



Photo by Rachel Psutka

Ron Sayeau (right) was one of around 100 protesters at the robo-call rally held on Wednesday afternoon at Market Square in Belleville. Hosted by the Prince Edward Hastings Federal Liberal Association, the Rally for our Rights invited concerned citizens to listen to local politicians and voice their concerns about the robo-call scandal currently plaguing Parliament.

Connecting girls goal of march

By Tiffany McEwen

Women and men alike gathered March 8 to march in Belleville to celebrate women's rights and equality on International Women's Day.

As they walked through the downtown streets, they chanted "What's our goal? Connecting girls, inspiring futures," which sparked a wave of supportive honks from passing cars.

International Women's Day began in 1909, a year after women first protested for better wages, shorter hours and the right to vote, and has since been celebrated all over the world.

Citizens of Belleville are doing their part by organizing and participating in several events around the city.

The women's march, which began at 11:30 a.m. at Bridge Street United Church, was the first community event planned for the day.

Organizer Mieke Thorne said she was very pleased with the turnout, calling it "wonderful."

"We want young people. We want people to be aware," said Thorne.

Local secondary school students participated in the march, which more than doubled the attendance originally expected.

After the march a documentary, *The Power of Love Versus the Love for Power*, was shown. The documentary outlined the struggle of women in Zimbabwe.

Café Sans-Souci on Front Street was also showing support for Women's Day by holding a cocktail reception open to the public from 5 p.m. to 7 p.m.

"I want to help. It's my way of giving back to charitable organizations," said Sans-Souci owner Greg Sheridan.

Sheridan said that Women's Day covers more now than it has in the past, becoming about more than just violence.

"I think International Women's Day has changed from the movement of the '60s. It's moved or evolved into much more."

During the reception Kristin Crowe, who co-organized Strong Women, Strong Communities, will be skyping in from Mexico, where she has been asked to speak.

Sheridan said the event was designed to build camaraderie and encouraged both women and men to attend.

More than 100 people are expected to attend.

Give electronics a new use

By Kristen Haveman

Your old run-down electronics could not only find a new use but could also help a child with cancer this Saturday in the Zellers parking lot in Belleville.

As part of their class assignments, Loyalist post-grad PR students have to put together a fundraiser in the community. This year they have teamed with Quinte Waste Solutions and Ontario Electronic Stewardship to have a free electronic waste drop off.

Amanda Oliver, a student in the post-grad PR program said that all funds this year would go to Camp Trillium. She said they are excited to be able to help the community and to raise funds for a cause that is so wide reaching.

Camp Trillium offers support and place for recreational activities for children affected by cancer and their families. Oliver said they hope to raise enough to help send a child in need to the camp.

"Everyone has some relation to cancer, whether it's a child, a grandparent or family member, almost everyone in the community has been touched by cancer," said Oliver.

She also said that it is important that old electronics are disposed of properly as the plastics and metals can be melted down and reused.

The website for the Ontario Electronic Stewardship says that E-waste is not garbage. It not only contains valuable materials like base and precious metals, but also plastics and glass that can be safely recycled to manufacture new products.

The site further explains that proper disposal of electronics keeps substances like lead, cadmium, beryllium, mercury and brominated flame retardants out of landfills.

The drop off is March 10, at the Zellers parking lot from 9 a.m. to 3 p.m. They are accepting items like cell phones, printer cartridges, monitors, televisions, radios and speakers.

Demonstrators rally in Belleville

Local Liberal Association plans Wednesday event to protest robo-calls

By Rachel Psutka

Robo-call protesters rallied Wednesday afternoon in Belleville's Market Square to discuss the issue currently plaguing the federal Conservative party.

"The rally is taking place to protest the voter suppression that has gone on through at least the robo-calls used by the Conservatives in the last federal election," explained Lenore Begley, president of the Prince Edward Hastings Federal Liberal Association.

"What we want is a judicial inquiry to begin, and look at all the things that went wrong, with full consequences attached. This would involve a review of the Elections Canada Act, since the penalties there do not fit the crime."

Carrying placards with pointed slogans such as 'Say no to Third world corrupted elections in Canada' and 'We need a prime minister not a dictator', around

100 protesters showed up in the Belleville public square to listen to several speakers, including members of the Liberals, NDP and Green parties.

"We have different political philosophies, but we know what it means to be Canadian and we know what it means to have our democratic rights to a free and fair election tampered with," said Begley.

Green Party supporter Gary Magwood was asked to speak as a representative of all voters.

"This is a citizens' rally. Regardless of your political stripe, this affects all of us," said Magwood, emphasizing his neutrality.

"Given the recent headlines, there are some pretty serious and far-reaching implications to this story, and I suggest the collective outrage will force the current government into a bunker mentality," said Magwood. "I think if we take a reasonable approach to it and go at them in a way that reflects the democracy, citizens calling for a public or judicial inquiry...is, I think, a very appropriate and measured response to what's going on."

Magwood and Begley both emphasized

the importance of writing letters to political representatives, specifically MP Daryl Kramp, as a way of showing disapproval and contributing to change.

Begley also said it is important to contact Elections Canada if people received any of the robo-calls prior to the last federal election.

"People need to report the calls received," said Begley. "We don't know the full extent of the calls in this riding, but there's an ongoing investigation into disappearing mail since April here. We're not immune."

Michael McMahon, the NDP candidate for Prince Edward - Hastings and runner-up to Kramp in last year's federal election, had some harsh words for the Conservative party.

"If they were innocent, they should really welcome a judicial inquiry to clear their name," said McMahon. "Why are they opposing the inquiry? Why are the Conservatives not here today, demanding that 'Yes, please, judge? Check us out, we're clean.' That's not what's happening."

Among the protesters was Helmut Enns, a self-described 'anything but Con-

servative' voter who brought along his own sign using a canoe paddle as a stick, holding it aloft throughout the rally.

"To me there's a feeling of if the government wants to be elected through deceit, through tricks, and through lies, how are we supposed to expect them to govern any way other than through deceit, through tricks and through lies?" Enns asked. "How can we assume they are representing us? I sort of feel like they've lost that. They've lost my trust."

Reached in his Ottawa office on Thursday, Kramp said that the veracity of the claims must be investigated before any conclusions can be drawn.

"Unfortunately I think it is based on a lot of misinformation, erroneous information, unfortunately even some fabrication, and certainly not some accurate information, but that's not up to me to pass judgment on that," Kramp said in a telephone interview. "That's obviously the responsibility of the people that are organizing that to hopefully present the truth. Whether or not that took place, I'm not going to comment."

...See Protest, page 2



Photo by Tijana Martin

Bulls take win

The Belleville Bulls take on the Peterborough Petes at the Yardmen Arena on March 7. Curtis Mayer scores a goal helping the Bulls to take the win with a 6-5 game. For story and another photo, see page 7.

Buffalo mozzarella company's crowning jewel

Water buffalo farm changing the landscape of Stirling agriculture

By Melchizedek Maquiso

Martin Littkemann and Lori Smith's water buffalo farm is slowly changing Stirling's agricultural landscape and its culture as well.

In fact, the town celebrated its first annual Water Buffalo Festival less than a year after Littkemann and Smith successfully milked the first water buffalo in Ontario in November 2008. The celebration has been going on for the past three years.

"We've hardly had enough cheese to put the thing on," Littkemann recalls about the first year when the festival was set up. He estimates that around 700-800 people attended the festival, mostly from different parts of the province.

Littkemann is referring to the company's crowning jewel – the buffalo mozzarella.

