



Photo by Evan Campbell

John Misterson of A Cappella Quinte leads the group in a warm-up exercise before their practice Tuesday. The A Cappellas, formerly known as the Trentones, practices every Tuesday at 7 p.m. at the Cavalry Temple. A Cappella Quinte is planning a concert May 5.

Singers share sweet sound

By Evan Campbell

Don't be surprised if you're sitting at your local Tim Hortons and a group of barbershop singers break out in song. That's what A Cappella Quinte often do after practice every Tuesday night.

The A Cappellas are a male singing group based out of Belleville, and has members from all over the Quinte area, including members from Brighton and Deseronto. The group meets every Tuesday at the Cavalry Temple in Belleville at 7 p.m. and practises for three hours every week.

After the practice, they meet at the local Tim Hortons for coffee, snacks

and conversation. They have been known to perform songs for people in the coffee shop if enough members go for coffee after.

Though the chorus works hard to practise their songs, working to get them just right, they always manage to have time for great conversation and with breaks for coffee and snacks. Fellowship is a very big part of the group.

"Don't leave the house without your smile," said Jack Evans, a long-standing member of the group.

The group is primarily an older crowd but they encourage all ages to come out and sing with them, and new members are always welcome.

'Don't leave the house without your smile.'

Member Jack Evans

"We need more younger men. Singing is good for your soul," said Evans.

In the early 1950s, the Quinte area started to show interest in all-male barbershop singing groups, and a group of men started a chorus with Alfred Evans as chorus leader. In the late 1960s, interest fell and the group collapsed.

It wasn't until years later in the 1970s when interest sparked again and a group

named the Trentones started. After almost 40 years in the Trenton area, the Trentones moved to Belleville and became A Cappella Quinte.

The group is a non-profit chorus that raises money for speech therapy by singing for local events.

The group has an upcoming concert on May 5 at Cavalry Temple at 8 p.m. The A Cappellas will join up with OYA (Ontario Youth A cappella) and a choir from Centennial Secondary School to perform the show. Tickets can be bought in advance from chorus members in advance and are available at the front door for \$20 and \$10 for students. This year, a portion of ticket sales will be used to

help a local branch of Grannies for Africa.



Bulls clinch first place in eastern division

By Evan Campbell

Fans at the Yardmen was on its feet to show its respect to the Belleville Bulls Wednesday night, after they beat the Oshawa Generals to clinch first place in the East division.

The Bulls now stand with 92 points and have a chance to finish their year in first place in the Eastern Conference.

The Bulls will face the seventh-place Mississauga Steelheads on Friday and the fifth place Sudbury Wolves Saturday. If they can manage to get three out of the possible four points in those games they will be first in the East.

It was locked up in the first and second

'It's big for us, we're going to play them in the playoffs, and we want home ice advantage.'

Captain Brendan Gaunce

hot heads and high intensity from a fight in the first and some roughing penalties as well with chippy, and fast paced hockey in the first and second.

In the third, the Bulls came out with a big goal from Alan Quine at the 3:48 mark assisted by Zharkov and Joseph Cramarossa. Once the lead was in hand, captain Gaunce took to the ice with great skill and scored two unanswered goals to top off his evening with a hat trick. Gaunce was awarded the game's first star.

"It's big for us. We're going to play them in the playoffs, and we want home ice advantage," said Gaunce.

Heading into the playoffs, there is a chance that the Bulls and Generals will meet up in post-season action.

"It huge coming out and having a big crowd like that and coming out on top, but our main goal is to get to the top of the Eastern Conference," said Stephen Silas of the Bulls.

Looking forward, the Bulls have some big games to play before the action starts in the postseason. Their next home game is Saturday, March 16 at 7 p.m. at the Yardmen.

periods as the teams were tied at 2-2 with goals from Daniil Zharkov and Boone Jenner in the first and Scott Laughton and Brendan Gaunce in the second.

