



FINAL DAY!

Jan. 27 at 5 p.m. marks the final chance for voting in the Sun Times Best of the Best readers' survey. See last Wednesday's edition for a ballot or visit www.lethsuntimes.com

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January 27, 2010

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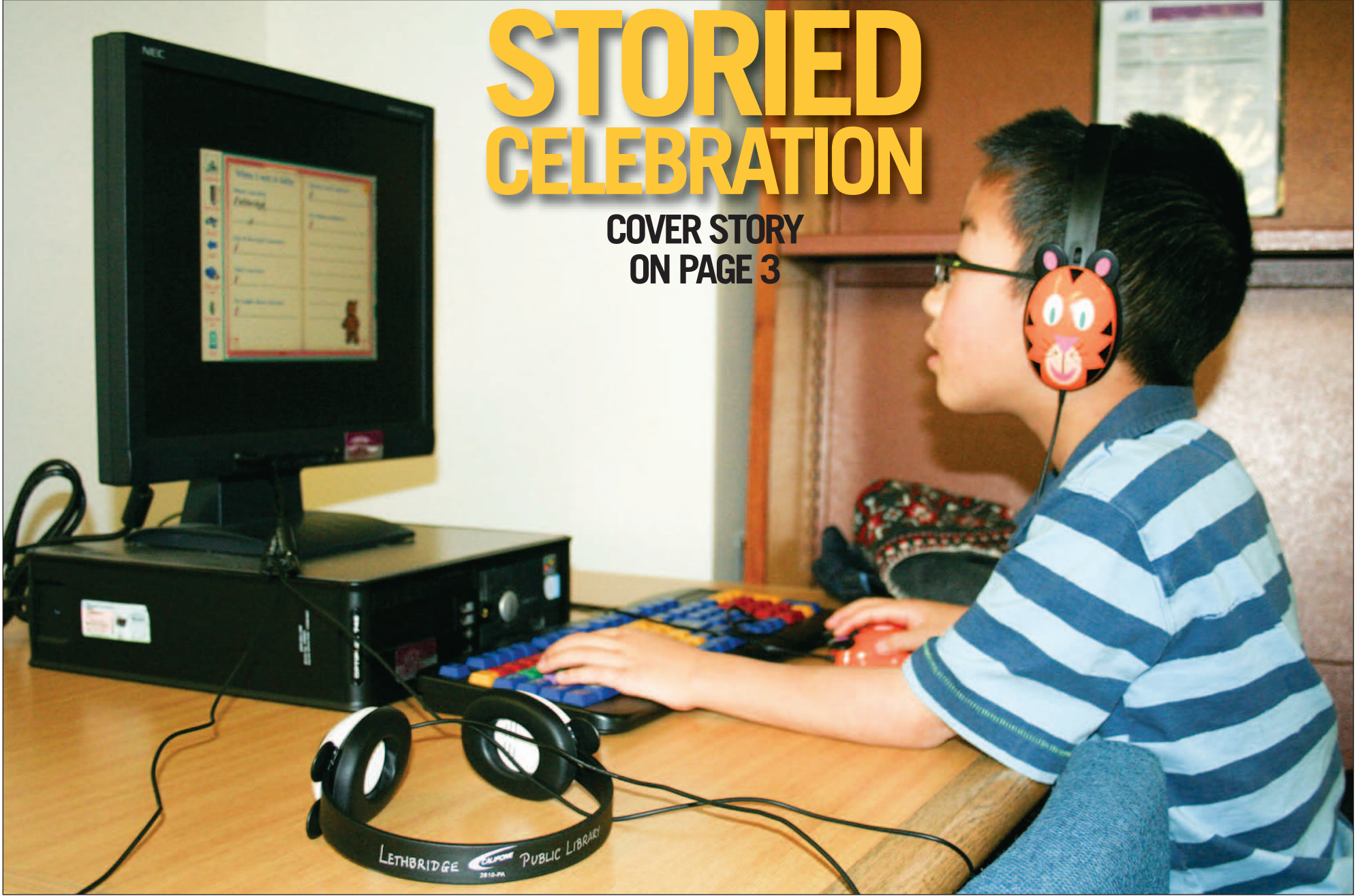
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INSIDE today's issue Guild finds pleasure in making pottery - THE ARTS page 9 • • • Anti-art school - THE ARTS page 10



STORIED CELEBRATION

**COVER STORY
ON PAGE 3**

SUN TIMES PHOTO BY SCOTT SCHMIDT

Seven-year-old Ben Hall demonstrates some of the entertaining ways to enhance literacy available at the Lethbridge Public Library. Family Literacy Day is being commemorated Canada-wide on Jan. 27; however, the library will be holding its event on Saturday, Jan. 30 so more families and students have the opportunity to attend.