Steve Nicholson, chef instructor at Loyalist College, says that the best applications for buffalo cheese could be, among others, cold on a plate like a calabrese type of salad, a little mozzarella, tomato and red onion.

"The cheese can also be melted on top of a chicken dish like a chicken Parmesan, only a little more upscale with the melted buffalo mozzarella," adds Nicholson.

As for the buffalo meat, Nicholson says that "water buffalo is very, very lean so you have to watch your cooking techniques. You can't overcook it. You cook it to about medium at the most. Otherwise, on some of the lesser cuts like the shoulders and things like that, you would braise it for a long time until it's nice and tender."

"You can do almost anything with it as you could with beef," Nicholson adds.

The culinary on-campus gourmet restaurant Club 213 occasionally serves buffalo cheese and meat from Littkemann and Smith's farm. They were introduced to the restaurant a year and a half ago.

The Ontario Water Buffalo Company does not process the cheese. Once the cows are milked, the milk travels 200 kilometres to Quality Cheese in Vaughan for processing.

The farm currently produces 3,500 litres of milk a week, which translates to 1,000 kilos of cheese.

The cheese is being sold at different independent stores across the GTA and southern Ontario.



Photo by Melchizedek Maquiso

Martin Littkemann is a co-owner of the Ontario Water Buffalo Company in Stirling. He and fellow owner, Lori Smith, were the first in Ontario to successfully milk water buffaloes. The milk is sent to Vaughan to be processed into 'Mozzarella di Bufala', a cheese mostly used for caprese salad, lasagna and pizza.

Despite a strong agricultural background, Littkemann admitted he and Smith had many sleepless nights during the initial phase of their investment.

"Before we bought an animal, we've invested probably 1,000 to 2,000 hours of research, accounting and business planning and probably \$30,000," says Littkemann.

The money was also used to hire a consultant because there was no established market yet for buffalo milk here.

Littkemann, whose parents owned a farm nearby, obtained his agriculture diploma from the University of Guelph-Kemptville. Smith, on the other hand, was educated as a developmental services

worker. However, she had practical experience working in farms throughout her life. Both have known each other for years.

The buffalo farm started on the 350-acre land Littkemann had since the '90s. He was milking regular cows until 2002 then switched to raising beef until 2007.

"We had the opportunity to sell the milking herd and we had lots of young stocks so it's just to take a breather but then it got sidetracked by mad cow disease. That messed everything up for us and so what we did that's where we went to the beef."

"The beef industry with the BSE (mad cow disease), you have to get your effi-

ciencies quite high to make any profit at it. So we were looking at what other options we have and so we just looked at what we've got here. We already have a milking facility," Littkemann recalls.

A trip at the World Water Buffalo Congress in Italy and a tour of the countryside where they saw for themselves the system involved in processing water buffalo milk convinced them they could raise the animals in Canada.

Littkemann remembers he and Smith asking themselves: "Italy is a little bit warmer than here but not a whole lot. Why can't we do it here and why is it not here? What's the reason why is it not being done here?"

It was also at the same congress that they met the source for their herd, whose farm is located in the state of Vermont. Shortly after the congress in late 2007, they paid the farm a visit in the winter. By the spring of 2008, the first buffaloes arrived.

Four years after importing their first herd and successfully milking them, the founders of the Ontario Water Buffalo Company are already thinking of expanding.

"We plan to build a storefront where meat and cheese can be purchased, hopefully by spring," Littkemann said.

Aside from a storefront, the partners are thinking of increasing their heads to 300 from the current number of 250.

Deaf community reacts to report

Drummond recommendation includes merging of three deaf schools

By Tristan Kong

Members of Ontario's deaf community have reacted with concern over the Drummond Report's recommendation to consider merging three schools for the deaf, in London, Milton and Belleville, into one site.

The report recommended the Ontario government consolidate the schools into one site to achieve a greater critical mass of students from primary grades through secondary school. Savings should be re-invested in the consolidated school for the deaf, with enhanced opportunities for deaf learners in school boards, colleges and universities, the report suggested.

These recommendations are big concerns for the deaf community because people are afraid of losing their identity, culture and language if the government is forced to close the schools.

Gary Wheeler is a spokesman for the Ministry of Education.

"The government is committed to giving students with special education needs – such as deaf and hard of hearing students – the supports they need to succeed."

Wheeler said the government will not speculate surrounding any particular schools or programs that could be closed or changed.

After learning about the Drummond Report, Travis Morgan, Katie Rehman and Chris Kenopic from the deaf community shared their concerns.

"It shows that there are people that think centralization of a critical program such as the schools for the deaf is a wonderful thing," Morgan said.

"By forcing us to travel to Milton, parents are going to say 'Wait a minute, I don't want my child gone from me a week halfway across the province!' It forces them to turn to mainstreaming, which at this moment, is a failure."

Rehman said she is not only concerned about education.

"They will be stripped away of acceptance, educational access, deaf role models, peers and being influenced and impacted by deaf culture/ASL (America Sign Language)," Rehman said.

"They will be forced to live in isolation all in the name of 'mainstream education.' Rehman said her daughters are also very concerned, however, they have been taught to fight for what they believe in.

"It can change the world even if they are just kids," Rehman said.

Kenopic explained that his mother said she is thankful that he went to a deaf school. "My mom had always thought I would have had problems with the law because when I was young, I used to get into fights with hearing kids mocking me for being deaf."



Photo by Tristan Kong

High school graduates from the Sir James Whitney School for the Deaf, Connie Fern Gouin, 21, and Danielle Hopper, 20, are concerned after learning about the Drummond Report which suggests merging three schools for the deaf in London, Milton and Belleville, into one site.

Kenopic, who is a currently president and CEO of Canadian Hearing Society, wrote a letter to government officials to express serious concern over the recommendation.

The Ontario Association of the Deaf, and Canadian Association of the Deaf also wrote the letters about the same concern.

"If they close the schools and keep one school open, I will move where I need to go in order for my daughters to continue their deaf education," Rehman said. "My children have already expressed they will never ever go back to mainstream. Not even with ASL interpreter."

"I believe strongly in keeping all deaf schools open. I know there are many kids in those regions who can be recruited into the deaf schools as day or residence students," Kenopic said. "I know if Roberts and SJW close, only a few will travel to E.C. Drury, whereas the rest will get scattered and be sent to school boards where accommodation will be an issue."

There is a group of concerned parents of deaf students and people who have shared their concerns over the Facebook group named Stop The Ontario Government From Closing The Deaf Schools. They began an online petition that has over 440 signatures.

Kenopic said he is waiting on members of the ministry to respond to his letter but now is encouraging parents to send a letter. For Rehman, who was never given the op-

portunity to attend any deaf school because she said her parents were against the ideas of using ASL, said she was never around the deaf community until she was older.

"I struggled all the way with who my identity was. For me growing up, it was shameful to be deaf," Rehman said. "I fell asleep at school because I had to lip-read constantly. I had a hard time with friends because I couldn't hear and they would just get frustrated."

Today as a mother, Rehman said she is now happy that her daughters, nine and 11, who are also deaf, are attending Roberts School for the deaf in London. "In fact, seeing my children having everything I never had is some form a comfort to me. They will not relive my past," Rehman said. "They will be successful."

Morgan did not go to a deaf school when he was young. He said he lived so far away, he felt that he benefited from not going. "However, I do wish I lived closer to a deaf school so I could get the social experience while living with my family."

Today, Morgan is the father of a two-year-old hearing son.

"I learned from being mainstreamed. It placed me in a unique position to help with the Deaf community. It's not an experience I would recommend, however."

