



LETHBRIDGE HERALD FILE PHOTO BY MELISSA VILLENEUVE

A youngster admires a handmade wooden fire truck while his mother looks on during the 2017 Antique & Toy Show and Sale held at Exhibition Park. This year's edition returns to Exhibition Park Jan. 26 and 27.

Nostalgia on display

The popular Lethbridge Antiques and Toys Show and Sale returns to Exhibition Park

See cover story on page 3

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CITY NEWS

• **Read On Adult Literacy** at the Lethbridge Public Library offers Pre-GED Reading, Pre-GED Math classes and tutoring for adults. This is a good way to review skills, build confidence and can be a stepping stone to college programs. Learn basic computer skills. Call 403-320-3133 or contact literacy.services@lethlib.ca for more information.

• **Lethbridge Public Library** will present columnist Gwynne Dyer **Jan. 23 and 24** at 7 p.m. at the main branch. Tickets are available at no charge and must be presented to gain entrance. Tickets are still available for Dyer's **Jan. 23** lecture, "The Climate Horizon." The **Jan. 24** event is sold out, but overflow tickets are available to watch the lecture via video broadcast from the Community Meeting Room on that night. Dyer is a London-based independent Canadian journalist, syndicated columnist and military historian whose columns appear the Lethbridge Herald and other newspapers in 45 countries.



Community Calendar

Fax 403-329-9355; email communitycalendar@lethbridgeherald.com; mail to Community Calendar, 504 7 St. S., Lethbridge AB T1J 2H1. Notices must be received by 5 p.m. Thursday the week before Sun Times publication.

more info: <https://www.facebook.com/Lethbridge-Poetry-276370996264247>.

- **The 5th annual Cycle Drive** will take place **Jan. 25-28**, recycling electronics items to reduce e-waste in the landfill, and to repurpose and reuse what people no longer need. Residents can bring electronics items and place them in the bins at Save-On Foods locations (Centre Village Mall and west Lethbridge) from 8:30 a.m.-8:30 p.m., or at the lot on 1817 3 Ave. S. next to Mint Car Wash from 8:30 a.m.-6:30 p.m. There is no cost to dispose of items. For more details, visit EcycleDrive.com.
- **Shaughnessy Community Hall**, 133 3 St. in Shaughnessy, will hold its monthly pancake breakfast **Jan. 26** from 8-11 a.m. Cost is \$5. Secondhand Treasures rooms will be open. The 2nd and 4th Tuesday of the month is Share your Craft night from 7-9 p.m.; \$2 drop-in charge. Bring a craft you are working on, have tea or coffee, visit and share, ask questions about your craft or others. Contact Gerrie-Mae at 403-331-9113 for more details.
- **Helen Schuler Nature Centre's** Junior Naturalists program for ages 6-10 continues **Jan. 26** from 10 a.m.-noon, featuring "Tracking." Adults must sign children in and pick them up promptly at noon. For information, call 403-320-3064.
- **Join the Lethbridge Public Library Jan. 26** at 10 a.m. at the Main Branch and The Crossings Branch to celebrate Family Literacy Day, a national initiative held annually to raise awareness of the importance of reading and engaging in literacy-related activities as a family. Enjoy celebrity reading guests, Drag Queen Storytime, drop-in literacy activities, and a scavenger hunt (different activities are offered at each branch).
- **Annual Lethbridge Antique and Toy Show and Sale** will take place **Jan. 26** from 9:30 a.m.-5 p.m. and **Jan. 27** from 10 a.m.-4 p.m. at Exhibition Park (South Pavilion). Featuring antiques, retro and vintage items, games, glassware, jewelry, dolls and toys; country, cottage and farmhouse decor; comics, sports cards; military, sports and coin collectibles; diecast; action figures; farm toys, quilts and more. Admission \$4 (12 and under free). Proceeds go to charity. Vendor information: email lethtoyshow@gmail.com or phone 403-381-9056.
- **South Country Jamboree Society** will hold a jam session **Jan. 27** at 1 p.m. at the Lethbridge Legion (Memorial Hall). Meals may be ordered after 3 p.m. from Great Plate Catering.
- **The German Canadian Club of Lethbridge**, 902 6 St. N., will host German Dinner Night **Jan. 28**, featuring Bavarian Roast Pork. Cost is \$20. Reservations are required for both dine-in and take-outs. Doors open at 4:30 p.m., take-outs at 5 p.m., dinner at 5:30 p.m. For reservations, call 403-320-1689 (ext 3).
- **Lethbridge and District Horticultural Society** will meet **Jan. 28** at 7 p.m. at the Theatre Gallery, Lethbridge Public Library main branch. Beat



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those winter blahs and come join adventure traveller and horticulturalist Joanna Fraser on some visits to tropical gardens in St. Lucia, Grenada and Barbados. See what a difference living in a tropical climate makes to the choice of plants that gardeners have at their disposal in this beautiful part of the world. Everyone is welcome.

- **Teen Reads** takes place **Jan. 29** at 7 p.m. at The Crossings Branch of the Lethbridge Public Library. Calling all teen readers; this book club is just for you! Read any book that fits our monthly theme, and then hang out with the club by the fireplace (with cookies!) to talk about our books. Open to anyone in Grades 7-12. Visit lethlib.ca for more information on this and other library activities and events.
- **Lethbridge Senior Citizens Organization** will offer a class on "Beginners' Animal Portraits in Coloured Pencil," Wednesdays, **Jan. 30-March 13** from 10 a.m.-noon at the LSCO, 500 11 St. S. Great for either a beginner or a more experienced student. Fee: \$50 for LSCO members, \$70 for non-members. Register by **Jan. 25**. For details or to register, call 403-320-2222 or visit lethseniors.com.
- **Lethbridge Senior Citizens Organization** will offer a class on "Drawing From Life," Thursdays, **Jan. 31-March 7** from 1-3:30 p.m. at the LSCO, 500 11 St. S. The class will cover the basics of all drawing like line, shape, value, texture and perspective, and everything from quick sketches to detailed drawings. This is a great class for the beginner as well as a refresher for the more experienced drawer. Fee: \$40 for LSCO members, \$60 for non-members. Register by **Jan. 28**. For details or to register, call 403-320-2222 or visit lethseniors.com.
- **A book signing** featuring Donna Clewes, the author of "Safe Behind the Little Waterfall: Finding Peace and Freedom Through the Journey of Healing," will take place **Feb. 1** from noon-5:30 p.m. at Chapters in Park Place Shopping Centre.
- **A Roast Beef Dinner** will be held **Feb. 1** at 6 p.m. at The Salvation Army Community Church of Lethbridge, 1302 4 Ave. S. Cost is \$17.50 a plate and includes choice of salad, main course, dessert and beverage. Tickets are limited so call 403-328-8611 to reserve yours. All proceeds go to benefit Partners in Mission (projects The Salvation Army is doing in Third World countries).
- **Play Your Ukulele in Public Day** will be celebrated **Feb. 2** from 11:30 a.m.-12 p.m. in the ATB Community Room at Casa, 230 8 St. S. Come and participate by bringing your uke and strumming along, or by bringing your voice and singing along, or simply coming out to help "bring the world together, four strings at a time." All ages and skill levels welcome. For further information call 403-331-9426 or email Mary-Anne at mctrmt@yahoo.com.
- **The 7th Annual Pronghorns Scholarship Breakfast** will take place **Feb. 6** from 7-9 a.m. in the 1st Choice Savings Centre gymnasium, featuring broadcaster and former NHL goaltender Kelly Hrudey as the keynote speaker. Tickets \$125 each, with funds going directly to the U of L Pronghorn Athletics teams. Tickets available online at gohorns.ca/breakfast.
- **The City of Lethbridge** will host a Grant Information Session **Feb. 6** at 7 p.m. at City Hall Council Chambers, 910 4 Ave. S. Non-profit organizations, event co-ordinators and community groups are invited to attend to learn

more about potential funding opportunities.