To Lethbridge, with love

A Lethbridge man is blogging about all the things he loves about the city he calls home

Story page 7



A small taste of summer

A delicious treat that lets you enjoy the summer delight of ice cream, all winter long

Recipe page 8

Lethbridge regional police, in conjunction with several community partners, are offering a free 2010 seniors' safety calendar, featuring information on elder abuse, crime prevention and personal safety.

Each month provides valuable tips and information for seniors to help protect themselves, and the back page features a Senior Service Guide with contact information. Calendars are available at the police station and through partners including City Hall (third floor), the Sunrise Rotary Club, Lethbridge Seniors Centre, Nord-Bridge Seniors Centre and other seniors facilities.

Other partners include City of Lethbridge Family and Community Support Services, other Rotary clubs and Krushel Farrington law office.

Love connection

There's a lot to love about Lethbridge, says a local man who's blogging things he adores about this city

Scott Schmidt

for the Sun Times

Some have even referred to it as "Deathbridge."

For whatever reason, smaller centres are often criticized simply for being smaller centres, and Lethbridge certainly hears its share of critics. But, while the grass is always greener on the other side for some, there are those who find cities such as Lethbridge have everything they need, and more.

Jonathan Ruzek has spent almost all of his life here and has heard every negative opinion one might have. But regardless of any outside influences from others his age, Ruzek has always loved the city he's grown up in.

That love for the city is what motivated the 28-year-old to start up his own blog about Lethbridge, less than a year ago. Lethbian Love, or www.lethbianlove.ca, is Ruzek's forum for which he speaks his true hometown mind.

"Originally I just wanted to create a social network for Lethbridge but I figured there's Facebook so what's the point," says Ruzek, who works as a web designer in his regular life. "I wasn't going to try to reinvent the wheel so I thought maybe a blog might work.

"There's a (negative) mentality in Lethbridge that young people have about the city that I could relate to and so what I started was a blog, trying to discover things that were interesting about Lethbridge.

"I was trying to bring back the love for the city, so to speak. It's just an endeavour of mine to find things that are really great about this city and I keep doing this

because I think a lot of people often times find themselves bored of this place."

A lover of the arts, Ruzek began the site by simply talking about upcoming events sparking his own interest but soon began to build some popularity. With the help of online social networks such as Facebook and Twitter, Ruzek has slowly started an underground following who regularly keep tabs on his website. The website posts regular information about past or upcoming happenings in the city. Ruzek obviously picks what intrigues him specifically but has been able to reach a wide audience based on his own broad interests.

As a year in the business goes by, Ruzek says his list of contacts has grown significantly. One of Ruzek's favourite parts of

the job has been following the six degrees of separation in the city, which he says allows you to find more people able to aid his cause.

The blog has discussed Lethbridge from nearly every angle since it first began. From disclosing local tidbits, such as Lethbridge being an original brew town for Pilsner or discussing 25-year-old cult-audio-recordings such as "Brocket 99," Lethbian Love never seems to focus from any one specific angle.

"It's interesting the kinds of things people are looking for and if you can actually find subjects that are relevant and people connect with, then you're going to be OK."

He says the real secret to producing an interesting blog is to keep it true to the writer. For a while Ruzek says he tried to write about what he thought others wanted but found when he focused on what interested him, the response was greater.

STORY CONTINUED ON PAGE 8



SUNTIMES PHOTO BY SCOTT SCHMIDT

Jonathan Ruzek, also known as the creator of Lethbian Love, a local blog highlighting some of the city's lesser-known gems.



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.

• **Lethbridge Food Addicts in Recovery Anonymous** meets **Wednesday** at 7 p.m. and **Saturday** at 8:30 a.m. at Chinook Regional Hospital Parkade Meeting Room. Details: Josephine, 403-345-4242, or Ron, 403-320-2075.