Kenopic said he was always felt isolated with no one to talk to when he was at hearing school. He says it was not until 1974 that he learned there was a Deaf school called Sir James Whitney in Belleville.

"I never knew sign language until I went to SJW... that's when I realized when people were signing to each other they were understanding what they were talking about," Kenopic said.

Today as a father, Kenopic said he is now thankful that his son, Braden, who is also deaf, attends E.C. Drury School for the Deaf in Milton.

"My son Braden, I envy his life compared to the one I had when I was his age," Kenopic said.

Kenopic said when he was eight, he thought the world was flat because he had limited knowledge because of the isolation he said he faced at hearing school. His life was changed until he attended deaf school.

"The pro bonus at the deaf school was during recess or at the residence where we were allowed to sign and explore for information," Kenopic said.

Kenopic says Braden knows so much and is able to debate any topic and is more aware of the surroundings and happenings around his environment.

Rehman said ultimately he would have had it better if he attended deaf school. "The ability to have a sound education with wonderful memories. To have deaf peers around me to laugh with and enjoy life," Rehman said.

"Also to be confident, knowing where I was heading in life. To have deaf staff and role models to guide me and to learn from."

Protest...

Continued from Page 1

Kramp said he was unaware of any complaints in the riding of Prince Edward – Hastings, but knew about concerns elsewhere.

"There have been identifiable problems in the one riding in Guelph, and like anybody else I'd be disconcerted if there is truth to that," said Kramp. "If there is, whoever's responsible should be held totally accountable to the full extent of the law. I have no challenge with anybody who's abusing the system. There's no room for that in our process but I think to put a broad brush over the entire thing and taint so many people in the process and misuse information and make allegations of thousands and thousands of calls...I think that's unfortunate."

Long-time political journalist and Belleville resident Peter C. Newman said that the robo-calls investigations should be focused now on how widespread it is, and not that the calls happened.

"If there was really the kind of disruption that they're writing about in a major way, right across the country, then that's about as serious as anything can get," said Newman in a telephone interview. "There is proof that it happened, but there isn't any proof about how much it happened, how badly it happened. So I think we have to wait to see the investigation, whether it's something that would have some serious consequences. It's just impossible to tell at the moment."

Newman said that the calls were a way of influencing voters, but that they overstepped the bounds of normal influence.

"In this case, (they were) misleading them, sending them to places where there are no polling stations...that was the tactic," he said. "If it was widespread, it would have a terrifying effect, because there would be many, many seats that are compromised. One hundred ballots can make the difference between a Liberal or Conservative winning."

Newman didn't recall any election in recent history being so plagued with controversy, but didn't want to draw any conclusions due to the pending investigation.

"If it was just the odd, overactive Conservative doing it on his own, then that's one thing. If it was a concerted effort, that's quite different, but we don't know which one it was."



For more on the robo-call rally, scan the bar code or visit qnetnews.ca.

Chlamydia clinic:

Better to be tested then to be sorry

By Manuela Garay-Giraldo

'Show your love by getting tested' for chlamydia, is a campaign spearheaded by Keren Helms Wilson, a Master's in Nursing student at the University of Ottawa, in conjunction with Loyalist College post-grad public relations students.

On Monday, March 19, a free walk-in clinic will be set up at the student health services room, 1N7 at Loyalist College, from 9:30 a.m. to 4:30 p.m. free grab bags containing condoms, pens, digi-mates (portable cellphone cleaners) and more will be given out to all who get tested.

According to Lauren Deans, head nurse at Loyalist College, it is very easy to get tested.

"You just have to come in and pee in a cup," said Deans. "We like to use pee that's been rocking in there for about an hour or so."

The initiative is part of Wilson's thesis to further prove that peer-delivered sexual education is the most effective.

"There is evidence that peer-delivered sex-ed is more effective because it becomes relevant to youth. Otherwise it's just some old person telling you about it, and it's just boring," said Wilson.

Wilson contacted Kerry Ramsay,

teacher of public relations at Loyalist College, and with the help of the students they came up with the idea for the walk-in clinic and the 'freebies'.

"It was all the students, they came up with the walk-in clinic idea, the slogan, made the pamphlets, the posters, everything," said Wilson.

"It is very important to get tested," said Deans. "Most people don't feel any symptoms (of chlamydia) and when they do, they've had it for a while. If untreated, chlamydia can lead to infertility."

"If you test positive, we ask for a contact list of your sexual partners for the past three months," said Deans. "We just need to give those people a heads up and make sure that they get tested and have a chance to get treated."

"It all comes down to, if you have sex without a condom, you are literally sleeping with everyone they've ever slept with."

According to Wilson most times people do not know they have the STI.

"It's generally caught on routine pap tests and the person is completely surprised," said Wilson.

"I want everyone to come, it will be great to have line-ups," said Wilson. "It's so easy to get tested, and it's free."



Photo by Kristen Haveman

Loyalist College's head nurse, Lauren Deans, will partake in a free walk-in clinic to get tested for chlamydia at the student health services room on Monday, March 19. The nurse hopes to raise awareness about the STI and get as many people as possible tested, "It's so important to get tested, and so easy."

Enjoy the great outdoors now because warm weather isn't staying

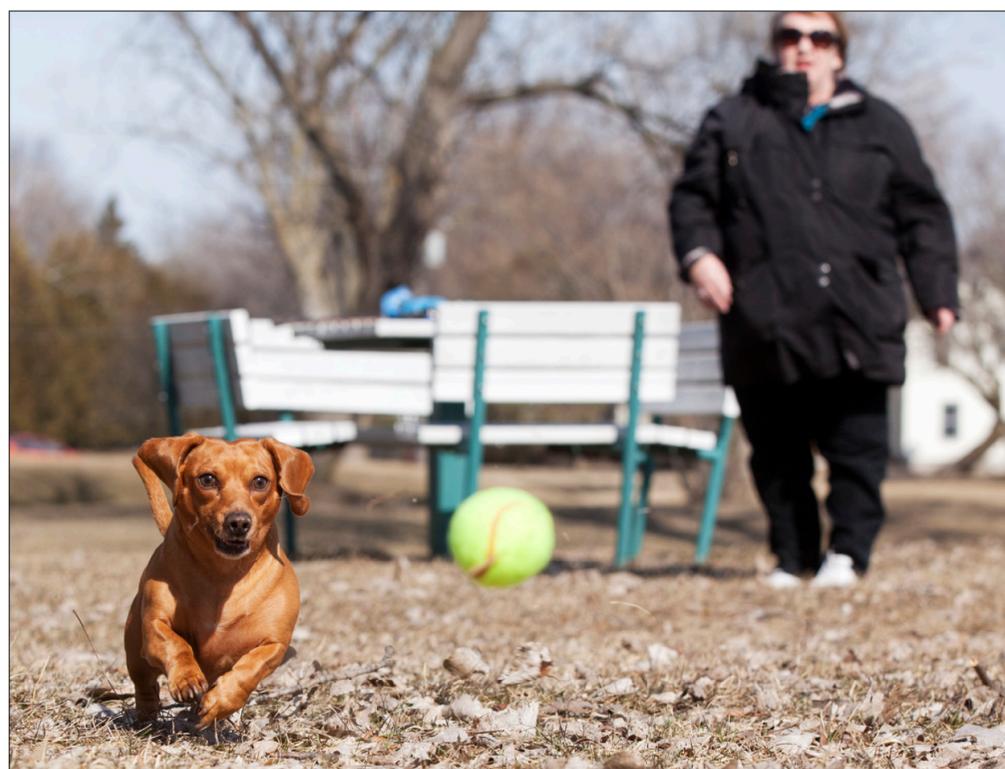


Photo by Rachel Psutka

Parker, a three-year-old miniature dachshund, enjoys a warm Wednesday morning by playing a game of catch with owner Valeria Green along Belleville's Bayshore Trail on March 7.