- **Lethbridge and District Pro-Life's** Annual Dinner and AGM will be held **Feb. 7** at Trinity Reformed Church, 1100 40 Ave. N., featuring guest speaker Peter Heck, a U.S.-based author, speaker and teacher. He provides daily commentaries for The Resurgent, is a contributing columnist for the Indianapolis Star, the Christian Post, USA Today, and The Washington Times, and is the author of five books including "When the Beginning Ends: What Happens When We Die?" (2017). Doors open at 6 p.m., dinner at 6:30, speaker at 8 p.m. Tickets paid at the door: \$25 for adults, \$15 for students. Speaker only: free with a donation to the food bank. Please reserve your seat ahead by calling the pro-life office at 403-320-LIFE (5433); email lproulife@shaw.ca; or fill out the contact form online at <http://www.lifelethbridge.org/pro-life-events.html>.

AGENCY OF THE WEEK

It's A Blast (Lethbridge Community Out of School Association)

The Lethbridge Community Out of School Association



Share your time with the help of Volunteer Lethbridge. Visit www.volunteerlethbridge.com or call 403-332-4320.

It's a BLAST program, established in 1992, is a non-profit organization licensed to provide out of school care for children 6 to 12 years old. They offer various before, after school, and summer programs in several schools throughout the city. The vision of the Lethbridge Community Out of School Association, It's a BLAST Program is to become the premier out of school care program in Lethbridge. On a daily basis they offer creative activities, Centers (Lego, K'nex etc.), games, drama activities, physical activities, and quiet and reading.

How the community can help:
To learn more about the Lethbridge Community Out of School Association It's a BLAST program and how you can get involved, visit their website at <http://www.itsablastprogram.com/>. To contact them call 403-320-3988 or email: blast@itsablastprogram.com.

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Antiques, toys and more on display

Jan. 26-27 show at Exhibition Park features wide array of collectibles

Dave Sulz

Sun Times/Shopper

Up for a little treasure hunting? The annual Lethbridge Antique and Toy Show and Sale returns to Exhibition Park Jan. 26 and 27, bringing its usual array of nostalgic treasures to delight visitors young and old.

The popular event features some 200 tables displaying antiques, retro and vintage items, games, glassware, jewelry, dolls and toys; country, cottage and farmhouse decor; comics, sports cards; military, sports and coin collectibles; diecast collectibles; action figures; farm toys, quilts and more. There will also be a concession and kettle corn available.

The show will run Saturday, Jan. 26 from 9:30 a.m. to 5 p.m. and Sunday, Jan. 27 from 10 a.m. to 4 p.m. in the South Pavilion at Exhibition Park, located at 3401 South Parkside Drive. Admission is \$4, with children 12 and under admitted free.

The event is run by volunteers and proceeds after expenses go to assist local charities. In the past, the show has benefited such organizations as Harbour House, Interfaith Food Bank Baby Program, Lethbridge Food Bank, Salvation Army Kids' Camp, STARS Air Ambulance, cancer research, the Humane Society, Scouts programs, and Streets Alive.

"We try to pick charities so that the money stays local," event organizer Dick Groenheide said prior to a previous year's show.

Groenheide has been organizing the annual show since 2013, and this year's event will be the 10th one staged in Lethbridge. The show has its roots in Coaldale, where it was operated for several years by the Coaldale Chamber of Commerce. After the chamber decided to stop organizing it, "some of us vendors took it over," Groenheide said.

The show is fun for all ages, from adults who bask in the nostalgia of seeing items from bygone years to youngsters who are understandably drawn to the vast



LETHBRIDGE HERALD FILE PHOTOS

Above, a young girl examines one of the dolls at the 2015 Lethbridge Antiques and Toys Show and Sale. At right, visitors look over a collection of farm toys at the 2016 show.

assortment of toys.

Groenheide said it isn't hard to tell when a visitor is gripped by nostalgic feelings because of something they've spied at the show.

"When someone comes by your booth, by the sparkle in their eyes, you can tell they've had this before at some time in their life."

Groenheide can understand such feelings, since he was a fan of Hot Wheels toys when he was young and continues to collect them.

The show which began humbly in a school gym now attracts 2,000-plus attendees over the two days, and vendors come from Calgary, Red Deer and beyond in order to participate.



Stories of amazing animal journeys

By Danny Tyree

Although my family recently watched the 1943 "Lassie, Come Home" on TV, we haven't seen the "in theaters now!" movie "A Dog's Way Home" yet.

(Buying concessions to go with watching a certain superhero who breathes under water left my bank account under water.)

Based on a novel by W. Bruce Cameron, "A Dog's Way Home" involves a dog named Bella who becomes separated from her beloved owner and begins an "epic 400-mile journey" to reunite with him.

The movie resonates well with teens who undertake an epic 400-mile journey to carry the garbage out to the curbside. ("No, I didn't have to survive wolves and avalanches; but I was late responding to three texts and my classmates might have seen me and stuff.")

Anyway, the premise of "A Dog's Way Home" and similar films has gotten me started thinking about the amazing loyalty

and directional skills of pets.

I can personally vouch for these attributes. When my wife and I moved into our home in 1993, we transplanted five of my parents' cats. Four of them adjusted well, but poor Lambchop was never happy and walked several miles back to his birthplace. He was supremely proud of himself, until he got run over a week later and learned too late that this "nine lives" propaganda is Fake News.

Dodsey was a feisty stray cat who adopted us and promptly started driving our other tomlcats away, one by one. We gave him away twice. The second time, he returned after a week and forgave us for our transgressions. We surrendered, gave him a "forever home" and supplied him the additional name "Ulysses."

More amazingly, when my wife's grandmother moved from New Jersey to Florida, she took her cat with her. The cat ran away. Several months later, the feline

turned up in the old Jersey neighborhood, its little paw pads worn down from hundreds of miles of walking and an estimated 3,276 slaps on the snooze alarm.

Whether it's loyalty to individuals or loyalty to familiar surroundings, the lengths to which animals will go are indeed uncanny. If you've spoiled them enough with the "Good boy!" routine, they'll go to even greater lengths to impress you. ("I forgot to wear a Fitbit during my epic 400-mile journey. I'd better go back and do it again.")

Different people have different ideas about how animals accomplish their navigation. Some believe God gave them the instinct. Others believe it evolved over time. This is why so many pets make a detour on their epic journey home. ("The comfy sofa can wait! I wanna visit Charles Darwin's birthplace first!")

I rarely write sequels to columns; but if enough of you write to me with your own

stories, I just might make an exception. Be sure to mention the newspaper in which you saw this essay.

Yes, pets are resourceful about triumphing over impossible odds; but the hope that springs eternal within the human breast isn't always justified.

I realize now that my brother and I were just grasping at straws when our childhood Boston terrier Pee Wee disappeared and we convinced ourselves that he had recognized a licence plate and hopped a truck back to Kansas City.

Come to think of it, I'm starting to wonder why our childhood landlord would install a toilet that was a direct link to Goldfish Heaven...

Danny welcomes email responses at tyreetrades@aol.com and visits to his Facebook fan page "Tyree's Tyrades." Danny's weekly column is distributed exclusively by Cagle Cartoons Inc. newspaper syndicate.

Busy week on local music scene

Things are starting to pick up on the music scene this week, about the same time I'm going on vacation on the Outlaw Country Cruise from Tampa to the Bahamas and back.

There is a lot of fun to be had right here in Lethbridge. Start off the week on Wednesday, Jan. 23 with Calgary based alternative rock band Crowns featuring the music of Kyle McKearney, Shade McKearney and Adam Casey.

Megan Brown has returned from her travels and has a busy week. In addition to playing the songwriter's showcase at the Slice, Jan. 26, she will also likely be celebrating Robbie Burns Day at the Owl Acoustic Lounge with the Junkman's Quire, Jan. 24. That will be preceded by the Owl Acoustic Lounge's poetry open mic which begins at 7:30 p.m. I'll miss a couple of awesome shows on Jan. 25.

Up at the Watertower Grill, one of my favourite new classic rock bands, Blame Andi, including vocalist Andrea Roberts, bassist Shawn Worden, lead guitarist Sheldon Arvay and drummer Ryan Dyck, will be holding court from 8-11 p.m., playing all of your favourite classic rock and pop hits on both Jan. 25 and 26.

