



Photo by Marta Iwanek

Idle No More protesters blocked one lane of traffic on the Peace Bridge that connects Canada and the U.S. in Fort Erie, Ont. on Jan. 5. Here, Steve Teekens leads the drum circle in a war dance song. For more photos on Idle No More and the protests, see page 4.

## Protesters take aim at Ottawa

*Tyendinaga residents arrive in nation's capital to participate in Idle No More movement*

By Jason Prupas

Drums and chants rang across Parliament Hill Friday as hundreds of First Nations people from all over Canada converged in Ottawa to show support for the Idle No More movement, for Chief Theresa Spence

and for the rest of the 150 other chiefs who arrived to speak with Canadian government officials.

Dan Doreen, a First Nations resident of Tyendinaga Mohawk reserve in Marysville, just east of Belleville, arrived in Ottawa early Friday morning with a bus of

about 20 others to sing and chant in front of Parliament where large crowds had encircled the Hill in a peaceful demonstration. The protest included speeches from various First Nation chiefs who shared their emotionally-charged words to a jubilant and sympathetic crowd.

"Without a doubt, our presence will be felt by Parliament," said Doreen. "A lot of First Nations are frustrated by the current state of affairs, so now is the time to act."

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Photo by Gail Paquette

Four-and-a-half-year-old Ziva Hilton-Jelenic accompanied her mom Milica, a participant to the Stirling Wellness Fair, last Saturday. Ziva, a vegetarian, was nursed until she was four and has never taken any medications. Her mom said she believes this is to why Ziva is the picture of health.

## Health fair teaches good living habits

*Stirling Wellness Fair brings together health-care professionals with non-medical techniques*

By Gail Paquette

For many, the start of a new year is a time of reflection and a determination to change some bad habits and get healthy.

"It is for good reason," said Dr. Dan Boyle. "Without good health, everything else on the list becomes less important."

A practitioner of chiropractic care, Boyle operates Natural Rhythm Healing Centre on Mill Street in Stirling, Ont. He organized the second annual Stirling Wellness Fair on Saturday, Jan. 12, by gathering health-care professionals that use non-medical techniques.

Thirteen vendors, outside of the mainstream government-run medical system, provided samples, mini sessions, introductory offers and advice for reversing and preventing health damages without the use of drugs and surgeries.

"I would like to get off my medication all together," said Betty Anne LeReverend. "But I don't think that is entirely possible. I am here to seek alternative ways and at least reduce my intake."

"People have done it," said Boyle. Sixty-eight-year old LeReverend has suffered from severe arthritis for years and walks with a cane. Recently relocating to Stirling from London, Ont., she was seeking natural health-care professionals close to her new home.

Jaye Yarrien, a registered holistic nutritionist, said food quality, stress levels, lifestyle and exercise all need to be looked at to make healthy lifestyle changes.

"I was diagnosed with fibromyalgia and later with rheumatoid arthritis. Then

they told me I had MS," she said.

With no cure for these diseases, Yarrien was on a host of medication, all of which gave her unwanted side effects. After years of research, she studied to be a registered holistic nutritionist, and recently became a certified nordic pole walking instructor.

"I'm 55 and I'm free from pain. I feel younger than I did at 40," she said.

The Wellness Fair gave her another venue to share her knowledge and expertise as well as make people aware of her practice, Harmony In Health in Brighton.

"There is a lot of information out there and we all get confused," said Yarrien. "I have helped a lot of people to get healthy."

**"There is a lot of information out there and we all get confused. I have helped a lot of people to get healthy."**  
*Holistic nutritionist Jaye Yarrien*

For Jill Detlor, a registered nutritional consulting practitioner, the fair gave her the opportunity to introduce the GSR 120 Unit.

Without the use of blood test, scratch tests or needles, the unit obtains information from the body through one's muscle strength and the body's static electricity.