By Amielle Christopherson

Yesterday's temperature reached a record breaking 14.6 degrees Celsius. The previous record was set in 1975 with a temperature of 13.9 degrees Celsius.

Geoff Coulson is a warning preparedness meteorologist with Environment Canada based in Toronto. He said in a phone interview that the reason for the unseasonably warm weather was a low-pressure system that was moving through Ontario. While the north of the province didn't benefit, we did, as it brought with it a warm flow of air from the south.

However, the warm weather won't be staying around. There is a cold front coming through southern Ontario within the next few days and temperatures will start to fall, though stay above the freezing point.



Meteorologist with Environment Canada, Geoff Coulson, speaks about the record-breaking temperatures. Visit qnetnews.can.

Tracking and monitoring wildlife

Remedial Action Plan offers workshop on how to do it

By Linda Horn

Approximately 70 people attended a workshop Monday night to learn how to track and monitor local wetland wildlife as part of the Bay of Quinte Remedial Action Plan.

The workshop was held at the Quinte Conservation office, and led by Quinte Conservation field naturalist Terry Sprague.

The workshop outlined the Frog Watch Ontario and The Marsh Monitoring volunteer programs. Both programs are part of Bay of Quinte Remedial Action Plan. They have been running since 2000 as a way to count frog and bird calls to measure the health of the bay.

Sprague said they are interested in monitoring frogs and certain species of birds.

"Frogs in particular are a very good indicator of the health of our wetlands. They have a very sensitive skin and they tend to be impacted by any changes in the water they live in. So by monitoring their numbers we can tell how healthy the Bay of Quinte is. We are trying to get the bay from being an area of concern to an area of recovery."

In 1985, the Bay of Quinte was classified as an area of concern by the International Joint Commission under the Great Lakes Water Quality Agreement between Canada and the United States. The areas of concern in the bay were excess nitrates, bacterial contamination, and loss of fish and wildlife.

Phase one of the action plan, a report of recommendations, was developed to have the area delisted as an area of concern. Phase two started in 1994 to work on the recommendations in the report.

"Monitoring and data collection takes time. We had 80 recommendations since 1994. We now have seven left. We are very close to being delisted as an area of concern. The Bay has come a very long way," said Sarah Midlane-Jones, communications officer for Remedial Action Plan.

Sprague said both programs are easy to do and training is provided on what calls to listen for and how to report the data collected.

The Marsh Monitoring program is structured. Participants have a specific area and go during nesting seasons to count bird and frog calls. The Frog Watch Ontario program can be done anywhere and Sprague said it is a great program for kids.

"You can do this as a family. You don't need to set up an area you can be listen from you sun deck," said Sprague.

"This is my second year. I think it is critically important to watch wildlife and statically observe its behaviour. I will only be putting in a small bit of information but when everyone puts in their information it will be really important," said Foxboro resident Ross Folks.

Louisa Ielo, a Pleasant Bay resident, has been doing the marsh monitoring program for four years.

"I like being near nature. I think it is an important program getting the counts of frogs and birds. It tells the health of the water and if birds are breeding. I like making a difference and being involved," said Ielo.

Sprague hopes people will get excited about these programs and wants as much information collected as possible. To learn how to sign up for the watch programs, go to www.naturestuff.net.

"I think this program is crucial. The more people we have monitoring, the more information we will have. I think being delisted from an area of concern is an achievable goal," said Sprague.

Artist gains fame for postage stamps

Artwork reflects different moods of Mia Lane's work

By Sarah Schofield

Mia Lane first became aware of her artistic ability when her kindergarten teacher asked her who was going to take over the painting of pictures in the class when she was gone.

"From then on I was just drawing all the time. It was just something I did everywhere I went," Lane said.

Decades later, she has gained a number of notable achievements including a collection of dog paintings she did for Canada Post in 1988. She has won numerous awards from across the country and exhibited her work in gallery shows.

Today Lane lives in Prince Edward County, with her husband Robert, son Kyle, three dogs and two ferrets. Her home, which doubles as her painting studio, has a stunning view outside the window overlooking the peaceful waters of nearby Fish Lake.

Much like the changing seasons of southern Ontario's warm summer and cold winter, her artwork reflects different moods. Her gallery show *Charade*, which premiered in 2010, showcased a variety of both abstract black and white drawings and colourful flowing paintings.

She said she realized midway through her career that she wanted to take charge of her artistic style. She said it best when using an analogy from the movie *Runaway Bride* where the main character changes the kind of eggs she likes to suit her changing fiancé's tastes.

"I was at a period in my life where I was asking myself what kind of eggs I liked when it came to my artwork. I found that I really loved storytelling. In the end I really asked myself, 'What kind of art do I like?'"

'I love telling stories. I sort of took my inspiration from Beatrice Potter's books. I just love those books. I really love her style.'

artist Mia Lane

Since then, Lane has been following her gut feeling, now painting more of what makes her satisfied in her work. She applied this mindset to her new project based on the Newfoundland dog.

"I decided to approach the whole painting without looking at it as a project but painting it exactly the way I wanted to paint it. I don't care if anybody likes it," she said with a grin. "It's what I wanted to tell about the dog and its story."

A large canvas painting of an almost completed Newfoundland rescue dog sits on her easel, part of a new show. To the right is a large table with her colour palette, bucket of brushes and bottles of paint.

Inside the home her high walls are lined with her artwork--both favourites she can't part with and selections for sale.

She said she knows what it takes to survive in the art world.

"Staying away from the artist's critics that are there trying to pigeonhole you. I tend to listen to them. Maybe they don't feel it is serious art but I have to find what is right for me. It takes a lot of time to develop that self confidence, step out and say, 'It is good art. I've painted for many years and I do know what I'm doing and I am good at what I do.'"

As she pulls out an envelope full of detailed watercolour illustrations for a chil-



Photo by Sarah Schofield

Mia Lane, an acclaimed painter from the Quinte area, works in her studio and home in Prince Edward County on Monday, March 5, 2012. She is known for her gallery shows and collection of paintings of dogs used for Canada Post stamps.

dren's book, she explains why she crossed into the multi picture genre.

"I love telling stories. I sort of took my

inspiration from Beatrice Potter's books. I just love those books. I really love her style."



International Women's Day

A Day for Woman

International Women's Day started as a movement for change. In 1909, the very first march took place through the streets of New York City with 15,000 women participating. They were demanding change, choice and equality. After 103 years, on March 8, men and women still march.

The reasons for marching, however, have changed a little since then. The day is used to raise awareness for women who are still fighting for certain rights, and to celebrate the rights that have been won. It is used to celebrate the fact that women now have the right to make their own choices.

This International Women's Day we would like to share and celebrate the diversity of women, and the diversity of their choices by showcasing just a few of the women of Belleville.