One show I am really sorry to miss will be at the Owl Acoustic Lounge. Regina-based indie rock band Bears in Hazenmore will be playing with the queen of Vancouver Island, Carolyn Mark and as a bonus, Vancouver-based surf/rock/folk duo Kitty and the Rooster. So bring your sense of humour, the filthier the better. Kitty and the Rooster aka Jodie Ponto behind the cat mask and the drum kit and Noah Walker, sporting a rooster mask and wielding the axe, are playing in support of their new CD "One Gig Hard Drive."

Admission is by donation. There are a lot of excellent shows on the weekend. Tanner Cyr and local pop band Stars from Streetlights make a long-awaited return to the

stage when they play the Slice, Jan. 25. Medicine Hat alternative rock band Indifferent are also on the bill. Admission is \$15. The show will begin around 9 p.m.

Winnipeg country musician Sean Burns returns to Casino Lethbridge this weekend, Jan. 25 and 26.

And the Herb Hicks Jazz Quartet return to the Mocha Cabana on Jan. 25.

There is a lot of fun on Saturday, Jan. 26 as well.

East Indian-influenced Delta bluesman Harry Manx visits the Empress Theatre beginning at 7:30 p.m. Tickets are \$37.50.

Back home, Good Times welcomes back comedian Charles Andrew Payne for two shows at 6 and 9:30 p.m.

The Owl Acoustic Lounge rocks out on Jan. 26 with a special ticketed event featuring Edmonton stoner rock trio Black Mastiff plus Whitehorse duo Soda Pony and local rock band Biloxi Parish. Admission is \$10.

For a contrast, the Slice features a songwriter's showcase night featuring music from George Arsene, Makiisma (Megan Brown), Corduroy Brown (James Swinney) and Chris Drew. Admission is by donation.

And get ready to laugh for a good time as Good Times features a comedy benefit Sunday, Jan. 27 for the Colombon-Rodriguez family who lost everything in a fire, 7-10 p.m. Performers include Lakshjit Gill, John Pogo, Ainsley McPhail, Solly KP, Cole Howg, Brian Daydiuk and Jordi Bott. Tickets are \$15 advance, \$20 at door. The show is 7-10 p.m., Sunday, Jan. 27.

The first big country music show of the year is at the Enmax Centre, Jan. 28. Airdrie-born Paul Brandt, Northern Alberta's High Valley and Saskatchewan musician Jess Moskaluke will be performing beginning at 7 p.m. Tickets are \$43, \$53, \$93 or \$99.50.

Vancouver rock/folk/surf duo Kitty and the Rooster are excited to make their Lethbridge debut, Jan. 25 in support of their new CD "One Gig Hard Drive" as part of their "Best in Snow Tour."

The duo include drummer Jodie Ponto, who wears a rubber cat mask during their shows and guitarist Noah

Walker, wearing a rooster mask. They were a hit at South Country Fair last year, but are excited to play Lethbridge with Carolyn Mark and Bears in Hazenmore at the Owl Acoustic Lounge, Jan. 25. They were kind enough to take some time away from their vacation in Mexico to answer a few questions through the wonders of e-mail:

How did you two meet and what made you decide to make music together?

Kitty & The Rooster is the product of a torrid love affair in soggy tent during a very rainy music fest in Wells, B.C. A few years after our initial fest-mance we started to get to that point in a relationship where you either need to have a baby or start a band. We picked band.

CONTINUED ON PAGE 8

the buzz

LIVE MUSIC

Richard Amery

Sun Times columnist



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EDITORIAL: An opinion

Right move on voting for expats

The Supreme Court of Canada has ruled in favour of voting rights for Canadian expats, which Canada has never had fully.

This is a positive development for the fundamental democratic rights of Canadian citizens, regardless of where they live, and shouldn't be, nor is in reality, a partisan issue.

Prior to 1993, only members of the Canadian Armed Forces and government employees were permitted to vote from abroad. Then-prime minister Jean Chrétien loosened this restriction, allowing all citizens who've lived abroad for fewer than five years to participate in our democratic process.

This wasn't strictly enforced until Stephen Harper came to power, which led to this Charter challenge from Gillian Frank and Jamie Duong — two professors at U.S. universities who weren't allowed to vote in 2011.

As the Supreme Court reasoned in its 5-2 decision Jan. 11, ceasing to live in Canada doesn't take away one's Charter rights, slamming the ban for citizens who've lived abroad for five years or more as "arbitrary." All Canadians should be allowed to vote in Canadian elections if they want to.

Prime Minister Justin Trudeau's government passed Bill C-76 in the summer, which was intended to restore this fundamental right to Canadian expats. But the Supreme Court validated it and rightfully so.

Allowing ex-pats to vote is not a particularly controversial policy — the United States, even under ultranationalist President Donald Trump, permits it. If you have U.S. citizenship and have never lived in the U.S., you can still vote.

As Rhodes scholar Yasmin Rafiei pointed out in the pages of the Jan. 11 *Globe and Mail*, allowing ex-pats the right to vote keeps them connected to developments in their country of origin, increasing the likelihood that they return and contribute to it.

True, as Postmedia columnist Brian Lilley pointed out, the U.S. also permits the death penalty. Would advocates for giving expats the right to vote support the death penalty? he asked.

But this isn't simply a matter of "They do it, so it's OK." It's a matter of the fundamental, inalienable rights of citizens to have input in the way the country they belong to, even if they haven't resided there for a while.

There are many other aspects of U.S. political culture many Canadians would correctly find undesirable — materialized police forces, elected judges, an over-emphasis on states' rights.

However, when it comes to protecting the rights of its citizens abroad, the U.S. has got it right. Credit where credit is due.

Would many of these expats be more inclined to vote for the prime minister who restored their right to vote? Likely, but there are undoubtedly Conservative and NDP-oriented Canadians who live abroad.

And not all expats are living outside of Canada by choice. Many sought jobs abroad when they couldn't at home and would return if they were able to.

But for those who automatically oppose anything the prime minister does, calling him a "globalist" and "traitor," this policy is some red meat, facts be damned.

An editorial from the Medicine Hat News

Basketball debuts ... king abdicates ... around the world in 72 days

Jan. 20

On this date:

In 1783, Britain and the United States signed an armistice, and fighting in the Revolutionary War ceased on Feb. 4.

In 1892, the first game of basketball was played in Springfield, Mass. It was invented by Canadian-born teacher James Naismith.

In 1929, the first full-length talking picture shot outdoors, "In Old Arizona," was released by Fox.

In 1981, the American hostage crisis in Iran came to an end. The release came moments after the U.S. presidency passed from Jimmy Carter to Ronald Reagan. The 52 Americans had been held for 444 days. Radical Iranian students had seized the U.S. embassy on Nov. 4, 1979, demanding the U.S. extradite the deposed shah to stand trial in Iran.

Jan. 21

In 1793, during the French Revolution, King Louis XVI, condemned for treason, was sent to the guillotine.

In 1839, Acadia College was opened in Wolfville, N.S.

In 1936, Edward, Prince of Wales, was proclaimed Britain's king, one day after the death of his father, King George V. Edward reigned for only 11 months, abdicating on Dec. 11 to marry a divorced American, Wallis Warfield Simpson. Edward's younger brother Albert became king in his place, reigning as George VI until 1952.

In 1976, the supersonic Concorde jet was put into service by Britain and France, with flights from London to Bahrain and from Paris to Rio de Janeiro. (The Concorde airliner was retired in 2003.)

Jan. 22

In 1807, Canada's first curling club, the Montreal Curling Club, was founded. The club's first game was played on the St. Lawrence River on April 11th of that year.

In 1901, Queen Victoria died at age 82, ending her nearly 64-year reign — the second-longest in British history. She was succeeded by her eldest son, who became King Edward VII.

In 1964, Canada and the U.S. agreed to develop former president Franklin Roosevelt's summer home on Campobello Island, off New Brunswick, into an international park.

Jan. 23

In 1849, Dr. Elizabeth Blackwell became the first woman to receive a medical degree. The British native was awarded the degree by the Medical Institution of Geneva, N.Y.

In 1863, the Toronto Stock Exchange began daily trading sessions.

In 1909, radio was first used to save lives at sea. A distress

signal brought help when the "Republic" rammed and sank the "Florida" off the New England coast.