"Symptoms such as cough, wheezing, watery itchy eyes, sneezing or runny nose often indicate allergic reactions and intolerances to food or the environment," said Detlor. "More extreme complaints include headaches or migraines, arthritis, digestive disorders, memory loss, fatigue, hemorrhoids, acne, rash or hives."

Once these symptoms are diagnosed by what Detlor refers to as a simple, natural and non-invasive way, the body can achieve balance without the use of needles and drugs.

Last year, more than 250 people took advantage of the Wellness Fair. Boyle expected just as many through the doors on Saturday at the Eugene Burrell Community Hall in Stirling.

"It is an opportunity to get information out to people about what is available in this area. People are always looking," said Boyle. "Every time I hear someone they say I wish I had of know about this before."





Photo by Melyssa Gloude

Hotel Quinte before the devastating fire that destroyed most of the building.



Photo by Jeff Peters

What remains of Hotel Quinte today after it was engulfed by fire on Dec. 20, 2012.

# Saying goodbye to Hotel Quinte

## Residents share found memories of historic landmark

By Jeff Peters

The character of a building can be described as many things from the run down to the sublime. Buildings and architecture in the cities and towns we live in often move past our peripherals in everyday life, like background placards of a Hollywood sound stage.

Most of us will walk with blinders on and rarely appreciate something beautiful when we see it.

The Hotel Quinte, which had seemed to have had its heyday, appeared to be making a comeback in downtown Belleville. With a renovation, albeit with

much delay, the heritage building was primed to return to its former glory.

The historic hotel went up in flames on Dec. 20 due to a cause that is yet to be determined. The blaze was finally under control by 4 a.m. the next morning and because of the fire, a piece of Belleville history has been lost.

The Hotel Quinte was built upon the framework of the Dafoe house which was a family owned inn constructed in 1860. In the 1880s, the hotel came into being, which like the Dafoe house was a rooming house for those coming through the 'Friendly City'.

While the hotel was under the title of the Dafoe House, a literary legend paid a brief yet memorable visit. Oscar Wilde famous playwright, essayist, poet, journalist and a leading voice in the aesthetics movement, spent an evening while on a lecture tour.

"He arrived here and he was all colours,

flamboyantly dressed, that's putting it mildly. The girls and women were falling all over him waiting for his arrival," Gerry Boyce muses about one of the hotel's best known patron.

Boyce is a retired schoolteacher author and member of the Hasting Historical Society. Boyce has been president of the club half dozen times in the 57 years he has lived in Belleville.

Boyce has fond memories of the hotel and has written about it in depth in his book "Belleville: A Popular History."

"You used to be able to go in the south side to a very attractive lobby, marble tiles and large column pillars with false marble tile. They were elaborate. The place was beautiful, it looked like a very attractive bank," Boyce recalls with a touch of sadness.

For Boyce, the history of the hotel is also a history of Belleville. The hotel was as Boyce puts it, "one of the few buildings that

was prominent, in which, sort of focused on the nice features of Belleville life."

"Belleville used to have the wharf street down here, we had Stony Lonesome out the north end and they were considered somewhat rough. This was regarded as somewhat elite."

For a building of its age, it has touched the lives of Belleville residents through many generations. John Irvine, 57, owner and operator of John's Hair Quarters, has worked adjacent to the hotel for nearly 25 years. The building holds fond memories from his youth.

"We had favorite musicians that performed there and when they were there they drew very well. They had John Lee Hooker play there at one point. They had some talented musicians in there at time frame when folk rock was the music of preference," recalls Irvine.

In the early 70s, Irvine was commissioned to paint a mural on the wall of the

Tropicana room, which was a popular folk bar, in exchange for a two month stay.

"I would paint through the night. It was a lot of fun. I have a background in arts to some degree. It was one of those things that is kind of interesting and I would bet that it's still there," Irvine said with a smile.

Despite the nostalgia, Irvine would ideally like to see condominiums take the place of the burnt husk of the hotel.