Photos from top, left to right. Ivy Doreen Maracle is a volunteer at the Elder's Lodge on the Tyendinaga reserve in Mohawk Territory. Maracle has been living at the lodge for the last 12 years after the death of her husband. Helping people and painting is how she spends most of her time. Photo By Melissa DiNardo

Allison Rutter and her five-month-old son, Arthur, visit the Ontario Early Years Centre for the first time on Feb 21, 2012. Raising Arthur on her own, Rutter says that it can be hard not having that second helping hand around when she needs it. Photo by Stephanie James

Katsitsiase, whose western name is Betty J. Maracle, stands in the hub at Loyalist College in front of a mural next to the aboriginal resources centre where she has worked for 16 years. Photo by Sarah Schofield

Tracey Julie Kennedy, 38, performs a cleansing ritual on her client, Amanda Arends, 30. Kennedy is a practising shaman in Belleville who has been trained by the laika of Peru. Photo by Rémy Legé-Jovian

Alison Gerritor, 18, hopes to be accepted at the University of Nipissing where she will be working to obtain a bachelor of arts in criminal justice and legal studies. Photo by Marina Sanford

Sarah Taylor practises spelling with her four-year-old son Cory while her daycare children sit near by. Taylor is a stay-at-home mother for her two children and also offers affordable daycare for other families. Photo by Michelle Cochrane

Barbara Lenk is 92 years of age and is a strong volunteer in the Belleville community. Lenk is a volunteer for the Belleville General Hospital as well as the Belleville Public Library. Photo by Samantha Cantello

Bev Boyce, 75, is likely one of Canada's oldest lifeguards. Working at the YMCA in Belleville also as a swimming instructor, she says she gains the most enjoyment in teaching others how to swim. Photo by Rachel Psutka

Charo Amon left her child in the Philippines to work as a nanny in Canada. Once her immigrant status has been confirmed, her next step is to bring her son to Canada and finally be reunited with him. Photo by Melchizedek Maquiso

Kasia Nitschke moved to Canada from Poland about four years ago. She is the mother of Hailey, 2, and Jayden, 1, and is currently about 21 weeks pregnant. Photo by Kristen Haveman

Carla de Wal poses with daughters and granddaughters on her farm. From top right, Amanda Kirby and her daughter Bethany, top left, Tanya Indewey and her daughter Chloe, bottom Carla de Wal and her youngest daughter Lori. Photo by Linda Horn



Raising colon cancer awareness

Health and patient groups work with Belleville Bulls to promote testing

By Melchizedek Maquiso

To observe Colorectal Cancer Awareness Month, several health and patient support groups and the Belleville Bulls have collaborated to raise awareness about the disease in the Yardmen Arena Wednesday night.

The awareness campaign underlines the importance of having early detection especially that at-home test kits are readily available.

"What we're looking to do today is to try to get people to be aware – to get them to self-check. We want people to be aware that colon cancer is a big problem and that we're offering the home kits to them that they can take home and actually just send in themselves. It doesn't require using a doctor at all," said Shannon Del Grosso of the Hastings and Prince Edward County Health Unit.

Del Grosso is specifically referring to the Fecal Occult Blood Test (FOBT). According to Cancer Care Ontario, the FOBT is the most widely available test for screening for colorectal cancer that can be done at home. Samples of a person's stool are taken at three different times within a 10-day period. Once completed, the samples can be sent in a postage-paid addressed envelope for laboratory analysis.

"We really like people to know the importance of being screened early," said sisters Carol and Elizabeth Risto, whose parents both died from the disease. The sisters are volunteers for the Colorectal Cancer Support Group.

Dr. Hugh Langley of the Southeast Regional Cancer Program in Kingston discussed specifics.

"We know that colon cancer, when found early, is easily treated. But when found late, when a patient comes in with symptoms or bleeding, the treatment is much more complex and less effective," said Langley.

Langley added: "There is a special group of people that have had a brother or sister, mother or father with colorectal cancer. In those patients in the program should start colonoscopy – an examination with a tube on the colon at 10 years younger than when the relative got the disease.



Dr. Hugh Langley of the South East Regional Cancer Program does a fighting stance with Belleville Bulls mascot Ringo symbolizing the fight against colon cancer at the Yardmen Arena. March is Colorectal Cancer Awareness Month. Several health and patient support groups including the Belleville Bulls collaborated to raise awareness about the disease.

"So if a 50-year old man has a brother that developed colorectal cancer at 60, he should start colonoscopy. But for most people, it is the stool test every two years."

According to the Canadian Cancer So-

ciety, FOBT should be started when the person reaches 50 years old.

Statistics from Cancer Care Ontario indicate that an estimated 8,100 Ontarians are diagnosed with colorectal cancer

and 3,300 die from the disease each year. The cancer is the second leading cause of cancer deaths next to lung cancer in the province.

Photo by Melchizedek Maquiso

Blues festival extends format

By Manuela Garay-Giraldo

This year the End of Winter Blues Festival has been extended and has a two-day format for the first time in its eight years.

It all begins on Friday, March 9 at 9:30 p.m. at Little Texas with the festival's first-ever Mardi Gras Party and ends on Saturday, March 10 at Loyalist College's Shark Tank Pub at 1 p.m. for an all-ages event.

"A lot of people were saying they couldn't come on Saturday but could on Friday night and that they wanted to attend," said Ron Foxall, the festival creative director. "So we spoke with the owner of Little Texas and we decided to do this together."

The festival will feature Loco Zydeco, a "foot-stomping dancing music" band from Toronto. This is the third year the band has participated in the festival. On Saturday, the festival will feature local acts from the greater Quinte region, and will be headlined by The Johnny Max Band.

"I remember Ron jumping onstage with us and doing his best to play one of our extra rub photos - and I think I may still have the photo to prove it," said Ray from Loco Zydeco.

"I also remember the excellent lineup of talent the festival put together both times we played. It's always great to run into old musical friends at festivals as well as sharing the stage with new ones. Nothing but good memories."

This will mark the third year Loco Zydeco play at the festival.

One of the aims of the festival is to "provide a showcase for local talent," said Foxall.

The End of Winter Blues Festival started eight years ago as a class project during the special event course in the hospitality management program.

"The overall aim is to provide real-life learning experience for the students involved in the planned, presenting and operations of the festival," said Foxall.

Every year, about 50 students get involved in different aspects of the festival.

"A team of business administration students do the planning, the new media and T.V. students film the event, and the food is provided by culinary students," said Foxall.

Tickets for Friday and Saturday combo are \$30, for Friday night \$10 and for Saturday \$25. For more information or locations to purchase tickets visit www.loyalblues.ca.

Havelock Country Idol gets name for himself in Canada

By Mark Tarnovetsky

Jamie Spurvey had heard his calling.

After placing first place at the ninth annual Havelock Country Idol last year Spurvey has made a name for himself in Canada. Aside from performing at music festivals, Spurvey also frequently does shows at local pubs in eastern Ontario, grinding his way toward his dream.

Spurvey's mother, Dana Spurvey, has pictures of him holding a guitar when he was seven years old. It was when he turned 10 years old that his parents de-

cidated to get him music lessons. His uncle, Dave Spurvey, who lived with him at his home, was an accomplished accordion player, and heavily inspired his nephew during his upbringing.

Spurvey started out playing the accordion but eventually would trade it for the country twang sound made famous by country stars such as Alan Jackson, Randy Travis and other "great musicians."

Spurvey was raised in a military family, drifting between homes across Canada.

Born in St. John's Newfoundland, Spurvey followed in the footsteps of his

father. He joined the Canadian Forces after graduating from high school. After spending two years with the Forces, Spurvey received an honorable discharge to pursue a music career.

"Everyone told me when I was growing up that I was going to do something musical. I always made money from music but I didn't see the big picture."

Things changed when a personal friend and mentor, country musician John Landry, began to help Spurvey with his songwriting.

Landry said to me, "I believe you can

do this," and that is when the musical dream dawned on him.

"This is coming from someone who's done it, and I'm going to give it a shot."

Spurvey's destiny continued branching out last year after coming into contact with his current manager, Greg Verner.

"Jamie is a dynamic voice. But beyond his singing and songwriting he is an amazing person," Verner says. He describes their professional relationship as a friendship that has grown greatly.

