

# Good deeds get recognition

By Laura Boudreau

Random Acts of Kindness week is encouraging students at Loyalist College recognize good deeds for fellow peers.

“It started about five or six years ago as a mentor appreciation day and then I realized, there are way more people to appreciate than just the tutors,” said Deiana Gonyea, assistant, aboriginal services. Gonyea has been at Loyalist for 12 years but has only been at aboriginal services since December 2012.

Gonyea said that the most important reason to recognize people for good deeds is to make the public more aware of being kind to others.

“Sometimes we forget to say thank you for those little things, we need to appreciate people.

“None of us can do things in isolation and they need a little pick-me-up just a helping hand can change the world,” said Gonyea.

To some people being kind comes naturally.

“It’s important to encourage people to care for each other. It is just a way of life, you do nice things for people it just makes sense,” said Annaliese Heissler, a television and new media second-year student who was nominated by her teacher for a certificate of kindness.

Many events took place on campus starting on Monday. Food for thought, kindness counts campaign, student appreciation day, a validation booth and wear red for heart day. With many draws for being nominated for doing nice things, and wearing red to show your awareness for both Valentine’s Day and heart health month.

Food for thought was an ongoing fundraiser to run all week. Students and staff donated a non-perishable food item for



Photo by Laura Boudreau

**Random Acts of Kindness week is taking full swing at Loyalist College. Teachers nominated students worthy of a kindness certificate and this event was to celebrate that. Annaliese Heissler is enjoying her well earned cake and punch with fellow classmate Ernon Schneeberger.**

the food bank and got their name into a draw w win a lunch for two from the cafeteria.

Wednesday was student appreciation day. Faculty and staff nominated students to receive a certificate from the di-

rector of student success for their portfolio, and free cake and punch to celebrate.

Also there was a possibility to win a basket of “Loyalist swag” for being nominated by a fellow student. There was also a chance to get your name in a draw for an eReader by getting your validation

card stamped at the booth in the Student Success Hub.

“For me it is just about recognition to the people who do so many things to help other people; little things that they don’t necessarily think are a big deal,” said Gonyea.

## Market helps moms make money

By Lyndsay-Lee Quinn

Moms who want natural or local products for their kids are turning to handmade products made by other mothers in Belleville and surrounding areas.

There are many stay-at-home moms that spend the few hours they have to themselves, usually in the wee hours of the morning, making crafts to get just a few extra dollars. At The Mama Market, moms are able to make some money while helping out other mothers and fathers in the area with many unique products.



“There is a lot for mom’s to get together, but no one know’s about it,” said Bridget Legere, 27, and co-facilitator of The Mama Market.

Legere continues, “I go to the various different programs, I know about them, but they’re attended by the same 10 people. That’s the thing that surprised us about the last market, we’re like, “there’s people here we don’t know?!”

Products at The Mama Market may be slightly more expensive than going to your local big box store, but parents can take comfort in knowing they are helping out a local mother, and not contributing to anything like unfair wages, or child labour.

The Mama Market is part of a tight-knit community of mothers in the area, but would want nothing more than for other moms in the area to join them.

This past Mama Market, held at By The Moon, was the second market that was run more as a store format, rather than having all the vendors there, creating more room for product. With the success of the last market, they hope to run The Mama Market at least every other month.

## Miniature horse gets temporary home at Quinte Humane Society shelter

By Laura Boudreau

The Quinte Humane Society took in a miniature horse on Wednesday, with the hopes of adoption.

Joey the miniature horse was dropped off at the shelter earlier this week. The owners could not keep him because of a few complications. The other horses did not get a long with him because he was a stud and there was a lack of hay, said Jenny Duffy, manager of the humane society.

“This time of year is a really hard time for hay, and without hay it would be hard to maintain a farm,” said Duffy.

“Joey is a miniature horse. He is around six years old and is well tempered. He was gelded Wednesday so the stud issue is no longer a problem,” said Duff.

The shelter has had horses in previous years. However, this is the first one that they have kept at the shel-

ter. The other horses that have been brought to the shelter have been put into foster homes because of the space issue, but because Joey is small, he is able to stay right at the shelter.

“He is a sweet little guy. After he recovers from his gelding he will be quite the little pet,” said Duffy.

Horses are not necessarily harder to find a home for than any other animal, said Duff.

“It really depends on the animal and its tempers. If the right person comes in and sees the right animal, it’s fate.”

“He will be ready to go, all cleaned up and gelded for \$400 by the end of the week,” said Duffy.

There is a nice stall at the shelter that Joey stays in. He has access to outside so he can run around and play.

“Minis are known for driving carts as well. I know Joey would make for a great cart driver when he’s all healed up.”

# Love more important than money for Valentine’s Day shoppers

By Laura Boudreau

The love seems more important than the spending for Valentine’s Day shoppers.

According to some businesses, not as much money is being spent on gifts compared to past years.

“Generally people spend \$100-\$200 on their spouse in my shop, but it’s not as much as it used to be,” said Alicia VanLuven, who has been the manager at La Maison D’Eva Belleville, a fine lingerie store for three years.

“It’s not like 10 years ago when people came in and spent their life savings, now it’s only 15-20% higher than a regular business day,” said Sheryl Gommer, beauty boutique manager at a Shoppers Drug Mart in Kingston.

