

Eliminate those doggone cavities

Veterinary clinics raising awareness of good dental health

By Samantha Cantelon

February is finally here and that means it is National Pet Dental Health Month.

This gives veterinary clinics an opportunity to help raise awareness for pet owners about dental hygiene and a chance to learn about some easy tips to keep their pet's teeth under control.

Although it may not seem like a top priority to brush your pet's teeth daily "If you really stop and think about it, their teeth are a lot like ours," said Amy Hill, a registered veterinary technician at the Loyalist Veterinary Hospital in Belleville. "For us to maintain our dental health, we brush everyday, go to the dentist and pets need the same thing in order to keep their teeth healthy as well."

Dental Health Month gives pet owners an opportunity to encourage people to think about their pet's teeth and what they are doing to maintain that health.

"And if they aren't doing enough this time of year, we can sort of offer discounted dental food or discounted dentistry procedures, that sort of thing," said Hill.

If a pet's dental disease gets out of control, it can lead to many more problems with the pet's health. The bacteria in the pet's mouth can go into the bloodstream and in turn cause heart problems and organ failures.

"Any pet over two years old often has some sort of dental disease. Either it's just basic gingivitis or something more serious, and it's one of those problems that will progressively get worse if you don't do something about it," said Hill.

Halitosis, most commonly known as "bad breath" is one of the tell-tale signs that your pet needs medical attention for their teeth. It sometimes can be hard for pets to let their owners know there is something wrong, or that they are in pain. For most pet owners, the cost of main-



Photo by Samantha Cantelon

Amy Hill, a registered veterinary technician at Loyalist Veterinary Hospital, looks at Daisy May's teeth, a 10-year-old golden Retriever on Feb. 1. This is the first day of a month long awareness for pets' dental health.

taining their pet's dental hygiene can seem very expensive.

"Unfortunately dental procedures for pets are quite expensive, because of the anesthetic given to the animal for a proper cleaning," said Hill.

Fortunately, a pet's dental health can be maintained with a few simple daily routines starting from when you first get your pet, such as daily teeth brushing as well as certain kinds of foods and treats that prevent plaque build-up.

If you have any thoughts or concerns about your pet's dental health or, maintaining that health, this month is a great time to approach your local veterinary clinics for information to keep your pet living a healthy life.

Kids have no fear when it comes to competition

Library hosts different events each month for pre-teens

By Amielle Christopherson

That rush of adrenaline that comes from doing an activity out of your comfort zone is something we're always looking for.

It's also something that kids are more receptive to and willing to try. Especially when it comes to see who can do it faster.

The Belleville Public Library hosted a Fear Factor event on Saturday, Jan. 28, with eight children attending, and all of them raced each other to see who could eat odd combinations of food the fastest.

From Smarties drenched in ketchup to marshmallows dipped in mustard, they all stared at their plate for a moment before, "Go!" was yelled and then did their best to eat everything on their plate before the kids on either side of them did it first.

"It's actually the most kids we've had to an event," said Jane Van Mann, a library assistant in the children and youth section.

The library hosts different activities once a month. However, attendance hasn't been very good.

"There was actually one activity we had to cancel because no kids signed up," Van Mann said.

Trevor Pross, the library CEO, said it's not out of the ordinary. "That age group has been traditionally difficult for libraries to attract," he said. "There are less kids that show up than the younger age groups, so eight kids for the 12 to 15-year-old age is actually pretty good."

He also said that library staff is doing



Photo by Amielle Christopherson

Cassandra C. (right) makes a face as Faith Semak inspects the marshmallows she's supposed to be eating covered in mustard at a Fear Factor hosted by the Belleville Public Library. The library has activities once months for kids aged 12-15

their best to get to know the kids, something that will encourage them to attend more often, and maybe bring in a friend as well.

"There's a saying at the library that if you don't know 12 kids personally, you won't have a good teen program," Pross said.

The fact that the library does have a good collection and does buy a lot of books for that age group is also some-

thing that should help draw in more kids.

As well, a change in time might help improve attendance. While activities have been held Thursday evenings in the past, this was the first time they tried it on a Saturday afternoon.

Soyoung Lee, the coordinator of children's and youth services, hopes that the change will help encourage children to attend. As well, when they do come, the staff

does do their best to encourage the kids to read and stay longer, as well as to come back.

Events the library does have planned will also bring in more kids. With a showing of the first part of *Twilight: Breaking Dawn* (popcorn and drinks included) next month, followed by a photography session, a cooking class in March, Van Mann hopes that they'll help draw kids in.

Junior Iron Chef competition preparations finalized

By Stephanie James

With the Junior Iron Chef Competition only a few weeks away, Loyalist College's culinary management students have been hard at work preparing and finalizing details for the event.

Being held at Loyalist College for the 11th year in a row, culinary management students are required to organize and host the event as a part of their event management class.

"I am so happy we got this opportunity to see how a real event is run and the challenges it includes. We can take this experience and utilize it later on down the road," said Amy Arthur, a second year culinary management student at Loyalist College.

On the day of the competition, three high schools will compete against each other in preparing an appetizer, an entree and a dessert that will be later judged by four judges who are either working in the culinary industry or pursuing a career in it.

The judges include Chef John Schneeberger, Loyalist Colleges Culinary program coordinator, Chef Jay McCool, a former Loyalist culinary student, Chef Christopher Ennew, St. Anne's Spa Expectative Chef, and a second year culinary management student from Loyalist College who has yet to be announced.