"Jamie is focused and committed and

together we remain determined to reach for the stars."

Spurvey is now working on putting out a debut album through Iguana Studios, putting the final touches on the mixing and mastering of the material. Spurvey is hoping for a release of his album later this year.

Even though the draw of success in the big city is tempting, Spurvey has no plans on leaving his roots. When it comes to living "definitely has to be in the country."

Remembering all the victims as well as promoting kindness

By Thomas Lee

Candles were lit to remember all victims of violence during the Violence Awareness and Random Acts of Kindness Week at the Quinte Mall Monday night.

Fourteen high school students were nominated for a grand prize draw for a new computer and printer. The winner was Rob Clare, a 17-year-old student at Nicholson Catholic College. Clare was voted into the event by his school and picked from a draw.

"It feels really good. It's definitely a big confidence booster," said Clare.

Along with Clare and the high school students were 130 elementary students from 66 elementary schools who also received awards for various acts of kindness and creating posters for the event.

Violence Awareness and Random Acts of Kindness week was started by Chris Macdonald and Pam Smith 16 years ago after Macdonald's son, Mark Fyke was murdered during a robbery that went wrong in Daytona Beach, Florida.

This year's event was bigger than last year's. Almost 500 people showed up to the Kindness Court for the opening ceremony.

"People can identify and understand the event," said Smith.

"They know how great it feels doing something kind for another person and passing it on."

Violence Awareness and Random Acts of Kindness Week will continue until March 11. Activities and events have been planned throughout the Quinte area during the week. These events include participants showing acts of kindness in random areas, people wearing blue ribbons and selecting a kindness citizen of the year.

The event was held in Kindness court in the Quinte mall because it was named after the event and the mall is one of the main sponsors.

Students practice hands-on skills during special event at Loyalist

I'm Set up for College gives Grade 7 and 8 students a taste of what's to come

By Meagan Pecjak

Grade 7 and 8 students used their hands-on skills during the I'm Set Up for College event held at Loyalist College last week.

I'm Set Up for College was a March 2 event held to give students a taste of college education.

Loyalist was filled with hundreds of Grade 7 and 8 students.

Many college programs were involved in the event, including construction, nursing, radio broadcasting, television and new media and several others.

Students built doghouses and mouse traps and watched nursing students work. Loyalist construction and renovations students spent the day building a doghouse with the children.

Grade 8 student Gabrielle Sheridan was one of five taking part.

Sheridan said construction wasn't her first choice, and that if it were up to her, she would have gone into the nursing portion of the event.

"My mom went to school here, and she said the nursing program was really cool!"

Joshua Harvey, a Grade 7 student, said he was pleased to be placed in construction.

"I love to build stuff. Me and my dad do it in the garage."

Tammy Hurrell is a first-year class representative for the construction and renovations program at Loyalist.

Hurrell was helping the group build the doghouse, and said the event is not only helpful for the students who visit, but also the students from the college.

"We learn by doing this ourselves," said Hurrell.

When it comes to the learning aspect for the children, she said, "It's exposure to something that they may not see at home."

Hurrell also said the event gives the children a chance to get a feel for college,

and what they may want to do after high school.

This was the first time Loyalist has held Set Up for College.

Justin Manlow was the key organizer for the event.

"It is one thing for the students to come in and spend a day at Loyalist sitting in a classroom listening to a lecture. It's another to bring them in and actually get them into a hands-on session of essentially what they might want to do for the rest of their lives," said Manlow.

Running the modules was left in the hands of Loyalist students who were chosen by their teachers.

"They did a fantastic job," said Manlow.

"The faculty was double-booked because the skills competition was happening the same day. So for them to be able to leave some of the sessions in the hands of their students really shows the work that the students do, and the leadership they can provide."

Manlow said overall the day went phenomenally well, and that he overheard several of the students participating talking about the fun they were having.

"There were a few students who pulled me aside and said, 'How do I come here for college... To go back to being 12 or 13 years old and already thinking about going to college, and not only going to college but coming to Loyalist, that's exciting. That's a lot of fun.'"

"It is important for the students to see that from a college standpoint it is not the theory behind it but the hands-on technology we are using in the real world. And I think that is not what only sets Loyalist but also our programs apart," said Manlow.

Chantal Dilts, who also helped co-ordinate the event, said she believes that it gives participants hands-on experiences in careers they may not have previously considered.

"That's the whole principle of the idea ... going to college and getting a career," said Dilts.

"I find that it is often more fun to learn from a peer than an adult or a teacher."



Photo by Tiffany McEwen

Elementary school student Danielle Porter holds a candle against violence at the opening ceremonies for violence awareness and random acts of kindness week.



Jordan Mayer of the Belleville Bulls celebrates after a game-tying goal late in second period action against the Peterborough Petes at the Yardman Arena on March 7. The Bulls eventually clinched their victory with a 6-5 win over Peterborough.

Photo by Jeff Peters

Oh Captain! My Captain!

Five-point night for Luke Judson against Peterborough Petes on Wednesday

By Andre Lodder

It took a hat trick and a five-point night from the Belleville Bulls captain Luke Judson to get past the Peterborough Petes in a high scoring affair Wednesday night.

The Bulls captain opened the scoring midway through the first period and carried the Bulls on his shoulders to a 6-5 victory over the Peterborough Petes.

The total shots on goal looked more like an overtime game with the Bulls outshooting the Petes 40-37.

As a result, the Petes fell six points back of the Bulls but remain four points behind the Mississauga St. Michaels Majors for the final playoff spot in the Eastern Conference playoffs.

With the win, the Bulls leapfrogged the Oshawa Generals for the fifth seed in the Eastern Conference, bringing them that much closer to securing a playoff berth.

Andrew Yogan scored two goals of

his own to give the Petes a 2-1 lead in the first. Then with just 20 seconds remaining in the first period, Judson scored his second of the night to tie the game at two goals apiece heading to the intermission.

From then on it was back and forth as the two teams traded goals on two occasions in the second period. The Bulls Joseph Cramarossa scored early in the second while Judson scored his third goal of the night 13 minutes into the frame. The Petes' Nick Ritchie answered the bell on both occasions bringing the game to a 4-4 tie heading into the second intermission.

After Lino Martschini made it 5-4 for the Petes three minutes into the third it was Daniil Zharkov and Jordan Mayer who scored for the Bulls to seal the game and get the win for the Bulls.

Following the game, Assistant Coach Jake Grimes said he was happy with the team's offensive game but knows the defence could be better.

"Our special teams weren't outstanding and those are things we need to work on. We held on and enough guys kept us afloat until the rest of them came on board.

"One thing we didn't do well tonight was we didn't have a real good close gap

on a lot of their skilled players. They took full advantage of that at times and did that with odd-man rushes and quick shots," said Grimes.

Despite putting up five points and having one of the best offensive games of his young career, Judson echoed his coach's sentiments.

"Obviously the offence was clicking tonight so if we can keep that working and tighten up on our own end, we'll be doing ourselves well," said Judson.

That being said, Grimes said he was happy with the offensive output and proud of how the team handled the back and forth play against the Petes.

"It's up and down whether we're happy with our scoring or not and whether we've scored enough on any given night. It's nice to get that amount of goals in one night. We'll take that," said Grimes.

"It's nice to be able to stay in a see-saw battle, back and forth with ups and downs and come up with the win," said Grimes.

The Bulls have a chance to lock up a playoff spot with a win against the Sudbury Wolves on Friday night in Sudbury. Sudbury currently sits in fifth place in the Eastern Conference, eight points ahead of the sixth place Bulls. The game starts at 7:35 p.m.

