



Photo by Brynn Campbell

Street nurse Doug Roy demonstrates care and compassion on Front Street in Belleville. “A street nurse is not very well received by conventional health institutes,” says Roy. For more, see page two.

Nurse offers non-traditional help

By Brynn Campbell

Word on the street is, health care should be provided to everyone.

From hospitals, to a street clinic in Kingston, to the streets of Belleville, there are no limits to where street nurse Doug Roy brings his compassion and medical knowledge.

Roy, a 1985 Loyalist College nursing graduate, now labels himself as Belleville's own street nurse.

“I had done 10 years of traditional-type nursing in the hospital, then I did nine years in a street clinic in Kingston, which

I loved,” said Roy.

Meanwhile, Roy and his wife, who is also a nurse, longed to work as nurses in Third World countries. Their plans fell through once they discovered how difficult that work would be because of language barriers.

Over time, Roy came to a realization: “You don't have to go very far to find the Third World. It is right here at home.”

“Really, health care should focus on the people in the greatest need, and that is not the case in our country,” said Roy.

“It's the people who are usually in the greatest need who are cared for the least.

“You see a gap that needs filling and you have a set of skills and experience that can be applied so you go and fill a gap.”

About six years ago, Roy voluntarily took on the role of the Belleville street nurse. It took Roy about six months to get things figured out with the help of a few “cool people,” as Roy puts it. Eventually, Roy was capable of gaining the trust of the downtown area, and by word of mouth, clients started to appear.

“The Women's Christian Association had heard about me, got in touch with me and offered to pay me an honorarium for doing it. We have been work-

ing together for probably six years,” said Roy.

“A street nurse is not very well-received by conventional health institutes,” said Roy. In fact, many people have a stereotypical attitude toward Roy's clients.

“In terms of experience in working with the people downtown, there's a lot of stereotypes. There's the druggies; there's the sex trade workers,” said Roy.

“So people say, ‘Isn't that kind of dangerous?’ So we send a reply wherever I am working and say, ‘Look, I worked in the hospital for years, and was kicked, bit,

spit on, punched and sworn at on a pretty regular basis.”

“It's never once happened on the street. Nothing even comes close to anything like that. “So that turns people's preconceptions upside down for them.”

Roy's role of street nurse is giving the marginalized population of downtown Belleville access to health care. Roy works closely with several agencies located downtown: The Belleville Freedom Support Centre, Salvation Army, and parks and streets downtown.

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Photo by Sara O. Swenson

Men out, women in

It was a rough weekend for Loyalist's men's teams. Both the volleyball and basketball teams found themselves bounced out of playoff contention. However, on the flip side of the coin, the women's basketball team earned itself a 'W' and is ready to start their playoff push. For story and photos, see page 3.

Sweet dreams aren't made of these

By Carleen Schmidt

If you had to read this sentence three times because you couldn't concentrate, it could be from lack of sleep.

In a Pioneer online survey of 100 Loyalist College students, 34 per cent said that for four to seven days a week they are getting less than five hours of sleep. Forty per cent said that for one to three days a week they get less than five hours, while 26 per cent said they always get at least five hours.

“About four days a week I get less than five hours of sleep and I can never fall asleep right away because I have too much work going through my head,” said Dustin Mahoney, a civil engineering student.

The survey also asked how many students turn off computers, cell phones and other electronics before they go to bed.

Eighty-four per cent said at least one electronic device is always left on. The brain has always been taught that blue light (the sky) means daytime thus time to wake up and become alert and darkness means time to doze off.

“My computer gets turned off but my cell phone is always on when I go to bed because it is my alarm clock as well,” said Caitlin Anne Marie Martorino, an accounting student.

Exposure to blue lights, such as those on some cell phones, computers and iPads, can disturb sleep patterns and increase insomnia, according to Phyllis Zee, a neuroscience professor at Northwestern University. She states if you are using these electronics close to bedtime then “that light can be sufficiently stimulating to the brain to make it more awake and delay your ability to sleep.”

Author Adam Knowlden, a doctoral student from the University of Cincinnati, said in a news release that, “The brain acts like a hard drive on a computer during sleep. It goes in and cleans up memories and makes connections stronger. It

gets rid of things it doesn't need.”

