.

He also expressed his sincere gratitude to those who contributed to the success of this project, highlighting Lowell Yellowhorn, Indigenous service Manager and Lenci.

After Caughlin's speech, the athletes came forward and various sports teams' representatives shared their jerseys.

Yellowhorn, who played a key role in creating the jerseys' symbolic components, shared his perspective into the meaning of the design. The jersey has the official greeting of the City of Lethbridge, "Oki," as well as the Aikowania bear logo, representing Blackfoot style art. An arrow through the bear body illustrates the animal's lifeline and the two dots are its kidneys, which the adrenaline comes from. There's the Pendleton pattern that adds a unique touch to the jersey and was designed by Raven Tailfeathers, a multimedia production student. The dots and cross on the back of the jersey stand in for the peaks and the morning star, respectively and are symbols from Indigenous creation stories. Lastly, the jersey has triangles to represent the mountains and dots to represent the stars.

Yellowhorn says the jersey is more than just a uniform.

"These will serve as an educational tool as well for our community to learn more about the local indigenous culture," Yellowhorn stated.

The design pays tribute to Indigenous culture while serving as a tool for the community to learn more its connection about the Blackfoot people.

The Indigenous jersey will be worn on special occasions. The jersey reflects not just the college but also unity, healing and reconciliation.

See the full story at LethbridgeCampusMedia.ca.