• **DivorceCare**, a safe place to heal from the pain of separation or divorce. Join a weekly seminar and support group. Call Michelle Jacobs at 403-320-9618 for details.

• **Southern Alberta Council on Public Affairs** will hold a special session **Jan. 27** from 7-9 p.m. at the Lethbridge Public Library Theatre Gallery on "Financial Fraud: Will Strict Investment Rules Provide the Fix?" Speaker will be independent financial analyst Diane Urquhart from Toronto. Admission is free, with donations gratefully accepted.

• **"The Curious World of Probabilities"** will be the topic of a public talk **Jan. 27** at 7 p.m. in Room PE264 of the 1st Choice Savings Sport and Wellness Centre at the University of Lethbridge. The event will feature a recorded talk by Jeffrey Rosenthal, a University of Toronto professor and author of the best-selling book "Struck by Lightning." After the lecture, members of the Theoretical Physics Group of the U of L Physics and Astronomy Department will answer questions and participate in a discussion with those interested. All are welcome.

• **Rockin' Robics Workout**, a low-impact aerobics class open to adults, will run for 10 weeks starting **Jan. 27** from 5:15-6:15 p.m. at the Nord-Bridge Seniors Centre, 1904 13 Ave. N. Cost is \$25 for members (drop-in cost is \$3 per class) or \$40 for non-members (drop-in cost, \$5 per class). Participants will work out to music from the 1960s, '70s and '80s. Details: David, 403-329-3222 or email dng@nordbridgeseniors.com.

• **The second annual Student Speaker Challenge Series** continues **Jan. 27** with Session 3 at 12:15 p.m. in Galileo's at the University of Lethbridge Students Union Building, featuring speakers Vanessa Lodermeier and Keith Gardner. Session 4 takes place **Feb. 2** at 12:15 p.m. in Galileo's, featuring Kate Nesbitt and Saikat Basu. Semifinal sessions are scheduled for **Feb. 23** and **March 2** at 4:30 p.m. in Galileo's, with the final set for **March 9** at 7 p.m. in Andy's Place (AH100) at the U of L.

• **Amnesty International Lethbridge** will launch the Dignity Campaign in southern Alberta **Jan. 28** at 7 p.m. with the premiere of the film "Poverty of Justice" in the Lethbridge Public Library Theatre Gallery. The film tells the story of three communities in Kenya, Peru and Little Buffalo, Alberta where human rights abuses contribute to keeping them in poverty. Enjoy free refreshments and meet members of local anti-poverty organizations.

• **Oldman River Potters Guild's** Annual Stock Reduction Sale will be held **Jan. 28** from 10 a.m.-8 p.m. and **Jan. 29-30** from 10 a.m.-4 p.m. in the Potters Room at Bowman Arts Centre, 811 5 Ave. S. For more details, call Eileen Harrison, 403-327-0169.

• **The Southern Alberta Ethnic Association** will hold "A Taste of Sudan" **Jan. 29** at the Bill Kergan Centre, 207 13 St. N., with take-out meals at 6 p.m. and dinner served at 6:30 p.m. Tickets are \$9 for adults and \$5 for children 12 and under. For information, call 402-320-1577.

• **The Friendship Force of Lethbridge**, a cultural exchange organization, will hold its first general meeting of the year **Jan. 29** at 7 p.m. at the Lethbridge Senior Citizens Organisation, 500 11 St. S. Members, friends and anyone interested are invited to join as the group enters its 16th year as a chartered club of Friendship Force International. Short business meeting, with program and refreshments to follow. Contact Barb, 403-327-9441, for more information.

• **Lethbridge Astronomy Society** will hold its monthly meeting **Jan. 29** at 7:30 p.m., and will hold a public viewing (weather permitting) **Jan. 30**, also at 7:30 p.m., with both events at the Oldman River Observatory in Popson Park.

STORY CONTINUED ON PAGE 8

BLOGGER LOVES LETHBRIDGE

STORY CONTINUED FROM PAGE 7

Ruzek's blog has even made his opinion seem more valuable to some. When the city was in the midst of planning their strategy of development for the next period of years, Ruzek was actually contacted for his thoughts.

"They just decided to talk to me personally about my opinions of Lethbridge."

Ruzek says he isn't too sure where

he'd like to see the website go and admits he doesn't have the time for the effort necessary to really grow its popularity but he says if more success comes, he won't run away either.