He explained that if a student is sleep-deprived, it affects the whole process. The person can't concentrate, can't remember things and isn't able to learn, defeating the purpose of college.

College students tend to have different schedules than those working steady jobs, causing a difference in sleep patterns compared to the rest of the population.

The first step in helping a student who's having trouble sleeping is “breaking down what the problem(s) really are and where they are coming from,” said Lauren Deans, Loyalist College's nurse.

About 15 per cent of students in the college go into the health centre for sleep-related problems every year. There are many possible reasons why students may have difficulty sleeping; a few most common ones are stress, workload and relationships.

“If students can't sleep at night then they are unable to concentrate on school work or they fall asleep in class and then start to sleep in and miss class altogether, putting their education at risk,” said Deans.

One very important thing that can help students get their much-needed rest is “sleep hygiene,” said Deans.

“It is important to keep the bedroom ... used only for sleep. Do your homework in another room, eat in another room and make a habit of only going to the bedroom when going to sleep.”

By doing this you're telling your body that when you go to your bedroom it is time to sleep and your brain will begin to notice the pattern.

Other tips that sometimes help aid sleep are relaxation methods, warm milk and avoiding caffeine. You can also go to Valerie Geen, who is in charge of mind and wellness services and can help teach the mind to rest.

You can book an appointment with her through the Student Success Hub in room 2H4 or by calling 613-969-1913, ext. 2519.

Chefs cook up a storm in culinary competition

By Megan Voss

The competition was heated inside the kitchen at Loyalist College on Saturday, Feb. 18.

Prince Edward Collegiate Institute, Loyalist Collegiate & Vocational Institute and Ernestown Secondary School in Odessa were in a tight contest to be crowned champions at the 11th Annual Junior Iron Chef Competition.

Meanwhile, at a slightly slower but just as energetic pace, the cafeteria was bustling with activity from culinary students as well as local businesses for the Food and Beverage Show.

The cafeteria was filled with a variety of tables with small businesses and culinary students alike, proudly displaying their creations. Stores had baking and cooking utensils for sale, cheese, soap, wine tasting and other food to offer, while the culinary students served soup, lasagna, manned a make-your-own-cupcake table and worked on decorating a cake with fondant while under the stress of spectator critics.

Second-year culinary students Kerri Young and Kelli Cleave said the event is a big part of their program.

"We've had two semesters just devoted to this," Young said, adding that it is worth 30 per cent of their grade.

Along with their classmates, they planned and organized the entire show, Cleave said.

The laughter and smiles on their faces showed their pleasure with how it was all going, they were clearly having a good time.

"We enjoy interacting with people, and seeing everyone coming to an event we've been planning since September ... We made it and everyone came!"

Local vendors said they had the same feeling about the event.

Although Tanya Finestone and Nora-Lyn Veevas from Closson Chase, a winery in Prince Edward County, had never been out to the show before, they said that they enjoyed the variety of food, and watching the students.

"It's nice to support such a good event," Veevas said. "I like to get involved in the community."

Veevas and Finestone hoped that attending the show would result in more traffic at the winery.



Photo by Megan Voss

Culinary students Cally Post and Sarah Geen work on putting a handle made of fondant on a cake shaped like a pot during the Junior Iron Chef Competition and Food & Beverage Show at Loyalist College on Feb. 18. The students spent a few hours carefully shaping the cake and fondant.

First-time attendee Angie Crabtree said she also enjoyed herself at the show.

"It's all great," she said while savouring a bite of an Earl & Angelo's crêpe. "I like

finding out about other restaurants that I didn't know about – it's very informative."

Advocates spreading the word about medical marijuana

Experiences shared about medical uses by PACE group

By Kelly Michelle Gagné

It's not the typical crowd you'd expect at a meeting about marijuana.

Instead, the crowd is an older crowd, ranging in about their 30s and up, men and women, all interested in therapeutic cannabis.

People Advocating Cannabis Education – also known as PACE – are a group of participants who want to help spread the knowledge of cannabis to others, and people who have seen or experienced the medicinal benefits of cannabis through

their own experience, or through a friend or loved one.

Al Graham was at The Studio in downtown Belleville last Saturday evening. He showed a documentary film *What if Cannabis Cured Cancer* (2010), and held a Skype interview with Lynnice Wedewer, a medical professional, cancer survivor, and medicinal cannabis user.