“It used to be 80-90% up in sales at this time.”

Shoppers are also not planning on spending a lot of money.

“You show your affection by spending the day with your loved one and maybe a nice dinner or date night and a small gift and a card,” said Ryan Young, an apprentice mechanic from Trenton. Young and his girlfriend have been together for two years and they feel Valentine’s Day is a very important day for couples.

“No more than \$100 because it’s about being together not showing off your wallet,” said Young.

Extra staff is needed depending on what is being sold. VanLuven said La Maison D’Eva doesn’t need the extra staff until after when the women spend their gift cards and need the help for fittings.

Promotions are also a big part of Valentine’s Day.

“We have a promotion for all of our male clients purchasing for their spouses.

“If they buy a gift card worth \$100 or more we will add an additional \$20 onto the certificate as more of an incentive to spend a little bit more,” said VanLuven.

Women are going out and getting the lingerie for themselves and their spouse for the special day together.



Photo by Laura Boudreau

**Alicia VanLuven, manager of La Maison D’Eva, said Valentine’s Day is important because it is a time of love.**

“It’s way more common now for the woman to come in and buy for Valentine’s Day. In the past couple years it has always

been the men getting gift cards and holding stuff for the spouse to try on,” said VanLuven.

“It’s all about the demonstration of affection to the one you love, that is all,” said Young.

## Sports Wrestling cut from Olympics in 2020

*IOC decides sport has higher risk of injury than any other in games*

By Sofia Rojas

Wrestling has been a traditional sport in the Olympic Games since 1904. However, the International Olympic Committee (IOC) announced, as of Feb. 13, that the sport has been dropped from the 2020 Olympics.

Free-style wrestling dates back to ancient Greek mythology where the Gods battled it out against each other for the prize of universes and titles. Also, according to cave drawings from Mesopotamia located in Iraq, wrestling has been about for over 7,000 years.

The IOC has decided that the sport has a higher risk of injury than any other in the games and has been officially dropped from the 26 sports already involved. Over the last couple of years, 11 medals had been handed out among those competing. Canadians won half a dozen of those.

Canadian wrestler Daniel Igali won a gold medal in 2000 at the Sydney Games. Female wrestler Carol Huynh took gold in Beijing at the 2008 Olympics.

Now that the sport has been cut, what do the wrestlers who have been training and dreaming of representing their country do now? Student of Western Ontario University, competitive wrestler and Loyalist College general arts and science graduate, Alec Bauer had much to say about the issue.

“I think it is a negative call on the IOC,” said Bauer.

“Wrestling is one of the founding sports in the Olympics and arguably the most challenging. Wrestling is more than just a sport, it teaches individuals important values of life. You learn how to be independent, discipline, and work collectively as one unit. For example, Jordan Burroughs (Olympic gold medalist) posted today (Tuesday February 12) via social media a petition waver and within 2 hours it had received 11,000 signatures,” said Bauer.

The decision made wasn’t just an immediate one. Members of the IOC looked at more than three dozen elements to back up their choices starting with ticket sales and participation and ending with political and sentimental factors.

The sport will now be running up against baseball, softball, karate, squash, roller sports, climbing sports, wushu, and wake-boarding for a spot in the 2020 Games. A new sport will now be added to the Summer Olympics to replace.

“I hope the sport is re-entered into the Olympics because, as a wrestler, this is the ultimate goal for me. To put my nation on my back and represent my country would be the greatest success,” said Bauer.

## Bulls beat Frontenacs

By Jason Prupas

The Belleville Bulls beat the Kingston Frontenacs for a big 4-1 victory Wednesday night at Yardmen Arena. It was the third consecutive win for the team. This moves them to the second spot in the division with 70 points.

Early in the first period the Bulls were behind the Frontenacs 0-1. Quickly they came back with a goal during a power play from Brampton native Tyler Graovac, to tie the game 1-1 by the end of the first period. Bulls goal tender Malcolm Subban registered 16 period saves for the Bulls.

The second period opened up with Bull left wing Michael Curtis in a brawl, followed shortly by Carter Sandlak duking it out with Ryan Haynes after a faceoff. Minutes later Graovac scored another goal, slipping the puck between the legs of the Frontenac goaltender.

With just 1:26 into the third period, Daniil Zharkov approached the Kingston net and wound up to shoot the puck, but at the last minute he changed his mind and passed to Alan Quine who sent the puck past the Kingston goaltender to score his first goal of the game and 15<sup>th</sup> of the season.

At 14:48 into the third period, Graovac out-maneuvered the Frontenac defence to score his third point of the game and his 30<sup>th</sup> of the season.

“Everyone was staying positive, we had some great fights out there that kept me going. A lot of the guys are contributing and were starting to play play-off hockey so things are going well,” said Graovac. “I think we need to work on our defensive end, we need to turn the puck over a lot more and keep it in the offensive end.”

The Bulls are off to Mississauga Friday to play the Steelheads, and then back to Yardmen Arena Saturday to battle it out against the Sudbury Wolves who have been climbing their way up the division, by beating the Steelheads 3-2 last Saturday. The Bulls will be playing at 7 p.m. Saturday.