In 1941, Franz Von Werra became the only German prisoner of war to escape in Canada. Enroute to a northern Ontario prison camp, he escaped from a train near Prescott, Ont., and made it into the United States in a stolen rowboat. When he got back to Germany, Hitler awarded him the Iron Cross. Von Werra was later killed in action.



this week IN HISTORY

Jan. 24

In 1556, the most deadly earthquake of all time struck China's Shaanxi province. It killed 830,000 people.

In 1848, James Marshall discovered a gold nugget at Sutter's Mill in northern California — a discovery that led to the Gold Rush of 1849.

In 1908, the first Boy Scout troop was organized by a British soldier, Sir Robert Baden-Powell. For his work in organizing the Boy Scout and Girl Guide movements, he received a peerage in 1929. He died in 1941.

In 1972, Japanese soldier Shoichi Yokoi was discovered on the Pacific island of

Guam. He stayed hidden in the jungle for more than 27 years, believing the Second World War was still going on.

Jan. 25

In 1579, the "Treaty of Utrecht" was signed, marking the beginning of the Dutch Republic.

In 1759, poet Robert Burns was born in Alloway, Scotland. Best known for his descriptions of country life and for satires against the religious and political hypocrisy of the day, Burns wrote much of his poetry in his broad Scots dialect. He lived a life of hard labour and poverty while struggling with his father on a series of poor farms. Burns nearly emigrated to Jamaica in 1786, the year his first volume of poetry was published to great acclaim.

In 1890, reporter Nellie Bly of the *New York World* returned home, completing an around-the-world journey in 72 days, six hours and 11 minutes. That beat the fictional 80-day trip of Jules Verne's Phileas Fogg.

In 1924, the first Winter Olympics began in Chamonix, France. (Hockey and figure skating competitions had been staged in conjunction with previous Summer Olympics.)

Jan. 26

In 1784, in a letter to his daughter, Benjamin Franklin expressed unhappiness over the choice of the eagle as the symbol of America, and expressed his own preference — the turkey.

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THE ARTS

ALTAMEDA LAUNCHING NEW ALBUM

Band opening for The Trews

Richard Amery
For the Sun Times/Shopper

Edmonton based indie rock/alt country band Altameda had a fun year last year. They played a lot of festivals, toured with the Sheepdogs and are embarking on a tour with the Trews in advance of their new second CD "Time Hasn't Changed You," which was due out in March, but has been moved up to Jan. 25 to coincide with the Trews' "Civilianaires" tour which stops by Average Joe's Feb. 5.

"We've been sitting on it for about a year, so we're pretty excited to get it out in the world. The label thought it would be better to release it before this tour," said Altameda frontman Troy Snaterse. He is joined by bandmates Todd Andrews, Matt Kraus and Erik Grice.

They were last in Lethbridge, May 2 with Arizona's Jared and The Mill.

"I think that was the first time we were in Lethbridge, but we're talking to our agent about coming back to Lethbridge after this tour and to some of the other smaller cities we're going to with the Trews," he enthused.

"We get 45 minutes, so we'll start with a couple of the rockers, then pare it down for some more acoustic numbers, then end with a couple more rockers," he said, adding they would be up for an encore jam with the Trews as the Trews have been wont to do with other opening acts like the Glorious Sons.

"I wasn't aware they did that, but we'd love to do that," he said.

Altameda has released two of the rockers on the new CD, "Rolling Back To Me" and "Losing Sleep," both have which have been played on Edmonton Oilers broadcasts.

"They played 'Losing Sleep' during a montage of Oilers plays last week, which is pretty cool. Our agent has a pretty good relationship with SportsCentre," he said.

"It's very cool. The label chose the singles, though they aren't really representative of what we do," he said, adding the next single "Little Tears" is more representative of the band and will be released in time for the tour.

They recorded the new CD twice.

"We recorded it last October in our keyboardist's (Matt Kraus) family's cabin. But we thought it needed more polishing and the songs needed more road testing. So when we were in Toronto, we started shopping it around. We sent one to Aaron Goldstein, who plays with Daniel Romano and City and Colour and he sent us a long e-mail back to us outlining all of the influences he heard and they were the same as our influences, so we recorded it with him," he related, adding that ended up being a great idea as Goldstein not only added extra instrumentation like steel guitar, but also welcomed the talents of a few high-profile guests like saxophonist Joseph Shabason who has worked with the War on Drugs and fiddle player Kendal Carson, who plays with John Prine and Barney Bentall.

"She (Kendal Carson) was in town with Barney Bentall and needed to borrow a cable or something, so Aaron asked her to stop by the studio and while she was here, got her to play on a song 'Fire' and she just killed it," he said.

The finished product got picked up by Pheromone Records and Cadence Records.

"They're a subsidiary of Universal, and they have been really helpful to us," he said.

In addition to the new CD coming out in March, they are also re-releasing their double album "Dirty Rain" on vinyl, Feb. 1.

They have a busy year planned including tours in Europe and possibly playing South By SouthWest in Austin Texas in March.

Altameda and the Trews play Average Joe's, Tuesday Feb. 5 at 8 p.m. sharp. Tickets are \$35 in advance, \$40 day of the show.

CORRECTION NOTICE

In the circular beginning Friday, January 18, 2019, we intended to signify the B1G1 Free Baskets & Decorative Boxes offer excludes Easter Baskets and did not.

We apologize for any inconvenience this may have caused.



SUBMITTED PHOTO

Edmonton's Altameda are touring with The Trews on their Civilianaires tours, which stops by Average Joe's Feb. 5.

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THE BUZZ

CONTINUED FROM PAGE 4

A lot of your songs on the new CD are about sex; what inspired you to write about sex? (I play the Sexercise a lot on my punk show on CKXU) What inspired the songs in general?

They always tell you to "write what you know" so Kitty & The Rooster has a lot of songs about touring in an unknown band, our hometown of Vancouver B.C., and yeah ... Kitty & The Rooster's main goal with songwriting is to make our friends laugh. We figure if we can achieve that then we are on the right track. The song Sexercise is all about The Rooster's exercise philosophy and how to stay in shape when touring in a rock n' roll band.

In your promo pics you both have cat and rooster masks. Do they appear on stage? What is the biggest challenge

performing in masks?

Yes, our masks will be making an appearance in Lethbridge! It is almost impossible to see in the masks so The Rooster has had a few epic bails on stage but it adds an element of danger to the show.

Jodie, you're a band photographer. Which came first, photography or music? Why did you form this band? What was the concept behind it?

The Kitty has been a professional photographer for a long time and so it made sense that when we started the band that it had to have a significant visual component. Shortly after our first rehearsal we ordered away to a company called "State of Latex" for some cat and rooster masks. Jodie Ponto put to use her photo skills to make a series of hilarious images and photoshops which we call "Pontoshops".

What do you remember about your last show in the Lethbridge area?

This is our first time! Although we're popping our Lethbridge cherry, we have played in the area at South Country Fair before. We played in the afternoon and it was so blisteringly hot that Noah was worried he might pass out

during the set. Then he realized, if he did pass out, people would love it, so he played even harder and managed to make it through one of our favourite shows of the summer. What do you hope people will take with them after one of your shows?

Hopefully people will take home one of our Kitty & The Rooster prayer candles with images of Mary Kitty and Rooster Jesus on them and maybe one of our Kitty & The Rooster lollipops which we like to call C— Suckers and P— Lickers

What are we going to be hearing at the show? What are you looking forward to most about it?

A healthy dose of surf-tastic rock n' roll with Jodie (the Kitty) Ponto on the stand-up cocktail drum kit, and Noah (The Rooster) Walker on guitar dishing out some reverby retro comedy rock. We are looking forward to playing in Lethbridge and seeing some friends and family we haven't seen in a while and to be reunited with the Queen of Vancouver Island, Carolyn Mark. Whenever she is involved you know it's going to be a good time.

Will it be just the duo; do you add other musicians to live shows?

Not JUST a duo! A high-energy rock n' roll show with the sound of a full band. Though there's only two of us on stage we have to haul more gear than most rock bands. That said, whenever possible we do perform with our backup singers The C—kettes.

You're playing with Carolyn Mark and Bears in Hazenmore. What do you enjoy most about playing with them?

Oops, I already raved about Carolyn Mark but I'd happily rave some more. She is just the best and easily one of our biggest heroes/influences. We are excited to see Bears in Hazenmore too, we're both playing at the Big Winter Classic festival in Calgary the day before.