"Like McNab Towers lets say, because I believe if you get middle class people living downtown that you would get good spin off business from that," said Irvine.

Boyce has a more traditional take on the historic piece of architecture that was the Hotel Quinte.

"It would be nice if they had something to at least remind people that it was a hotel and it had been a hotel. Its been a hotel probably over 150 years," said Boyce.

## New media wing to open May 1

### Trent University students coming to Loyalist in the spring

By Lyndsay-Lee Quinn

Loyalist College will be welcoming Trent University students in the spring, but not with a new media wing.

The new media wing, where a new newsroom will be located, was set to open May 1, but is now not set to be complete until August, ready for the fall semester in September.

The wing will house journalism students at Loyalist, as well as the new Trent-Loyalist journalism pro-

gram.

The program will allow students at Trent to gain a joint-major honour's degree in journalism and another discipline of their choice, as well as an Ontario college advanced diploma in Journalism - online, print and broadcast from Loyalist.

Jane Harrison, dean of media arts and design, said that the delay will "not affect the education of the students," from Trent University or from Loyalist College.

There wasn't "any point in rushing to open this semester," said Harrison.

Part of the delay has to do with waiting on permits to be approved by the city, which were held up over the Christmas break. There is also

a lot of back and forth between the college and the city with paperwork and approvals causing some delay.

Some students in journalism programs at Loyalist are unaware of the new newsroom, but hope there will be vending machines and microwaves, for those late nights which seem to be more often than not in journalism.

Brandon White, a second-year journalism - online, print and broadcast student, said he hopes the new newsroom will "have enough space and equipment to work comfortably, and that it will be more self-contained," so that the journalism programs aren't so spread out, and stories are able to come together quicker.

## Plans change last minute for strikers

By Julia McKay

Ontario elementary teachers, students and parents were left scrambling this past Friday morning when the final decision came down that local schools would be open after an overnight session of the Ontario Labour Relations Board deemed the planned one-day teachers protest illegal.

The one-day protests were part of the Elementary Teachers Federation of Ontario response to the Governments Bill-115, which gives the provincial government the authority to block strikes, as well as freeze teacher wages and reduce the number of available sick days.

"The teachers believed that they were holding a legal political protest due to the results of the 1997 job protest court ruling," said Karen Fisk, Elementary Teachers Federation of Ontario local President.

The approximate 640 contract teachers were notified by email of the change in plans Friday morning.

"The message got out about their (teachers) protest and they got paid to teach the kids," said Fisk when asked about the feedback she'd received from teachers.

The Hastings and Prince Edward District School Board posted a message on their website at 4:30 a.m. Friday morning that all 42 elementary schools would be open to students.

There are about 10,400 elementary students under the board.

"We needed to get the message out quickly," said Kerry Donnell, communications officer for the board about using local radio and social media to inform local parents of the change.

According to Donnell, students will not be penalized if they missed school Friday.

# Service dog provides help and companionship

Myriam Lublink

Samantha Hobbs took three weeks off from her classes at Loyalist College in November to go to Oakville, Ont. where she attended a Dog Guides of Canada training centre and met her new companion.

Hobbs, 26, originally from Kingston, is a second-year photojournalism student at Loyalist.

Hobbs was diagnosed with a form of spastic cerebral palsy when she was two years old and at age four, she received a wheelchair.

Hobbs had planned on getting a service dog when she became older and would require more assistance, but after some health problems in 2012, she realized that she needed the guide dog now.

"I fell and I was by myself and couldn't get up or reach a phone. I actually had to hurt myself to get up because I was trapped. After that, I decided that a dog would be a good idea."

Before Hobbs received her service dog she was nervous, wondering if her dog would actually like her. Hobbs and Jazzy, her dog, got along right away, but it wasn't until the day after meeting that she realized they were going to be assigned to each other.