The schools that will be competing in the finals are Loyalist Collegiate and Vocational Institute, Prince Edward Collegiate Institute and Ernestown Secondary School. Each school is allowed four students per team to compete.

The finalists were chosen out of eight schools that wanted to compete in the semi-finals, which started in November 2011.

During the competition, contestants will have two hours to complete their three recipes. They have the choice of creating their own recipes or using existing ones. This competition, like most, has stipulations that must be followed. Teams must produce three plates for each course of the three-course meal required. There are no pre-prepared items permitted in the competition. Contestants' appetizers must contain but are not limited to leeks, garlic, carrots and turnip, and for the entrée, contestants must include a six-ounce portion of pork tenderloin.

For this year's competition, the Ontario Pork Producers have donated approximately 55 pork tenderloin to Loyalist College for the final event.

Along with the Junior Iron Chef Competition, Loyalist will be hosting the food and beverage show on the same day. It gives local chefs the chance to give demonstrations to the public to promote business while contestants are preparing their meals.

The competition and show will be held on February 18. In the cafeteria at Loyalist College. Booths will be set up for the show and contestants from the competition will be preparing their summations in the culinary kitchen and in Club 213. The competition and show starts at 10 a.m. and is scheduled to go until 3 p.m.

Psychic fair this weekend

By Melissa Di Nardo

Gypsy Genevieve, a medium-clairvoyant, is coming to Belleville with five other psychics for a psychic fair.

Gypsy Genevieve can answer your questions with the use of palmistry, crystal balls and Tarot card readings. All readings are offered on a CD to take home to review later.

Laura Lloyd the organizer of this psychic fair, states that a clean aura, free of imperfections, may allow good things to enter your life.

The fair runs February 10 to 12, at the Holiday Inn Express on North Front Street, with an entrance fee of \$6.

The fair is open Friday from 4 p.m. to 10 p.m., Saturday from 11 a.m. to 10 p.m. and Sunday from 11 a.m. to 6 p.m.

For more information, please contact the organizer Laura Lloyd at www.lauralloydenterprise.com.

Program helps students deal with tough times

Missing school a natural part of healing process

By Tiffany McEwen

Losing someone is never easy, but Loyalist College has programs in place to help its students through tough times.

Missing school is a natural part of dealing with a grief situation, Jane Harrison, dean of media studies at Loyalist College, helps students stay on track.

"As a rule of thumb, we use what human resources would use if it was to happen to one of us, which is normally you are given up to five days leave for bereavement," said Harrison.

While five days is a normal amount of time to miss, Harrison said there are circumstances in which a student may miss more school than that.

"Some people sublimate things, they keep it to themselves, so that they may not be ready to come back, but then come back anyway and then they spin out of control because they tried to come back too quickly. Other people just have

such a hard time with something that they find overwhelming that they need longer."

Loyalist offers its students several options to keep up their studies.

"In some courses we put remedials in place, which means that after the semester is over, we go back to the significant outcomes," said Harrison. "As long as you're in good standing everywhere else, we go back to those outcomes that were missed. We make sure you get them to try to move on to a career, or to second or third year.

"Normally we try to put in an individualized learning plan together with the student so that both parties understand what they need to do to be successful," said Harrison.

She said speaking to faculty is the best course of action for a student who has missed a period of school.

"Listen first and then act appropriately and give all the supports possible to the students who are in need."

Adam Gosney, a counsellor from Loyalist College, said that cooperation and a well-developed understanding between the faculty and departments

'Listen first and then act appropriately and give all the supports possible to the students who are in need.'

dean of media studies Jane Harrison

ensures that students get the help they need.

"Often what will happen is that a student will either self-identify, and come up to the student success HUB, and say 'I would like to meet with a counsellor' or they will reach out to their faculty," said Gosney.

"Some students are very self aware, very assertive and very quick to come and say this is what's happened to me and I'd like some additional support."

Gosney said that while some students are quick to see a counsellor, others are not due to a variety of reasons, which can include gender, family origins or personal beliefs. He said it is usually on the sug-

gestion of a friend or faculty member that they eventually see someone.

"As with any other issue, there can be people who wait longer than they probably should to see a counsellor."

Some students do not seek a counsellor, said Gosney, because they have a preconceived notion about counselling as a psycho-therapeutic session in which a person sits on a couch and talks about their problems, a method which he said is "old-school and antiquated."

"Counselling is what the student wants it to be. We start where the student wants to start, and we practise from a solution-focused model, which is the current best practice in college counselling, which suggests that students have internal strengths and skills that they are able to utilize that they are just not recognizing because of the emotional pain or the weight of whatever mental health difficulty they are going through at this time."

Along with free counselling services and academic recourse, the school offers financial assistance to its students.

"Usually it's just transportation to get home because they don't have the train ticket or flight, depending on where

home is, or help them fill up their gas tank, because they're going back and forth because someone is sick in another city, Kingston, Toronto, wherever, and the gas is really eating up their pocket-book. That is usually the kind of help," said Pearl Vani-Hill, the financial aid officer at Loyalist College.

"We do have some what I call quick cash money. Somebody comes in and they need \$20, or the hydro is going to be shut off and maybe they only need \$100. We do have some quick cash money for dire emergencies."

While a small amount of money is available for emergencies, Vani-Hill suggests applying for a financial need bursary, which is usually between \$500 and \$1,000 and is made available to students through a portion of tuition.

Vani-Hill said that while there is some money available, they do run out, and so suggests budgeting for emergencies.

"Budget before you come to school. If you realize you're running out, put the brakes on. Or come see me before you run out," said Vani-hill. "I tell all students if they don't ask they'll never know."