Graham has been a PACE representative for the last five years, and is a strong believer in medicinal cannabis since his diagnosis with Crohn's disease in 2001. Graham stated numerous times that he has never needed to fill out a prescription for his disease.

"I used to think I was invincible, you know. It wasn't until I got really sick and the doctors basically told me I was first diagnosed with Crohn's disease that I realized I wasn't invincible. The disease

kicked the crap out of me," said Graham.

Graham is also a writer, and he often writes articles for the *Treating Yourself* magazine. Graham travels back and forth from Belleville to Campbellford once a month, where he hosts the PACE meetings, and attends tradeshows when there is one.

Attendance to the meetings is usually a fairly small group, but Graham does have his regulars who attend almost every meeting. This past Saturday's meeting had a bit of a bigger crowd because Graham did the very first Skype interview with Lynnice Wedewer who has a Ph.D. and calls herself an "eight time professional cancer survivor."

Wedewer, 34, strongly believes in and expressed through her Skype interview with the small crowd the power of me-

dicinal cannabis, and that it played a huge part in her survival through seven rounds of cancer, and that it was currently helping her through her eighth round.

"Whether you can believe it or not, I just want all of you to hear my message and the power of my words and story. I know through my own experience, that cannabis is God's plant and that it is a miracle that saves lives," said Wedewer in her Skype interview.

The room seemed to be a mix of emotions. A few people walked out mid Skype interview, whereas others stayed and listened to Wedewer's interesting and powerful story.

When interviewed many asked to remain anonymous, but a regular who attended the meetings said that he found the Skype interview really interesting,

and that it helped strengthen the PACE meeting.

It's easy to stereotype those who believe in legalizing marijuana, but after attending a PACE meeting it was interesting to hear a well-fought, valid argument on medicinal cannabis. Graham said that he deals with the stereotype all the time, receiving a lot of grins and funny looks when he often wears his PACE hat and sweater.

"You just gotta smile and be happy, a happy world means a less sick world," said Graham.

If you're interested in reading up more on Lynnice Wedewer's story, you can go to www.lynnicewedewer.com for her bio, articles and the documentary film can even be found on her site, or visit www.peopleadvocatingcannabiseducation.org for more on PACE.

Street nurse helps with gaps in system

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One of the many gaps Roy discovered while he working as a registered nurse was that whenever a "street person" would seek a professional for help or approach an agency, "they were often treated as second-class citizens."

In fact, this stigma toward street people is causing a lot more damage than people may realize, he said.

"A lot of people, because of the bad experiences with health care providers, are reluctant to present," said Roy. "I have seen people's illnesses get very advanced because they are avoiding the painful experiences of being rejected in an emergency room, or being treated (as) less than a complete human. That pain associated with that kind of rejection, and isolation, and stigma...has a greater impact on them than the pain of their current illness, so it's a trade-off. So people die because of the stigma, and the fear of the pain that it brings."

Kenny Leighton, a former support worker of the Freedom Centre, has worked closely with Roy and sees how his role is absolutely necessary.

"There is a guy alive because of Doug's involvement," said Leighton. "There are people who would be homeless for sure, who would be without counsellors, and without medical care, and without meds. The extra stuff that he does after, driving people to the pharmacy and things like that.

"He has had a huge impact on the street people who live downtown."

Leighton was working at the centre when he was introduced to Roy. Leighton said he saw instantly that Roy was a good man with good intentions, and the two

partnered to help the people in the area.

"With each individual, I would take them as far as I could, and then he would take them the rest of the way," said Leighton. "He would bring people to me, so it's been a real partnership."

By the constant greetings and cheerful faces that Roy encounters while making his rounds downtown, it is obvious that his role has had a lot of positive impact on the streets of Belleville. Roy wants people to see the damage having a stigma towards people with addictions, mental illness, or living on the street can have.

"So addiction is a response to pain, it's looking for comfort," said Roy. "I don't know anyone who is in moderate to severe pain who isn't going to look for a way to get rid of it. Especially if it's chronic, especially if it's a part of the picture of your daily life, and we'll all look for a way to get rid of it."

"And guess what? Narcotics are a really good way of getting rid of the pain. The brain doesn't have two centres, one for emotional and one for physical pain; the brain only knows pain. And regardless of the source, pain is pain. Anything that takes pain away, becomes extremely attractive to someone who is always in pain."