New home proposed for the Belleville Bulls

Complex could include larger ice rink and more seating

By Rhea Munroe

A proposal for a new home for the Belleville Bulls is currently in the works.

"In 2009, the City of Belleville Council received a document from my office named the 'Plan of Vision 2017' where there were two phases outlined. One phase was the newly expanded Quinte Sports & Wellness Centre," said Mark Fluhrer, Belleville's director of recreation, culture and community services. "The second phase was the creation of a 'modestly appointed Sports & Events Centre.'"

The new complex could include a new larger ice rink, seating for a minimum of 5,000 people, a conference centre, office space and a hotel.

The current home of the Bulls, the Yardmen Arena, is not up to today's hockey standards, council members said.

There are multiple issues concerning the current arena such as not enough seating, non-ideal layout and the ice rink size. These and other changes need to be included in the new complex, said council members.

"The one we have isn't well-designed in the first place. It doesn't meet the standards," said City Councillor Pat Culhane.

"I don't know if there is much of a desire to build a new arena, but it's been a part of the business plan for a few years

'The one we have isn't well-designed in the first place. It doesn't meet the standards.'

City Councillor Pat Culhane

now," said Councillor Jodie Jenkins.

Culhane said hockey is what puts Belleville on the map, and although hockey fans do not make up the majority of the population, they are passionate and she hopes that their reaction to the new Bulls home is a positive one.

"I think that the community would want to know all the reasons that we feel it is necessary," said Jenkins.

Fluhrer said that it was undecided which building would be worked on first, but the much-needed repairs to the Memorial Arena and the Dick Ellis Arena pushed it to be the first plan of action.

The proposal for the new arena has been made, and it is planned to be finished in 2017, if council proceeds with the plan.

"Given the scope and size of the Sports & Event Centre, and in order to ensure that there is time to seek out and develop partnerships for investment and development of the campus site and the number of potential tax dollars involved. The gap in time is necessary," said Fluhrer.

"We won't start building tomorrow, but it is on the horizon," said Jenkins.

"The early estimates used to determine

a 'scope of project' that the city and potential partners may consider was between \$25 million and \$30 million," said Fluhrer. "However, the total cost is greatly dependent upon the final 'scope of the project.'"

The cost of the project is a major consideration, councillors said.

"It all comes down to the dollar," said Culhane. "The more partnerships with private businesses, the easier it is on the taxpayers."

"Having partnerships relieves some of the pressure off the city," said Jenkins, who added the city is also approaching neighbouring municipalities for support. The city is hoping to team up with Quinte West and to make this idea into a regional project.

Female professional angler looks to tackle new ventures

Working now to offer seminars on recreational fishing

By Mark Tarnovetsky

Ashley Rae has hooked into a successful angling career.

Whether she is faced with freezing temperatures during the ice fishing season or gliding through the summer months in her fishing kayak—Ashley Rae loves to fish.

Rae, 26, no longer competes in fishing tournaments, turning her attention instead toward different aspirations.

Rae has now done 14 seminars across Canada -- eight at the 2012 Spring Fishing and Boating Show in Mississauga and six at the Niagara Outdoor Sports and Boat Show. Rae demonstrates kayak-fishing techniques and attends fishing events for kids to help younger generations experience the sport.

"The best thing to do for the fishing industry is to help it grow. I have decided to focus more on recreational fishing and devote any time I can to get kids involved."

Rae also has plans for a television show in the future.

Rae was born and raised in Napanee, and although her own family did not fish, a friend of her father introduced her to fishing when she was five years old.

"Arnold, a good friend of my dad's owned a lodge on Kashwakamak Lake (north of Napanee) where my family would visit every summer. Arnold introduced my brother and I to fishing for walleye and it became one of our favourite things to do. We looked forward to those trips every year."

In the past couple of years Rae has taken up fly-fishing to expand her skills, landing her most memorable catch, a



Professional angler Ashley Rae with a yellow perch caught through the ice on the Bay of Quinte. Rae has promoted the sport of fishing in the Quinte area for most of her life.

Photo by Mark Tarnovetsky

wild brown trout.

"It's so much different than anything else I've done. It's a sport, science and art all in one."

Rae now lives in the Quinte area, fishing mostly in the Bay of Quinte and several small lakes between Napanee and Kingston. She is sponsored by a large host of fishing companies including Shimano, G Loomis, Power Pro fishing lines and Hobie Kayaks.

Rae joined the Quinte Bassmaster fishing club in 2008, and then entered

various tournaments in southeastern Ontario.

"It was a great learning experience and wonderful to have the opportunity to fish with a different angler each time."

Rae is also the host to her own successful website, www.shelovestofish.com, which has grown to 60,000 hits. Her website features an abundance of information on fishing techniques and her personal blog of event seminars, presentations and other outdoor accomplishments.



See the video on Ashley Rae at qnetnews.ca.

Special time for athlete

By Linda Horn

Local athlete Tim Maracle said the Special Olympics means a lot to him after returning home from national games in Alberta.

Maracle and his teammate Kai Freeland from Belleville won medals in speedskating at the games held in St. Albert, which ran from Feb. 27 to March 4.

Maracle, a 32-year-old Shannonville resident, won two silvers and two bronze medals. He said he has been speed skating for 14 years and this is his second time going to the national games. Maracle said he has a learning disability and difficulty with memory.

"The Special Olympics means a lot to me. I get to travel and meet people. If it wasn't for the Special Olympics I would probably be doing nothing. I train a lot during the off season," said Maracle.

Maracle also bowls in the summer games.

Freeland won five medals including three gold, one silver, and one bronze. He lives in Belleville but attends school in Peterborough. Bob Freeland, his father, said Kai is 22-years-old and lives with Down syndrome. The senior Freeland said his son has been speed skating since 2006 and practises twice a week.

"There is a social aspect of it. It provides opportunities for kids to play," said Freeland.

Both athletes are members of Quinte Blades Speed Skating Club in Belleville and were trained by Laura Woodall, who was also the head coach for Team Ontario.

Woodall said there were 15 athletes and five coaches representing Ontario. She said the athletes train hard and had to qualify for the team by competing at the provincial games last year in Thunder Bay.

"Special Olympics is very competitive and they compete at a high level. It makes for very stiff competition across the board. It is great for the athletes to have goal. It gives a purpose to their practice," said Woodall.

Freeland and Maracle are now waiting to hear if they qualified for Team Canada, which will be announced next month. Those picked for the team will get to compete at the international 2013 Special Olympics in Korea.

On the street

We asked people at Loyalist College the following question:

March 8 is International Women's Day. Do you think the day is relevant?



Beatrice Downs, accounting, "Yes, still working for equality, not getting a fair share so it's good to unite."



Kim Ward, fitness and health, "Yes, I think that women of all races should be recognized and have a voice."



Brandon McCrea, television and new media, "I feel like it would be great to celebrate womanhood."



Taylor Phillips, child youth worker, "It would not be relevant because everyday is like women's day."



Dustin Mahoney, civil engineering, "No I didn't even know about it. Not well advertised."



Erin Wiggins, OYAP apprentice, "Sure, because we are women, some women don't have a chance to speak, but we do."

Editorial

Government giveth and taketh away

Ever wonder where that 30 per cent student rebate that the Canadian government so generously deposited into your bank account last month came from?

Turns out critics are saying that at least some of the funds came from the government program that matched bursary amounts given out to college and university students across Ontario.

In the past, the Ontario government had always doubled the amount of bursary money. For instance, if the college had \$50,000 available to students, the Ontario government would match it, leaving the school with \$100,000 of available bursary money to distribute.