The Yardman was packed with fans excited to see what was promising to be a great third. The teams went into the third with



Photo by David Zammit

It was a beautiful thing Wednesday night as Belleville Bulls captain Brendan Gaunce led the way, shown above celebrating one of his three goals, propelling the Bulls into first place in the Eastern division. For more photos, see page 5.



Sarah Cripps, a Toronto Independant Music Award Winner, is shown against a brick wall beside the Empire Theatre, before her radio interviews for the Crohn's Benefit Concert Saturday.

Photo by Catherine Jackman

Award winner headlining Belleville show

Crohn's Foundation to be beneficiary from fundraising music concert

By Catherine Jackman

Adrenaline pumped as the lights come down, and fingers pound against the strings of her guitar.

"I kind of disappear into my own little world, sometimes come out of it and say to myself how am I on the fourth song already?"

Sitting down at Café E, Sarah Cripps talks about her west coast tour and why she's coming to Belleville to headline a show at the Empire Theatre benefiting the Crohn's Foundation.

"I lose myself, but it's always been a bit of a rush and the adrenaline starts pumping, it's just my favourite thing to do in the whole world actually. So it's nice to be able to do that and continue to do that," said Cripps.

The sound that Cripps describes as a little bit of a mix between country, roots and a touch of rock has earned her a Toronto Independent Music Award.

Coming straight off a west coast tour, Cripps is headlining the Empire Theatre on March 16, a concert in support of Crohn's and Colitis Foundation of Canada.

"The event seemed like such a cool thing and such a good cause. And it's nice to be able to just play in the area and have friends and family to come out while they experience a fun time and you know supporting such a great cause," said Cripps.

Organized by Alexander Pilon, a public relations student at Loyalist College, almost 100 per cent of the proceeds will be going to the Crohn's and Colitis Foundation of Canada.

"I thought of it as a good homecoming. It's a really good way to celebrate the first half of the tour and to come home, play to family, friends, and hopefully some strangers as well.

"And to be headlining the Empire while at the same time we're raising funds for a great cause that helps this area, we're raising the level of education for these diseases because there's a lot of people in this area that suffer from inflammatory bowel disease, but not a lot of people talk about it," said Pilon.

Pilon suffers from Crohn's disease.

"One in every 150 Canadians lives with Crohn's disease and ulcerative colitis commonly referred to as inflammatory bowel disease or IBD. So, the key to the CCFC's success is the interest and work of thousands of volunteers across the country," said Jeff Livingston, communications manager with CCFC.

"Talking about your bowels isn't polite dinner conversation."

She said she thinks designing an event where people have fun will help turn unacceptable symptoms into common knowledge.

The foundation, which was started in 1974, currently has more than 80 local groups across Canada.

"For Saturday night, it's going to be really exciting. Playing for new fans, playing for a cause, I've never been involved with this before this event. It's going to be an overall great feeling to do what you love and be able to get the word out there with something that's so important. It's a great feeling in many ways not many people get to do that and get to do it for a good cause," said Cripps.

Tickets are available online and at the

New pope provides a number of firsts

By Catherine Jackman

Smoke is generally associated with something bad, unless it's white smoke, which gives you a new Pope.

On March 13, after a two-day conclave, it was announced that Cardinal Jorge Mario Bergoglio would begin his papacy as Pope Francis. Pope Francis is the first Pope to take the name after Saint Francis, he is the first Jesuit Pope, and the first from Argentina.

Bergoglio was the runner up in the 2005 conclave when Pope Benedict XVI was elected Pope.

"Whenever there's a new Pope there's a sense of joy and renewal within the church. I think Pope Francis will bring his own gifts and bring in new initiatives. The teachings of the church won't change, but he'll bring a more pastoral approach," said Father John Hubbard, a priest at Holy Rosary Church, in Belleville.

"My first impression is that I'm very please about the new Pope. He seems like a holy and humble man. I'm impressed that he asked the people to pray for him," said Sister Sandra Shannon of Kingston's Sisters of Providence.

In St. Peter's Square in Rome, the announcement of Pope Francis was a shocking decision. Initially, he was not a part of the speculated front-runners for the position.