"When they came in the next day, and I saw Jazzy and realized she was mine, I started freaking out. She ran over wagging her tail and licked my face. I was so glad because she was great and we already got along so well."

Jazzy has been trained to help Hobbs in her daily routines at home, at school and anywhere else they need to go. Jazzy is able to pick up things, open doors, bark for help and even help take off Hobbs' winter boots.

"I'm actually not in as much pain as before because I don't have to bend down as much since she can pick stuff up and open doors for me."

The transition to having a service dog that has been trained to stay with her at all times wasn't easy for Hobbs. Some of her neighbours looked at Jazzy as a pet and told her she wasn't



Photo by Myriam Lublink

Samantha Hobbs has been enjoying the company of her service dog, Jazzy, since November of last year. Jazzy has been trained to assist Hobbs with her daily routines like opening doors, pushing buttons and picking up dropped things. Hobbs was living on her own before she received Jazzy, now she says that she can't imagine life without her.

allowed into the apartment building's common rooms with her.

At school, Hobbs has had to explain

to her classmates and other students in the school that Jazzy isn't a regular dog - she's a working dog and has to

be treated differently than a pet.

"She's not a pet. Even if her service coat is off, she is still working. You

can't just walk up and pet her, she's a service dog. It's like having a wheelchair, only Jazzy is cuter."



# Sports

## Reinforcements propel Bulls over Spitfires

By Benjamin Priebe

The Belleville Bulls defeated the Windsor Spitfires 4-3 in a shootout on Saturday night in front of 2,571 fans.

Confident after an 8-2 triumph over the Frontenacs on Friday, the Bulls returned to the Yardmen Arena introducing new addition Alan Quine. Quine, a 2012 third round draft pick of the Detroit Red Wings, was picked up at trade deadline on Jan. 10. Bulls goaltender Charlie Graham got the nod over Malcolm Subban on Saturday night and gave a solid performance in his backup role.

Quine made the most of his home debut by opening the scoring with a wrist shot over the shoulder of Spitfires goalie Jaroslav Pavelka at 11:20 in the first period, assisted by Daniil Zharkov. At 11:43, Zharkov fed Jake Cardwell a skillful pass and he snuck a shot through Pavelka's legs to give the Bulls a quick 2-0 lead.

Spitfires shifted gears in the second period with Josh Ho-Sang and Ben Johnson setting up Brady Vail with a wide-open net early on. The Bulls began to feel pressure when Alexander Khokhlachev sunk another shot on Graham later in the period. The Bulls recovered the lead quickly with a tic-tac-toe passing play executed by Garrett Hooley and Niki Petti giving Micheal Curtis a low slot goal at 18:48 of the second frame.

In the third period, Khokhlachev put the Bulls back into danger with a goal during a five on three power play with a few minutes left. The game continued through a tense overtime. Both teams battled, but did not score, leading to an edge-of-the-seat shootout with Windsor shooting first.

Khokhlachev and Quine fanned their shots, followed by both Chris Marchese and new Bull addition Tyler Graovac scoring. Graham made a save on Kerby Rychel's shot and Joseph Cramarossa won the game by dekeing Pavelak, and sliding the puck into the net.



Photo by Joel Watson

**Belleville Bulls centre Joseph Carmarossa scores the wining shootout goal on Spitfire's goalie, Jaroslav Pavelka. The Bulls defeated the Spitfires 4-3.**

Recent arrivals Graovac (Ottawa 67s) and Quine (Peterborough Petes) have been lighting it up for the Bulls in their opening games. Graovac scored a goal and three assists last Saturday against Sault Ste. Marie

Greyhounds and Quine scored a goal and four assists against the Kingston Frontenacs this past Friday night.

"We picked up two guys who are going to help us in the long run for a shot at the

Memorial Cup," said Bull Chad Heffernan after the game. "A strong offence is key to our success."