In a time where we still haven't fully recovered from the economic crisis of several years ago, students are relying heavily on bursary funds to complete, or help complete, their post-secondary education. And although this change won't affect the bursaries already in place, this leaves very little wiggle room for new ones to open up.

The demographics of universities and colleges are starting to change. Mature single parents, Second Career students, and people from out of province are now, more than ever, attending Ontario's post secondary institutions. Whereas in the past all of these individuals could qualify for some sort of bursary, now only some meet the requirements of the 30 per cent tuition rebate which essentially replaces the money that otherwise would be set aside for these students to claim.

According to Statistics Canada, 2011 marks the year that just over 24 per cent of the total number of students enrolling in post-secondary education in Ontario are mature students and therefore, not qualified for the 30 per cent tuition rebate.

In turn, this will make it harder for them to receive bursaries that may no longer be funded to help them out with their financial needs.

As the number of mature students and people coming in for an education from out of province grows, so will the difficulty involved in getting a bursary, as less may be offered in the future, when they're really going to be needed.

Looking at the numbers, you would assume that these changes with rebates are helping a higher percentage of people. But in less than a decade, the numbers will flip as they always have, and there will be more mature students roaming the halls than students coming straight out of high school.

Instead of working toward filling seats in Ontario post-secondary schools, the government is taking all the right steps towards inhibiting the success of students who are now having a harder time getting back into the workforce with a new career.

Topher Seguin

Destroying data from gun registry may not be wise

It was fought on the way in, and it was fought on the way out, but Canada's Conservative government has finally scrapped the long gun registry, but is making a mistake by destroying the data.

The federal Conservatives have been opposed to the registry ever since its creation, saying it is wasteful and does not reduce crime.

The Conservatives say the registry targets only law-abiding gun owners, such as hunters and farmers, instead of criminals, because only law-abiding citizens feel compelled to register their long guns.

Now, the registry isn't exactly cheap to keep running; it cost more than \$1 billion to set up in 1995, and \$22 million each year to operate it. But you have to consider its use. The registry was a database overseen by the RCMP, and used by local police all across Canada. It contained information about the three different types of firearms — non-restricted, restricted, and prohibited — and who owned them.

It was accessed by police officers to evaluate potential safety threats when they stopped a vehicle or were called to a residence, essentially keeping our men and women in uniform a little bit safer, which is never a bad thing.

Now that the registry has been scrapped, new firearms will not have to be registered after purchase, but a licence will still be required when purchasing firearms and ammunition.

The information that had been collected over the past 17 years will be destroyed, which is pointless and wasteful. After spending all that money on the registry, the Conservatives want to have the information destroyed just to prevent future governments from starting it up again.

Quebec, however, is fighting to save the information and start its own provincial registry. But why fight to keep the registry? Well, the people of Quebec have a special connection to this registry. It was created after the Ecole Polytechnique shootings in Montreal where 14 women were killed in 1989.

There is, of course, a new question that we will have to wait to see answered. Now that the Conservatives have their way, how much will it cost to scrap the registry?

Marina Sanford



Opinion

Taking a holistic approach to medicine

Eastern medicine addresses all parts of individuals

By Melissa DiNardo

Mental illness is a rising epidemic in North America. The more the medical system ignores the connection between the body, mind and soul, the more we allow pharmaceutical companies to create a zombie population.

We need a more holistic approach to medicine. The separation of organs from each other in the medical field is one of the first problems we have here in Canada. We have specialists who study and practise for only a certain organ, never looking at the body as a whole conscious being. Separation from the mind, body and soul is how Western medicine is performed.

The Canadian Mental Health Association states that 20 per cent of Canadians will experience mental health issues in their lifetime. More and more of our youth are being put on anti-depressants, uppers and downers to control moods and thoughts. The CMHA

states that suicide accounts for 24 per cent of all deaths among 15-to-24-year olds and 16 per cent among 25-to-44-year olds.

We trust our doctors, our specialists, to know what they are treating and that they hold our health as their highest priority. But what if the actual understanding of medicine in the western hemisphere is wrong? Why do we separate the mind from the body, the body from the soul, the soul from the mind? Separate different organs from the whole being? Separate the individual from their environment?

In Eastern medicine, mind, body and soul are all connected, which is called holistic healing. Holistic or "wholistic" healing addresses all parts of the individual, not just the physical facet of a person where manifested 'dis-eases' are most evident. 'Dis-ease' is a holistic term referring to people's diseases being formed in their mind and is the 'dis-ease' of their being. Holistic healing is not a one-time fixer but rather a lifestyle change removing the dis-ease from one's life; ultimately, living better, being healthier, and striving for wholeness.

Holistic healing is a combination of wise counselling, medical intuition with a vast understanding of natural herbs used as medicine,

not chemicals. Thought empowerment and stress management are necessary to restore the balance between mind, emotions, the physical body and the energetic body.

The understanding of energy and its frequency is used in the trained healing methods (Reiki healing, Tai Chi and Chi-gong are energy-training methods). Homeopathic remedies are derived from natural ingredients. A given remedy is selected based upon the totality of symptoms for both mind and body of the patient.

Nutrition is also a huge factor in the rise in mental health problems as well as in the disease that is affecting our loved ones. More processed foods with more chemicals than nutrients are being fed to our youth, and pizza is now considered a vegetable in cafeterias.

The lack of amino acids and indole-3-carbinol (which repairs cells and defends against cancer and is found in kale) are some of the nutrients that our bodies are lacking.

When using holistic healing practices, we eliminate the reliance on drugs and all the chemicals that come in them, essentially creating a healthier, happier and abundant lifestyle.

Use OSAP and bank loans with caution

Easy to get in over your head with student debt

By Stephanie James

Debt can become a hole that seems to just grow bigger and bigger, and eventually, we find ourselves stuck in the bottom with no way out.

Student debt is one of most common forms of debt. Continuing your education after high school, or pursuing a second career is a choice made by many all over the world, but for a fair percentage of us, it comes at a cost that we can't afford.

OSAP and bank loans exist to help us when we need that bit of extra money, but these options come with caution.

It is easy to get in over our heads and spend

money on things we don't need and that are not school-related, with money that is loaned to us.

I am not saying that OSAP is a bad option. It is a great program provided by the Canadian Government to help many students, but you don't want to get bogged down with the interest rates that come along with the loan.

According to The Globe and Mail, almost 60 per cent of post-secondary students expect and hope to graduate with no debt or less than \$10,000 in debt, according to a Bank of Montreal survey.

No matter how much wishful thinking we may have, the fact still remains that the average amount of debt that graduates take with them when they are done school is about \$19,000, according to Statistics Canada.

It's a good idea to manage your loaned money, not blow it all at once. It is just like a credit

card. You get a bill stating how much you owe. If you don't have the money to pay it back, either all of it at once or in small portions, more gets added onto your owed amount as a late fee.

I was fortunate enough to have family that was able to put money away for me to help support my college career and to start working at a young age to try and put money away for the future. But not everyone has this option.

Putting money away before starting college is always a good idea. It doesn't have to be the full amount, but a little something to get you on your feet.

If you are unable to do so, then OSAP is a great option. Just try and not to get tied down by the interest rates.

There are many other things your money could go towards, rather than paying back for your education for the rest of your life.

The Pioneer

The Pioneer is currently produced by photojournalism students for Loyalist College and the surrounding area. In the spirit of the pioneers who settled our community and who were rooted in tradition, these pioneers always had an eye on the future. Our students strive to serve the public interest, seek the truth and uphold the highest standards of our profession.

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