CONTINUED ON PAGE 9



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THE ARTS

BUZZ

CONTINUED FROM PAGE 8

Now the CD is out, what are your plans? Do you have a big tour in the works for it? I type this from an airport in Mexico where we just spent a week writing a whole batch of new songs that will be on our next record. Kitty & The Rooster will be touring Western Canada extensively between now and the end of summer then we are planning on heading out to Ontario and beyond in the fall.

Rocanville, Sask.-based country star Jess Moskaluke has a lot to be excited about over the last year and indeed the past 10 years.

She earned a platinum record for her hit "Cheap Wine and Cigarettes," the only female artist to win one since Shania Twain. She also took home her third CCMA award for female artist of the year and just got a gold record for "Kiss Me Quiet." A few of the highlights including winning best album for her third album, "Past The Past," at the 2018 CCMA awards, playing a tribute to Shania Twain, charted several hits including "Past the Past" and "Save Some of That Whiskey" and, oh yes, also married her longtime boyfriend in August.

"It's been a great year," Moskaluke enthused from her home in Rocanville, getting distracted by her frolicking dogs, noting the highlight is getting married, though she has no plans to turn him into a musician and teach him guitar.

"He works in the oilfield. But it's funny you ask that. I can barely play guitar myself, but I have a guitar and he's expressed interested in learning how to play it. It will

give him something to do while I'm away," she laughed, adding juggling a busy music career and a marriage won't be difficult.

"We've been making it work ever since I started this career," she observed, noting she is gearing up for the first big tour of the year — The Journey Tour with Paul Brandt, High Valley and fellow Saskatchewanites the Hunter Brothers, which stops by the Enmax Centre, Monday, Jan. 28.

"I've played with all of them before. So that's going to be a lot of fun. It's a long tour. It's going to take at least five weeks," she enthused.

"I only know what we're doing. We've got a 30-minute set. The Hunter Brothers will be on first, then us, then High Valley and Paul Brandt will finish," she outlined, adding she doesn't know what she will be playing.

"I can't tell you that. I'll be playing my songs. But I don't think I've ever written a set list for a show," she mused.

Another highlight was doing an acoustic concert for CBC last year.

"I've done a couple of those. They're unusual for us. But they're a great way to highlight the songs and my voice. They're really cool. They add a lot of variables to the music," she said.

She is as surprised as anyone by all of the success she has enjoyed.

"I didn't expect any of this, the tours, the hits, the Juno award, any of it," she said, adding she has another busy year ahead of her.

"The Paul Brandt tour will take up the first part of the year. I'm really excited about the tour with Paul. I've got new music I'm working on new music and somewhere along the way we'd like to squeeze a honeymoon in there someplace," she said, adding does all her writing in Nashville.

CONTINUED FROM PAGE 10

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THE ARTS

THE BUZZ

CONTINUED FROM PAGE 9

"I'm still in the very beginning stages of writing new music. I like to do all of my songwriting in Nashville. it's a central hub and better than having to drive two hours for a single songwriting meeting. And I have to decide how to release it," she said, adding she doesn't have any date in mind to release the new music. For now, she is just excited to tour.

"I'm just excited to play and to get to see some people," she said.
The show begins at 7 p.m., Monday, Jan. 28 at 7 p.m. Tickets are \$43, \$53, \$93 or \$99.50.

Reviews
Folk Club at the Cave

The Lethbridge Folk Club opened the new year with a soldout show at the Lethbridge College Cave, Saturday, Jan. 12. As usual on a Saturday, I arrived late, but caught the end of a hot set from John Hannam and his bandmates, keyboardist Steve Fletcher, upright bassist Jason Valleau and drummer Jon May.

Hannam sang earnest original folk and acoustic music including "Only Love Can Save Us Now," from the new CD. I arrived as Fletcher was blasting out a melodica solo, making Hannam's music sound a little more Celtic on several songs, especially on "Goodnight Nova Scotia."

They ended as Hannam joked about not leaving the stage and waiting for applause before returning for an encore, and noted he and the band would just go ahead and play the encore of "Damn Tattoo." They received a standing ovation for it.

Global Acid Reset at the Slice

As expected, a decent crowd showed up for Global Acid Reset, who returned to the Owl Acoustic Lounge, Saturday, Jan. 12.

Taylor Ackerman played big solos and bellowed out up-tempo blues music while drummer Dustin Gergel and bassist Pat Ackerman set down a solid groove as the trio played an exuberant set of blues-based rock and roll.

He played some blues music by people like R.L. Burnside and switched to another guitar to play slide for blues classic "Boot Hill."

Jolene Draper and the Inquisitive Few

Friday, Jan. 11 was my first opportunity to check out the new Watertower Grill, located, as expected in the watertower on Mayor Magrath Drive.

The room was packed wall to wall for Jolene Draper and the Inquisitive Few and I had to squeeze my way through a lot of chairs and tables placed right next to each other to make it to the bar, located right next to the windows, so you can see Lethbridge from the west.

It is always a pleasure to hear Jolene Draper sing, especially when backed by a crack band of bassist Steve Martin, lead guitarist Braeden Rouse and drummer Ryan Ebbinghoff. I arrived during a sultry version of Peggy Lee's "Fever."

They covered a variety of musical styles including quirky, jazz-tinged originals, a couple of capable covers of classics like me and Bobby mcGee, '90s rock with Four Non Blondes' "What's Going On" and a spooky Portishead cover, which ended the set I saw.

Martin alternated between upright bass and electric bass. Rouse showed he was a phenomenal guitarist, playing ambient riffs and bluesy solos.

They added a touch of psychedelic rock. And their drummer kept a strong, steady beat. Draper, as always, sang in her beautiful, unique warble.

Keith "Catfish" Woodrow is starting to put on blues shows in Lethbridge. He played an excellent show at the Slice, Friday, Jan. 11.

He had a decent, receptive and patient audience in attendance who didn't mind as he took his time tuning his many guitars. He and his tight band played an array of blues music including relative newcomers like Keb Mo to more classic blues tracks like "Hoochie Coochie Man," John Lee Hooker's "Boom, Boom, Boom" which had a couple of couples dancing and slower blues like "Stormy Monday," which had them listening.

He switched to a national steel guitar to break out some slide powered blues including "Walking Blues." He talked a little about the history of the music and some of the major players he was playing.

He also welcomed Calgary bluesman Harley Packer on stage to add guitar solos to a couple of songs as well as to sing lead vocals on another.

It is always exciting to see rising talent perform, so I caught Mercedes Fawns' CD release party at the Owl Acoustic Lounge, Friday, Jan. 14 for her new CD "I Grew Up Here."

I missed opening sets from Bailey Kate and The New Weather Machine, but was glad to catch the main event —

Mercedes Fawns and a tight band I didn't recognize other than the Rainbow Patrol's Richard Charlton, who also produced her album.

Fawns doesn't play live very often; at least, I haven't seen her play for a few years, which made it a treat to see such a strong show. She started off with a piece of free-form poetry before bringing in the band to rock out.

She had a powerful voice which brought to mind Avril Lavigne and a touch of Alanis Morissette. She put a captivating set, bouncing around the stage and knew how to control her voice and her microphone.

Their set focused on original music, but they rocked an SIA cover. She followed that with a couple more songs from the album, "Backseat" and "Freezing in April."

They ended the show with the new single, "Lighting Candles With Matches."

January 23

Beaches — open mic
Slice — Krowns

January 24

Slice — open mic with Gabriel Thaine
The Zoo — Thursday Thursday open mic
Owl Acoustic Lounge — 7 p.m. Owl Poetry open mic with Terri Petz 9:30 p.m. Robbie Burns Celebration with Junkman's Quire

January 25

Slice — Tanner Cyr and Stars From Streetlights And Indifferent 8 p.m. \$15 in advance
Casino Lethbridge — Sean Burns
Watertower — Blame Andi 8:30 p.m.