Roy works hard to help the people of downtown Belleville. He also works hard at changing the perspective that people from agencies and hospitals have toward the marginalized population.

"The dynamic is different here. I'm coming to their neighbourhood. I'm on their turf. "They won't let me get in a tough spot, and that's a lesson for all caring professions – marginalized people are generally hospitable when you meet them on their turf."



Photo by Brynn Campbell

Doug Roy checks Nicole Taylor's blood pressure at the Belleville Freedom Support Centre. Click here for an online gallery of photos on qnetnews.ca.



Photo by Sarah O. Swenson

Loyalist's Matt Woods makes a diving save during Saturday's volleyball action against the Redeemer College Royals. The Lancers were knocked out of the playoffs, despite a late charge that forced a fifth, tie-breaking set.

Men's playoffs slip out of reach

Volleyball team suffers season-ending loss in weekend action

By Sarah O. Swenson

The Loyalist Lancers men's volleyball team suffered a devastating loss this weekend, falling at home against Redeemer College Royals in a playoff qualification match.

"It certainly wasn't the way we envisioned our season ending, but we had a great year overall," said team co-captain Kyle Donnan.

"Obviously, it's not the result we wanted," agreed head coach Dave Templar. "It

felt like it was a good match. We had just a couple too many stretches of errors."

The Royals edged the Lancers 3-2 (21-25, 25-20, 25-19, 22-25, 15-12). The loss is reminiscent of last year's qualifier, when Redeemer defeated Loyalist on the road 3-0.

With the Lancers bounced out of the playoffs, the Royals will now go on to face the Humber Hawks in the Ontario Colleges Athletic Association quarter-finals.

Going into the match, Loyalist held an impressive 9-1 record at home and the Lancers had the early momentum, taking the first set easily, but fell into a lull during the middle matches.

"The rest of the match was a battle, for sure," says Templar. "But we certainly fell

'We had a great year overall and every member of the team wanted to achieve success in that game. Unfortunately, sports don't always work out to how you envision it.'

co-captain Kyle Donnan

asleep in the second and third for a bit."

Despite the mid-game slump, the Lancers charged back to force a fifth, tie-

breaking set. Unfortunately, Loyalist fell behind quickly and couldn't dig themselves out of the hole they'd created.

"That's really hard to come back from in a shortened set," said Templar.

There were, however, several questionable calls which Templar believes — had they gone in Loyalist's favour — might have turned the tide.

"But at the same time, I'll never put a loss on the refs, that's for sure. If we control the match, then the calls don't matter."

Josh Lappala led the way in scoring with a whopping 21 kills, while co-captain Matt Woods did his work on the defensive side of the ball, making 22 digs. Donnan added another nine kills

to his record breaking total, capping his college career with an impressive 796 kills.

"We had a great year overall and every member of the team wanted to achieve success in that game," said Donnan. "Unfortunately, sports don't always work out to how you envision it."

Despite the season ending on a bit of a low note, and the loss of some key players to graduation, Templar says that he is already looking forward to next year.

"With the returning players that we have coming back, if we can put a couple of players around them, to develop with us, then I'm really happy with the core group that we have coming back."

Otters outwork Bulls in Monday action after Belleville tops Mississauga Saturday

Bulls in ninth place in the Eastern conference and a point off eighth place

By Dan Pearce

The Otters slipped by the Bulls on Monday.

The Erie Otters chalked up their ninth win of the season after beating the Belleville Bulls 4-1 at the Yardmen Arena this Family Day.

The Bulls may have been a bit overconfident after a decisive 8-3 win over the Mississauga Majors on Saturday.

"It was likely a combination of having a nice win on Saturday and maybe a little bit of the edge taken off based on the amount of games we've played lately," said Bulls assistant coach Jake Grimes.

The Otters came out hard and fast early in the game, beating Bulls netminder Malcolm Subban three times in the first period.

"Erie took advantage of every single thing they could've possibly taken advan-

tage of, and they started that early," said Grimes.

Sondre Olden stuffed a rebounded puck past Subban for the Otters' first goal at 8:09.

Forty-six seconds later, Connor Brown scored on a breakaway to make it 2-0.

A shot from Kris Grant at 1:16 beat Subban for the third time in the first period and improved the Otters' lead to 3-0.