Quine was also the first star of Saturday night's tilt against the Spitfires. "I'm

pumped that I was picked up at deadline," said Quine. "I know Graovac and he is a perfect addition to my new team."

The Bulls host Owen Sound Attack Saturday, Jan. 19, at the Yardmen.

## Lancers victorious over Georgian

By Jason Prupas

The Loyalist Lancers men's basketball team went head to head this weekend against the Georgian Grizzlies, finishing in a tight victory in overtime.

They scored their last three points with about two minutes left in overtime, earning them a 84-81 win against the Grizzlies, which brings them to seven wins and five losses so far in the season.

After losing the first quarter 19-20, the Lancers came back in the second winning 25-15, and tying the third 22-22. They took a hit in the fourth with an 18-24 loss, however, the big lead in the second quarter and the three-pointer in overtime gave the Lancers the narrow victory.

Head coach Ryan Barbeau attributes the win to grittiness and focus. "It was a scrappy game. The records aren't very indicative of the way they play, and they play teams tough."

With the Grizzlies losing 11 games and winning one so far this season, Barbeau expected a tighter game in their favour.

"They just kept on scratching and clawing their way up, which brought us into overtime, which should have never happened. Nonetheless, I think we played very well."

Barbeau thought the team played exactly how they practised, with a defence-oriented strategy. "We are going to keep doing what we have been doing during practice. Preach defence first. We still have a lot of offensive stuff to tweak and go over but for now, defence first."

Lancer point guard, Jordan Marlowe agrees.

"The first half of the game we dominated. The second half we weren't too good but I think we rallied together as a team and we got the W." Marlowe was one of the Lancer's top players Saturday night with 13 points under his belt. Brayden Gohn had 22 points, and Patrick Kalala got 28.

The next couple of games are re-



Photo by Jason Prupas

**Loyalist Lancer point guard Patrick Kalala battles for the ball against Georgian Grizzly Glody Madymba Jan. 12 at Loyalist College. The Lancers went on to win the game 84-81 in overtime.**

ally going to challenge the team. On Jan. 23, they play Centennial, ranked second in the East Division. Marlowe remains keen on keeping up the hard work in practice. "I think I need to work a little harder on

my defensive end. I let my man beat me a few times but that can't be happening and that led to a few buckets."

"I expected a very gritty, tough-minded team. They've got a great coach. They play the top teams real tough. And we ex-

pected nothing-less"

"I think it was a great team effort overall," said Coach Barbeau.

The Lancers will play La Cite Coyotes Jan. 20, at 2p.m. at Loyalist College.

## Women's team scores win over Grizzlies

*Georgian no match for effective play by Loyalist Lancers*

By Jenny Robertson

The Loyalist Lancers women's basketball team scored another win in their game against the Georgian Grizzlies this past Saturday.

The Lancers took the beginning of the game by scoring the first basket, winning the team three points.

As the game at Loyalist progressed, the Lancers never backed down, keeping up a winning score against the opposing Grizzlies who couldn't seem to keep up.

The Grizzlies teammates shouted tips from the sidelines while the Lancers shouted cheers.

By the end of the second quarter, the Lancers were still holding the lead of 44-15. The Grizzlies tried hard to keep up, but were no match for the Lancers' skills.

Jenni Thompson led the Lancers with the most points. Thompson previously won several Ontario Colleges Athletic Association Women's Basketball Awards in 2011-12, including OCAA East Division Rookie of the Year, OCAA East Division All-Rookie Team and was also named one of the OCAA East Division Second-Team All-Stars.

As the game came to an end, basket after basket, the Lancers seemed to already know they would be taking the victory.

The Lancers flew up and down the floor in a whirlwind, scoring as many points as possible before the end of the last quarter.

The game ended with a final score of 80-35.

We asked people at Loyalist College the following question:

**Question: With the return on the NHL, will you be watching? Why or why not?**



**Bryan Dunham, athletic therapist, Toronto Maple Leafs fan:** "Hell ya, because I have always watched hockey. I'm not interested in basketball or the NFL. Saturday night is hockey and beer!"