"Eventually I'd like to even see others join in as guest bloggers," says Ruzek. "I'm not seeking to make something big out of this but if it happens it happens. And if it looks like it's going that way, I'm going to roll with it."

Volunteer agency of the week

Alzheimer Society of Alberta and Northwest Territories, Lethbridge and Area Chapter

403-329-3766 or 1-888-329-3766

The Alzheimer Society exists to improve the quality of life and comfort of individuals with Alzheimer Disease; to educate the public and support caregivers; to fundraise to maintain the services in the Lethbridge area and to support research into Alzheimer's disease.

How the community can help

Our fundraiser Hearts and Art for Alzheimer's, will take place on

Saturday, Feb. 27 at the Galt Museum & Archives, Viewing Gallery to raise funds for Alzheimer research.

You can help with this project by:

Donating a piece of art — you will be our guest at the event, and receive a tax

receipt if desired.

Purchasing a ticket to this event. Enjoy champagne, appetizers, beautiful music by a harp quartette and take home a piece of art. Tickets \$100 each at the Alzheimer office.

Various volunteer positions are available including: photographer, assisting with registration, and assisting with set up and take down, greeting guests and more.

If interested in volunteering or would like more information about this event, please call 403-329-3766.

For more information, contact:

Conny Schipper, regional manager

Alzheimer Society of Alberta and Northwest Territories
Lethbridge and Area Chapter
#402 740 4 Ave. S. (The Professional Bldg.) Lethbridge, AB. T1J 0N9
Email: cschipper@alzheimer.ab.ca



Share your time with the help of Volunteer Lethbridge. Visit www.volunteerlethbridge.com or call 403-320-2044.

Did you know?

Sweet tidbits about chocolate:

- Chocolate is one of the most popular confections, as both men and women admit to craving. (About 40 per cent of women and 15 per cent of men report chocolate cravings, according to

published studies.)

- Cocoa was first consumed as a bitter beverage. It wasn't until English explorers brought the beans back to Europe and mixed it with sugar and milk that chocolate began to evolve. Today, there are a variety of chocolates for those with a sweet tooth.



Unite for public services. Strengthen the **fabric** of our communities.

Are the provincial cuts going to tear the fabric of your community?

Join concerned citizens across Alberta by attending this free town hall meeting to discuss the cuts, the consequences, and what we can do.

TOWN HALL MEETING

Wednesday, January 27

7:00 - 9:00 pm

Galt Museum & Archives
Viewing Gallery
502 1st Street South, Lethbridge

TO REGISTER AND GET MORE INFORMATION:
www.JoinTogetherAlberta.ca
1-877-420-0471

A TASTE OF SUMMER IN WINTER

News Canada

You can make this easy, showy dessert with round ice cream sandwiches as shown, or cut rectangle ice cream sandwiches in half and stack them tall. A delicious treat that lets you enjoy the summer delight of ice cream, all winter long.

Stacked ice cream sandwiches with strawberries

Makes: 3 servings

Ingredients:

2 prepared round ice cream sandwiches

1/2 cup (125 mL) chopped almonds, chopped finely

1 cup (250 mL) fresh strawberries, sliced

1/4 cup (40 mL) prepared chocolate sauce

Preparation:

Allow ice cream sandwiches to soften slightly, about 3 minutes. Place almonds in a shallow bowl and roll ice cream sandwiches in almonds, so almonds



stick well to the sides. Stack sandwiches onto a dinner plate. Top with any remaining almonds and scatter strawberries on bottom of plate and atop stacked ice cream sandwiches. Drizzle with chocolate sauce and serve immediately.

Calories 431, cholesterol 0 mg, total fat 18.5 g, fibre 5 g, saturated 4.8 g, calcium 149 mg, monounsaturated 7.5 g, magnesium 106 mg, polyunsaturated 3.2 g, sodium 120 mg, carb 61 g, potassium 480 mg, protein

9 g, vitamin E 6 mg

Recipe courtesy of the Almond Board of California

If you have a recipe request, or a favourite recipe you'd like to share, send an email to

suntimes@lethbridgeherald.com, fax it to 403-329-9355 or write to Recipe Swap, c/o Lethbridge Sun Times, P.O. Box 670, Lethbridge, T1J 3Z7. Please include your first and last name, address and telephone number.