Owl Acoustic Lounge — Bears in Hazenmore with Carolyn mark and Kitty and the Rooster
Honker's Pub — open mic
Mocha Cabana — Herb Hicks Jazz Quartet with Sheena Lawson
Good Times — Roast Battle

January 26

KCs Pub — open mic
Slice — Songwriters showcase with Makiisma, Corduroy Brown, Chris Drew, George Arsene

Owl Acoustic Lounge — special ticketed event With Black Mastiff, Soda Pony, Biloxi Parish, FaceCut \$10
Honker's Pub — afternoon open mic

Empress Theatre — Harry Manx
Casino Lethbridge — Sean Burns
Watertower — Blame Andi 8:30 p.m.
Good Times — Charles Andrew Payne
KCs Pub — open mic

January 27

Good Times — Comedy benefit show for Colombon-Rodriguez family \$15 advance, \$20 at door 7-10 p.m. with Performers include Lakshjit Gill, the John Pogo, Ainsley McPhail, Solly KP, Cole Howg, Brian Daydiuk, Jordi Bott

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HOLY BIBLE or STRONG DELUSION?

Where the inspiration of our Bibles is denied and Psalm 138:2 and all other words of God are said to apply only to the "Lost Originals", James Strong has instead been magnified.

His corrupt Greek and Hebrew definitions pepper today's preaching, as if his Concordance were the final and 67th book of the Bible. His liberal definitions are used as quick and weak patched to fill a void in Bible-study time or sermons. The frantic flipping back and forth in Strong's should give way to quietly sitting beside the still waters of the scriptures and looking up all the Bible's usages of a word.

James Strong's liberal views got him a seat on the corrupt Revised Version (1881, Westcott and Hort) and the American Standard Version (ASV) Committees.

On those committees Strong joined Unitarians (e.g. Thayer, Abbott, Smith), a child molester (C.J. Vaughan), followers of Luciferian H.P. Blavatsky (e.g. C.D. Ginsburg, Phillip Schaff), and a horde of Bible critics (e.g. S.R. Driver), who together changed nearly 10,000 words of text.

The denial of the virgin birth is seen in the ASV and new versions in Luke 2:33. They change the JKV's "Joseph and his mother" to "his father and his mother." Joseph was not Jesus' father.

Strong's bible (along with most new versions) has no 'Lucifer' (Isaiah 14:12). Lucifer becomes the "day-star," of Roman mythology, which equates Lucifer with Christ. Ideas from Roman and Greek mythology permeate lexicons. Their note for Isaiah 14:12 gives the reader a cross references to Jesus Christ in 2 Peter 1:19, Rev. 2:28, 22:16! This makes Jesus Christ the devil and "fallen from heaven," "cast down to the ground," "down to hell" and "abominable."

Strong's ASV specifies that in their opinion Jesus is a "creature" not the Creator.

Therefore it is no surprise that the ASV marginal note for John 9:38 states that Jesus Christ is just a man, a "creature," and not God, the "Creator." (Also see the note in Matt. 2:2). The ASV note for the verse, "And he said, Lord, I believe, And he worshipped him," says,

"The Greek word denotes an act of reverence, whether paid to a creature (as here) or to the Creator. . ."

The latest editions of Strong's Concordance have been corrupted to further match the corrupt new versions. The Complete Strong's Concordance and its Greek Dictionary had King James Bible critic, Gregory Stephens, among its editors. The latest fiasco is called The Strongest Strong's Exhaustive Concordance. Its editor is new version fan, John Kohlenberger. It is published by NIV publisher, Zondervan, so it is sure to make its definitions match the NIV. Zondervan is a subsidiary of Harper-Collins, the publisher of The Satanic Bible.

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CROSSWORD

CLUES ACROSS

- 1. Pairs
- 5. Try to gain favor
- 10. Bloodsucking African fly
- 12. Preserve a dead body
- 14. Philly delicacy
- 16. Early multimedia
- 18. Agency
- 19. Teenagers' test
- 20. Net
- 22. Computer memory
- 23. Drove fast
- 25. Expression of annoyance
- 26. Google certification
- 27. A way to caress
- 28. Charles S. Dutton sitcom
- 30. OJ's judge
- 31. Pack up
- 33. Croc hunter
- 35. Extract
- 37. Leg parts
- 38. Herbal tea
- 40. Humans have 10
- 41. Autonomic nervous system
- 42. Swiss river
- 44. Paddle
- 45. Taxi
- 48. Something to break
- 50. Hoarse
- 52. Flow's partner
- 53. Famed English cricketer
- 55. Parts per thousand (abbr.)
- 56. Peacock network
- 57. Sports highlight show
- 58. Great generosity
- 63. Barbary sheep
- 65. Agave
- 66. Crab (German)
- 67. Egyptian god of life

CLUES DOWN

- 1. Speedy ballplayer Gordon
- 2. Utah athlete
- 3. Former CIA
- 4. Teeter totter
- 5. Sporting dog
- 6. Woman (French)
- 7. Greek sophist
- 8. Gathered leaves
- 9. Milliliter
- 10. African nation
- 11. In a brazen way
- 13. Aquatic mammal
- 15. Pouch
- 17. Denies
- 18. Germany
- 21. Brightness
- 23. Cool!
- 24. Department of Defense
- 27. Indian city
- 29. "Our Betters" director
- 32. Ice cream brand
- 34. Midway between north and northeast
- 35. Postage are one type
- 36. Balearic island
- 39. Body part
- 40. Scotland's longest river
- 43. Where rafters go
- 44. Type of Kia
- 46. Where monks live
- 47. UK TV station
- 49. A way to raise an objection
- 51. Sunscreen rating
- 54. Unfriendly
- 59. Catch
- 60. Panthers' QB
- 61. Self
- 62. Type of sister
- 64. Alright

Project mapping DNA

Q. In 2003, the Human Genome Project (HGP) fully mapped the DNA of our species. What is the new project underway described as "the most ambitious proposal in the history of biology"?

A. It's the Earth BioGenome Project (EBP), aiming to generate a DNA sequence for every species alive today, all 1.5 million complex life forms, says Jonathon Keats in "Discover" magazine. The brainchild of evolution and ecology professor Harris Lewin, the project already has a head start with a collective 500,000 species from zoos, botanical gardens and places like the Smithsonian, and some 15,000 complete genomes are already published.

"Lewin thinks perhaps 500,000 more species samples can be scooped up by avid citizen scientists, but gathering the last half-million will take serious innovation, such as sample-collecting drones and submersibles."

Though the tasks ahead are seemingly impossible, much the same was said of the HGP, yet demand and financial resources turned out to be great technological accelerators. "The HGP went on to contribute an estimated \$1 trillion to the U.S. economy. It helped experts improve medical diagnoses and discover new drugs. EBP could bring similar gains, particularly to the world of medicine."

Then, consider the immense expansion of knowledge: not only knowing what's out there, from the Amazon's canopy to the ocean floor, but also adding to basic science by determining what genetic material all complex life shares.

Q. Are you familiar with the "Baby Tooth Survey" and the role it played in banning above-ground nuclear weapons testing?

A. In the late 1950's, medical doctor Louise Reiss believed that nuclear weapons testing in the United States was harmful to those in nearby areas, says Dan Lewis on his "Now I Know" website. Since the tests produced radioactive strontium-90 (Sr-90), chemically similar to calcium, Reiss wanted to determine whether people were absorbing Sr-90 in their bones. Her "outside-the-box idea" was to test baby teeth, the most available bone out there.

Thus began the "Baby Tooth Survey," where for over a dozen years, Reiss and others collected nearly 300,000 baby teeth from St. Louis area children, who each received a button with the words, "I Gave My Tooth to Science." The findings: Sr-90 was being absorbed into the bodies of those exposed, so that "children born after 1963 had 50 times more Sr-90 than those born before nuclear testing began."