**Peter Williams, student life officer, Toronto Maple Leafs fan:** "No, I'm not interested anymore, I'm mad. It's millionaires arguing with billionaires. I'll watch if the Leafs are in the seventh game, third period of the Stanley Cup finals."



**Brock Kerby, first-year, police foundations, Montreal Canadiens fan:** "Yes because I enjoy it. It's one of my pastimes. I watched more OHL and went to more Belleville Bulls games."



**Jim Buck, athletics director, Montreal Canadiens fan:** "I will not because these guys have frustrated me too much. I've been a hockey fan for 45 years. I can't sympathize because it's not the first time."



**Amy Hoskin, athletics assistant, Toronto Maple Leafs fan:** "I won't go out of my way to watch games and I won't buy NHL gear or attend a game. It's ridiculous they make so much money and it took too long (to settle the deal)."



**Rachel MacGregor, first year, journalism – online, print, broadcast, Ottawa Senators fan:** "I'm not big into hockey, but especially now because they are greedy. It went on for so long. It was immature and unprofessional."



# An outpouring of emotion



Photo by Christopher King

## Protest...

Continued from Page 1

*Idle No More Movement provides emotional moments for its participants*

Doreen has been with the Idle No More movement since it started over a month ago in support of Spence and her month-long hunger strike, in which she is refusing to eat solid food to get the attention of Prime Minister Stephen Harper and Governor General David Johnston to sit down and talk with other First Nation representatives.

"This is symptomatic of something that is wrong with the relationship between the First Nations people and the Crown," said Tyendinaga Chief Donald Maracle,

about marching in downtown Ottawa.

Maracle was one of over 100 chiefs who refused to attend Friday morning's meeting with Harper and his cabinet in solidarity of Spence's refusal to attend the meeting because of Johnston's planned absence.

"There has to be political will. And right now it does not seem that there is any," said Maracle about the governor general's plan to attend a separate, more informal meeting in the afternoon.

Doreen chalked a lot of Idle No More's success to today's youth and social media.

"Social media is a tool we use to spread awareness to the masses," said Doreen. He said he is a proactive supporter of the movement by helping organize a few controversial CP railroad blockades in Tyendinaga. During those blockades, CP had to get an emergency court injunction to remove the occupiers from the rail line.

"There are more in the works," said Doreen. However, he would not give more specifics about when it such a protest could happen again.

Maracle said he supports the Idle No More movement because he said there is a lack of clean drinking water in his community since there are not enough funds to buy a water filtration plant to help the 4,000 residents with safe water.

Other reserves, such as Sandy Lake in northern Ontario, lack proper infrastructure during the winter. This leads to bursting sewage pipes and heater malfunctions, which make for inadequate shelter.

Maracle has represented Tyendinaga for over 20 years and he said he does not see an end to this political pressure until aboriginal demands are met.

"We cannot continue to be blind regarding these issues, and I think the First Nations cause is just."

**Above: A protester cries during speeches at the Idle No More march in downtown Ottawa on Jan. 13. The march took place on Wellington Street around the Prime Minister's Office during the Assembly of First Nations.**



Photo by Jason Prupas

**Idle No More protesters took to the streets in front of Parliament Hill while First Nation leaders and activists delivered a number of speeches on Jan. 11.**



Photo by Jason Prupas

**Idle No More protesters took to the streets in front of Parliament Hill in Ottawa while First Nation leaders and activists delivered speeches on Jan 11.**



**Photo, left: Participants of the Idle No More movement knock on the Prime Minister's Office door on Jan. 11 in Ottawa.**



Photo by Christopher King

**Grand Chief Derek Nepinak mourns at the Idle No More march in downtown Ottawa on Jan. 13. The march took place on Wellington Street around the Prime Minister's Office during the Assembly of First Nations.**