RECIPE SWAP

Community Calendar

CALENDAR CONTINUED FROM PAGE 7

- A Hawaiian Luau** will be held **Jan. 30** in the pub at the Royal Canadian Legion from 5 p.m. to close, featuring music, games and fun. Come dressed in Hawaiian attire and win prizes.
- South Country Jamboree Society** will hold a jam session **Jan. 31** at 1 p.m. at the Kergan Centre, 207 13 St. N., with supper to follow. Everyone is welcome.
- A service celebrating the 15th anniversary of **Ecumenical Campus Ministry** will be held **Jan. 31** at 2 p.m. at McKillop United Church, 2329 15 Ave. S. Everyone is welcome. Ecumenical Campus Ministry operates on the campuses of the University of Lethbridge and Lethbridge College.
- Lethbridge Artists Club** at the Bowman Arts Centre will hold classes including Techniques of Watercolour by Arman Earl, **Feb. 3-March 10**, 1-3:30

p.m.; Drawing Basics by Karen Campbell, **Feb. 4-March 11**, 6:30-9 p.m. For more details, call Juanita at 403-328-6276.

Symphony Women's League's monthly meeting will be held **Feb. 3** at 6 p.m. at Country Kitchen Catering (below The Keg). Final plans for the Feb. 13 Valentine Cup and Saucer Extravaganza at McKillop United Church will be discussed. Executive members are reminded to meet at 5 p.m. prior to the regular meeting. Confirm with Diane, 403-327-3501.

Ex-Service Personnel Association will hold a Valentine Supper **Feb. 5** at the Royal Canadian Legion, 324 Mayor Magrath Drive S. Spouses, veterans' widows and branch associate members are welcome. Cocktails will be served at 5 p.m. with supper at 6 p.m. Tickets are \$15 per person and are available and the Legion's front desk only until 11 p.m. **Feb. 3.**

Lethbridge Legal Guidance, a non-profit society offering free legal advice to low-income southern Albertans, holds clinics **Tuesdays** from 5-7 p.m. by appointment only. For more information, call at 403-380-6338 or email to info@lethbridgelegalguidance.com.

Can you become ambidextrous?

Q. Reader of "Gulf News," United Arab Emirates, asks, "If I'm right-handed, is there any way I could learn to use my left hand for writing so I can write with any hand I want?"

A. Sure, with practice you can learn to do this, says Dr. Diane F. Halpern, director of the Berger Institute for Work, Family and Children, Claremont McKenna College, California. After an injury to one's preferred hand, it is common to learn to use the nonpreferred hand for a wide range of tasks, including writing.

But people vary in the strength of their hand preference — there are righties or lefties who normally find it very difficult to write with the other hand (or brush their teeth or perform other tasks), and there are people who are more bilateral and find it easier to use the nonpreferred hand than do strong right- or left-handers.

It is also fairly common to write with one hand and throw a ball or bowl with the other, so the answer is really more complex than it might seem. Any strong righty or lefty will have a tough time writing opposite, but it is possible. So good luck, hope you possess some natural ambidextrousness, and remember the old joke about "How do you get to Carnegie Hall? — practice, practice, practice."

Q. You don't need to take a physics class to minimize your likelihood of injury from

a long parachutist's leap or from a throw down in judo or aikido or onto the mat of a wrestling ring. But it wouldn't hurt . . .

A. You should try to land so as to maximize the region of contact, thus reducing the all-important force per unit area on the colliding body part, says Jearl Walker in "The Flying Circus of Physics."

This lessens the chance of bending or twisting a bone to the point of breakage or of rupturing an internal organ. For the judo or aikido throw, slap the mat as the trunk of your body hits, adding to the contact area. The slap also helps lift the body and reduces the collision force on the rib cage.

Professional wrestlers are usually in superb shape and can withstand falls, as when they jump from the top of the ropes onto an opponent lying on the mat. Plus, the wrestling floor is

highly flexible for collision-cushioning.

A parachutist is trained to collapse and roll by first making contact with the balls of the feet and then bending the knees and turning so as to come down on the side of the leg and finally the back side of the chest. This prolongs the collision time, reducing the force and spreading it out over a larger area. "If the parachutist were to land standing up, the compression on the bones in the ankles would likely rupture the bones."

Send your strong questions to brothers Bill and Rich at Strangetrue@cs.com



By Bill Sones & Rich Sones, PhD

For the Sun Times