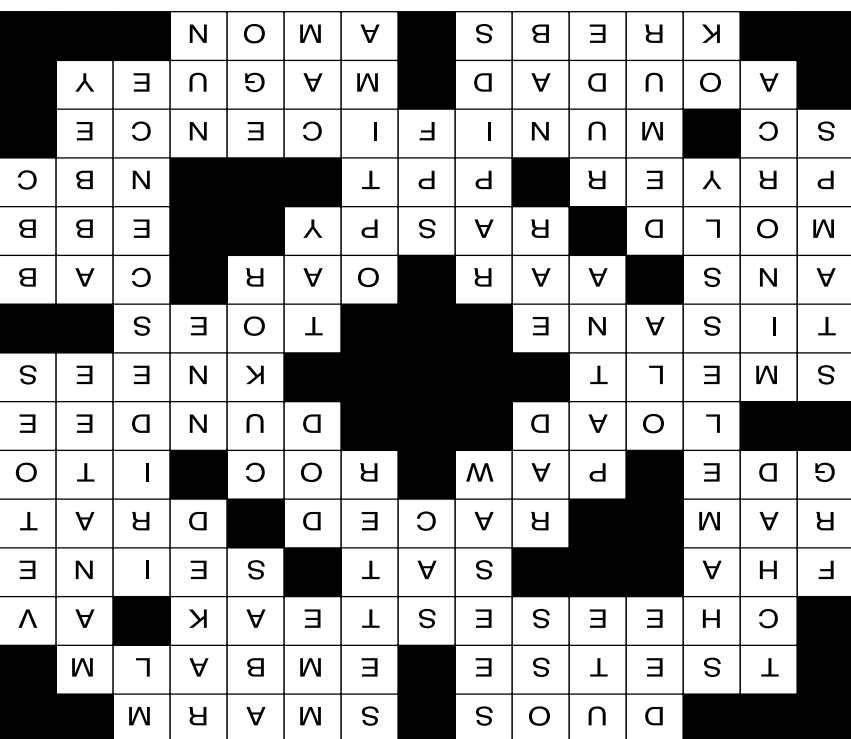
"In 1963, with the knowledge of the first Baby Tooth Survey now available, the United States agreed to and ratified the Partial Nuclear Test Ban Treaty," joining other signatories in declaring an end to nuclear weapons testing above ground.

Q. Some 3700 years ago in a city in Jordan called Tall el-Hammam, mud brick walls of nearly all structures suddenly disappeared, leaving only stone foundations. What had happened?

A. "An exploding meteor instantaneously destroyed civilization on a 25-kilometer-wide plain called Middle Ghor," says Bruce Bower in "Science News," reporting on work by archaeologist Phillip Silvia. The region remained largely unpopulated for the next 600-700 years. "Up to 65,000 people lived in the area when the cosmic calamity hit." The evidence for a meteor impact? Outer layers of many pottery pieces rapidly turned into glass at very high temperatures, and spherical mineral grains which rained down upon the devastated city appear to have been created by high-force winds.

No human deaths due to meteorite impacts have been documented in modern times, though we have had close calls with the Tunguska event in Siberia in 1908 and the one in 2013 near Chelyabinsk, Russia. But our ancestors were not so lucky. And it is sobering to consider that a meteor likely did in the dinosaurs.

(Send STRANGE questions to brothers Bill and Rich at sbtcolumn@gmail.com)



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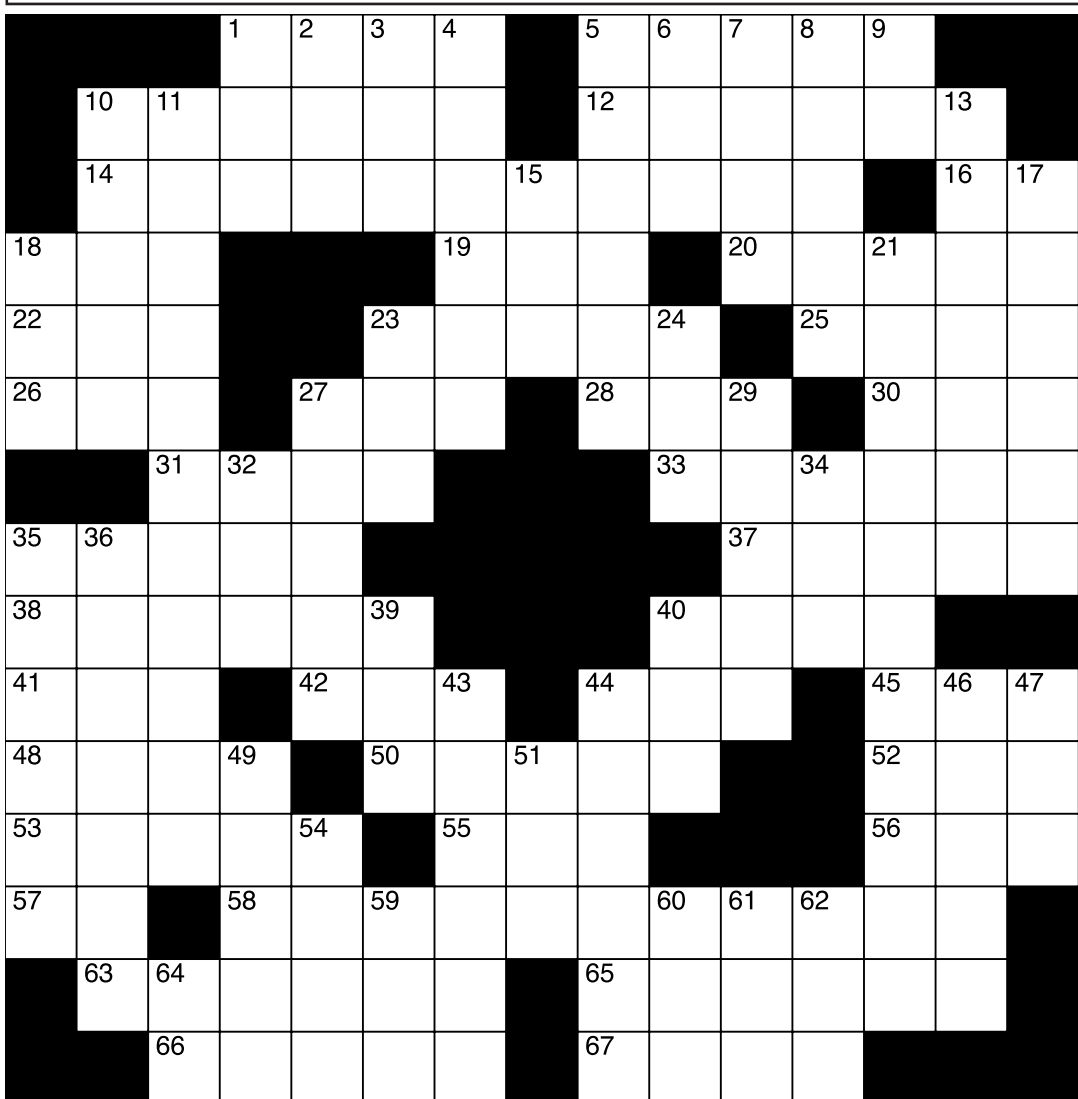
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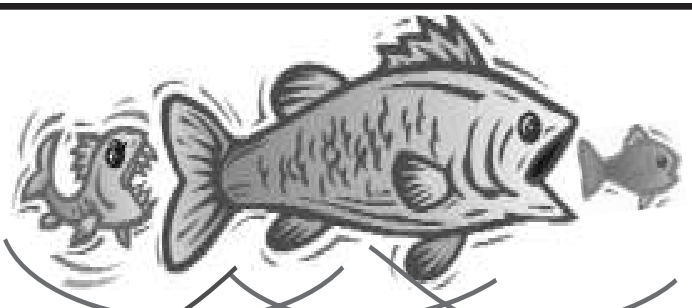
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1105

SCARY NEWS...
 A new study from the Hebrew University of Jerusalem, published in 'Human Reproduction Update' and reported in 'Science Daily', found a 59.3% decline in total sperm count among men from North America, Europe, Australia, and New Zealand. In light of recent evidence linking poor semen quality with higher risk of hospitalization and death, the findings strongly suggest a significant decline in male reproductive health with serious implications beyond fertility and reproduction. Exposure to "chemical castrators," especially from agricultural chemicals like atrazine - which cause "feminization" of males with resultant hormonal disruption and sperm population decline - are widely blamed as the cause. Researchers found the decline, which is accelerating in Western nations including the U.S., could lead to a collapse in human population.

LOOKING TO EARN SOME EXTRA INCOME?



GREAT WAY TO GET THE KIDS AN OUTDOOR ACTIVITY AND EARN MONEY!

LOOKING FOR FLYER CARRIERS IN LETHBRIDGE

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Ads must list a price, and the price must be \$100 or less.