In the second, Olden found the back of the net at 16:36 for his second goal of the game and put the Otters up 4-0.

The Bulls began showing signs of life in the third, when Jake Worrada scored at 16:43 to put the Bulls on the scoreboard. However, Otters goaltender Ramis Sadikov was on fire, and despite the Bulls outshooting the Otters 42-33, Sadikov's performance in net landed the Otters their ninth win this season.

Grimes said he could tell once the Otters got a bit of a lead, their goalie really upped his game.

"He just kept getting better, and better, and better, and all of a sudden, we couldn't get it by him," said Grimes.

Sadikov was named the first star of the game.

Even though the Otters have no chance at making the playoffs — they are last in the Ontario Hockey League — Grimes said there was no question they outworked the Bulls.

"They showed that just because a team is not going to be in the playoffs, doesn't mean they're going to come in and play like a team that's not going to be in the playoffs," he said.

This puts the Bulls in ninth place in the Eastern conference, and a point behind the eighth-place Peterborough Petes. The Bulls are going to take the loss in stride and try to learn from it.

"There has to be something that we can take out of it, that we can learn," he said. "Right away, the first thing is early urgency. We have to find ways to stop bad situations from compiling quickly and we've got to find ways to change momentum."

The Bulls hit the road on Friday to face off against the Brampton Battalion, who are in third place in the Eastern conference. They return home to play the first-place Western conference team, the London Knights, at the Yardmen on Saturday.



Photo by Tijana Martin

The Belleville Bulls took on the Erie Otters at the Yardmen Arena. Sondre Olden (#19) scores on Malcolm Subban. The Otters took the game with a 4-1 win.

Women hot, men not in Lancers basketball

By Sarah O. Swenson

The Lady Lancers are in the basketball playoffs, but the men are out after their respective win and loss against the Centennial Colts on Friday.

The women got by with a 63-57 victory and the men succumbed in a 90-76 defeat. These results bring the women's record to nine wins and six losses, while the men stand at seven wins and 12 losses.

Despite it being what he called a "scrappy" game, coach Chris Eligh was pleased with the effort put out by the Lady Lancers.

"They're a tough team to play," said Eligh. "But we knew what to do."

The ladies controlled the game from the start, never once surrendering the lead. Dianne Boudier and Sierra Cauley led the way in scoring with 18 and 14 points respectively. Haley Sisler was also a solid contributor, logging 40 minutes of game time, scoring 12 points and collecting six defensive rebounds.

Having secured a spot in the playoffs, the women now stand fourth in the Ontario Colleges Athletic Association East Region and will have one more regular season game to tune up.

"We've got one more game to get ready, to execute some of the things we've been working on — some court awareness ... recognizing the play on the floor and working within our system," said Eligh.

And in an equally scrappy game, the men did not make the most of their chances and are now out of playoff contention, ranking ninth in the OCAA East



Photo by Marta Iwaneke

Sierra Cauley of the Loyalist Lancers defends the ball against Shivon Witter of the Centennial Colts during the women's basketball game at the Loyalist College gym on Feb. 17. The Lancers won 63-57.

Region.

"We just ran out of gas," said coach Richard Whitfield. "The guys played well, but playing that physical for that long and not having 10 guys that can go in and do that, it's hard."

The Lancers fell behind early in the game, but after a first-quarter time-out seemed to get back on the right track. They charged back, the lead changing hands four times, and kept it a close game until a fourth-quarter collapse.

Robert Hanson and Patrick Kalala led the team in scoring with 18 and 17 points respectively, while Damone Donaldson shot with 100 per cent accuracy, earning 13 points. But the most telling stat might be the points on turnovers: Centennial capitalized on Loyalist's mistakes, snagging 21 points off the turnovers, while the Lancers managed just five.

However, Whitfield has been pleased with the progress he's seen of late.

"The biggest thing is that we're getting tough for longer in the games. We're not having as many breakdowns, so we still seem to be growing from it."

Despite the rough season, the men are looking to end the year on a high, in a game against the St. Lawrence Vikings.

"We've beaten them once already," said Whitfield. "St. Lawrence is definitely not as big as these guys."

The ladies will also be traveling to Kingston to face St. Lawrence Vikings on Wednesday, Feb. 22 for their final game of the regular season.