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DO YOU WANT TO EXPLORE THE Trades World, but not sure which one suits you? Grande Prairie Regional College has a program for you! Co-operative Trades - you will touch base on every trade we have available. Start Date for this course is February

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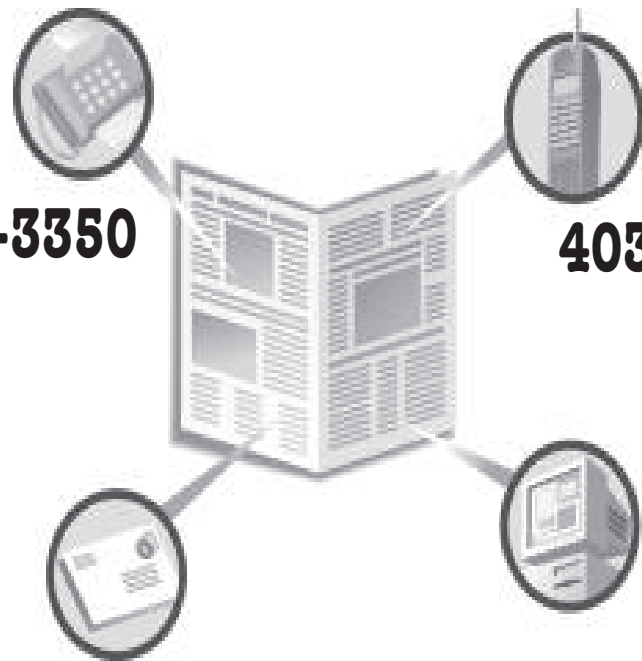
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* Totum Research. Adults 18+ in Alberta. Aug 2018



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Meet
Priscilla Peltier
Certified Herbalist,
Nutrition Consultant
and Registered BIE
Practitioner

Five Post-Holiday Digestive Recovery Tips:

If holiday overindulgences leave your tummy feeling upset, **digestive enzymes** are one of nature's solutions for tummy troubles. Whether it's bloating, indigestion, heart burn, gassiness, or any other tummy symptoms, overindulgence in sweets, meats, or other rich foods make digestive complaints as common as Christmas decorations in December.

Many people rely on digestive enzymes for helping to improve digestion when there has been some overindulging. Adding a blend of digestive enzymes to your diet, either before or during a meal, has been shown to prevent heartburn.

From a traditional herbal approach, certain plants used to help break up gas in the digestive tract include fennel, peppermint, ginger and cinnamon. In addition to cooking with these herbs, they can also be enjoyed as a **tea after meals**.

Bitters are another group of herbs with a long history of traditional use

for digestive complaints. They include artichoke, dandelion root and burdock. This herbal family helps improve digestion by encouraging natural increases in secretions that are required for digestion, such as bile and digestive enzymes.

Consider the Role of Probiotics: Experiencing digestive issues after the holidays is a sure way to know if you have an unbalanced gut. Many people end up taking antacids, gas medicines, or anti-diarrheal medications, but these don't get to the root cause of the problem, which is an imbalanced microbiome. So from this perspective, you may benefit from a well-formulated probiotic supplement. Otherwise consider probiotic-rich foods such as sauerkraut, sour pickles, miso, tempeh, kombucha, kefir and homemade yogurt.

Exercise: Participating in regular exercise can keep your digestive system running

smoothly. Keep up your exercise routine as best you can.

Stay Hydrated: Drink plenty of water. Water aids your digestive health by helping to cleanse the entire system. Furthermore, water may help your digestive system absorb nutrients more effectively by assisting the body to break down food.

Eat More Fibre: Without fibre, digestive systems slow down. Fill up on fibre-rich veggies & fruit to stay regular. We're only human and tummy troubles happen to the strictest of us, but it's important to focus on what to do once the damage is done. Be proactive and **MAKE HEALTH A HABIT**.

Priscilla Peltier is a natural health care practitioner at Nutters Everyday Naturals who writes on health & nutrition and has a passion for the latest research in natural health & diet.



MCT LINE

Introducing MCT Oil and all of its benefits. This medium chain triglyceride is metabolized by the liver to be utilized immediately as an energy source. It is also packed with other health benefits such as promoting cognitive function, improving cardiovascular health, controlling blood sugar level as well as promoting weight loss. Organika's premium MCT oil is Non-GMO and sustainably sourced from the tropical archipelagos of Indonesia, Philippines and Malaysia, countries naturally abundant with coconut. Enhanced Collagen Boost combines our number one selling Enhanced Collagen and MCT Oil. With 0-gram net sugar, Enhanced Collagen Boost is suitable for those on a ketogenic diet or require low-sugar diets. Enhanced Collagen Boost is available in its original format and creamy vanilla flavour.

\$26⁹⁹ 150 g

Original or Vanilla



Platinum Naturals' Oregano-8™ Cold and Flu

When taken at the first sign of symptoms, Oregano-8's synergistic blend of 8 powerful immune boosters, is fast and effective for fighting symptoms of colds and flu. It contains 40 mg of oil of oregano, known for its strong anti-viral and anti-bacterial properties. The power of oil of oregano is multiplied through the combination of garlic, goldenseal, elderberry, vitamin C, zinc, cayenne and grape seed extract.

\$25⁹⁹ 30's **\$45⁹⁹** 60's



PRODUCTS ARE NOW AVAILABLE AT NUTTER'S



CanPrev Collagen Beauty

By supporting skin elasticity and healthy collagen production, Collagen Beauty helps improve the appearance of skin, reduces wrinkles and diminishes fine lines. Designed to stimulate fibroblast cells in the skin, to enhance collagen metabolism where it's needed. This unique liquid formula contains bioactive epidermal collagen peptides that are clinically proven to help reduce eye wrinkles in as early as 28 days. Collagen Beauty is gluten-free, dairy-free, and soy-free.

\$32⁹⁹ 500 ml



CanPrev Magnesium Liquid

Magnesium Bis-Glycinate 300 Ultra Gentle offers a potent, therapeutic dose of 300mg of pure elemental magnesium in a form known for its superior absorption and gentleness on the bowels - all that goodness in just one tablespoon!

\$29⁷⁹ 500 ml



Ultimate Flora Probiotic Plus Mood & Stress

- Helps to moderate general feelings of anxiety.
- Helps to reduce stress-related gastrointestinal complications like nausea.
- Supports good digestive health.
- 4 additional strains provide 30 billion active cultures.
- Convenient, one-a-day dose.

\$31⁹⁹ 30's



Prairie Naturals Keto Enzyme

Digestive aid to help decrease bloating after high caloric, high fat meals. Helps to relieve constipation and provide bile salts for bloating, gas and digestive stress. Facilitates the absorption of fat-soluble vitamins and phytonutrients, as well as omega fatty acids. Provides 2 sources of the enzyme Lipase for digestion of fats.

Now Carrying Keto Friendly Products from Prairie Naturals

\$43⁹⁹ 120's

Peanut Butter Protein Shake

A creamy and delicious way to start your day.

- | | |
|---|-----------------------|
| 1/2 cup water | 1 tsp vanilla extract |
| 1 scoop NOW Whey Protein Isolate | 1 packet NOW Stevia |
| 2 tbsp creamy peanut butter (or creamy roasted almond butter) | 1 cup ice cubes |

Directions | Combine in a blender and mix until desired consistency.

Cinnamon Apple Delight

A scrumptious drink both you and your kids will love.

- | | |
|--|-------------------------------------|
| 3/4 cup non-fat greek yogurt | 1 apple (cored and cut into chunks) |
| 3 drops NOW Cinnamon Vanilla Liquid Stevia Extract | 1 cup ice cubes |

Directions | Combine in a blender and mix until desired consistency.



Skinny Hot Cocoa

A lighter version to enjoy anytime.

- | | |
|---------------------------------------|---------------------------------|
| 1/4 cup any milk (dairy, almond, soy) | 1/2 tsp cocoa powder |
| 1/4 cup water | 1 pkg NOW French Vanilla Stevia |

Directions | Combine ingredients in a pot over medium heat on stove. Heat until just bubbling at sides.

Other Ways to Use

Add 4-8 drops of your favourite fruit flavoured NOW Stevia to your water bottles.
Add 1-2 drops of NOW Stevia Dark Chocolate, Hazelnut or English Toffee to milk/cream/almond milk and froth for a yummy addition to your coffee.



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