While he was still a cardinal, Bergoglio was a proud supporter of raising money for the poor. He urged Argentinians when Pope John Paul II named him Cardinal in 2001, to not come with him to Rome, and instead donate that money to the poor. He was also fiercely against the legalization of gay marriage in Argentina, believing that homosexuality is immoral, simultaneously condemning gay adoption.

"Of course it is significant that we have a non-European Pope, and that he comes from the region where 42 per cent of the

world's Catholics live," said Michael Swan, associate editor at The Catholic Register.

"It is even more significant that he comes from a part of the world that practises the most savage version of global capitalism that has produced incredible divisions between rich and poor, violence and lives deprived of meaningful liberty and dignity.

"He will have harsh words for us in the rich north," said Michael Swan, associate editor at The Catholic Register," said Swan.

"I don't think that him being from the Americas is going to sway his decisions. The Pope looks after everything. An Italian Pope is going to have a different view than one from the Americas; everyone works with their handicaps. But, he has a good head start by not getting too involved with the office tasks and still ministering," said Father Hubbard.

Swan said that Pope Francis' appearance on the balcony was remarkable for a few reasons. He notes how warm, but

informal, the new Pope's greeting was to the crowd, as if he just ran into 100,000 Romans on the street. He then led the crowd into the three most common prayers, the Our Father, Hail Mary and Glory Be.

"He then led the square in silent prayer for Pope Benedict. Silent prayer includes everybody. There are no barriers of language, culture, doctrine, politics or even religion. Pope Francis signaled a desire to reach out to the world," said Swan.

But there is no telling what will come next from Pope Francis.

"I have no idea what he'll do. I hope that this will be a time of healing and reconciliation. People felt pushed away from the church and now I hope that Pope Francis will bring about compassion," said Sister Shannon.

"I came nowhere near predicting that Cardinal Bergoglio would be elected Pope. I would be foolish to try to predict what he will do," said Swan.

Canadian Cancer Society benefits from auctioned-off Lancers

By Alicia Wynter



Photo by Alicia Wynter

Bachelorette Kimber Jolley struts her stuff across the stage during the Lancer for Cancer fundraiser Wednesday morning.

Loyalist students had a chance to make a difference in their college and community when they bought a Lancers student who volunteered to be auctioned off.

First year sales and marketing students, Cathy Bradshaw, Erin Jaron, Kimber Jolley, Brandon White, Steph Philbin, and Krystal Snyder organized the Lancer for Cancer event with support from the Canadian Cancer Society.

Cancer has touched everyone in some shape or form, whether a friend, family, teacher, or employee who has been diagnosed with a form of this sickness.

"It's for a good cause so it's worth it and it's kind of funny, and I helped out a buddy with his projects," said Zack Smith.

Smith is a first-year construction and renovation student, who is also on the men's rugby team at Loyalist College. Although he was a bit nervous about who would win him, he said he thinks it was a good event and thinks that there should be more events like this to build school spirit. Smith had the highest auction at \$70.

The Lancer for Cancer event took place in the Shark Tank Wednesday morning between 11 a.m. and noon. Each participant stood on the stage and had a small introduction and description said about him or her to the audience. The winner of the bid for each person got to meet his or her date to the St. Patrick's Day pub night and gave their donation.

"I think I won an excellent date, Nicole Hayter, for the St. Patrick's Day pub. She seemed to be fun and outgoing, and she's an Irish princess so let's hope that it turns out well," said Megan Martindale, a firstyear business sales and marketing student,

The first-year sales and marketing students set a goal for themselves at \$1,000. They didn't meet their goal, but made \$260 for their first event to donate to the Cancer Society of Canada.

"We had a lot of people turn out, I wish more people bid, but I think overall we had a good amount of people that came down to the pub even if it was just to watch to see what was going on," said Krystal Snyder, first-year sales and marketing student.

Snyder said her team didn't have much time to promote the event, but said she thinks she will put it on again next year and push for this fundraiser to be an annual event at school in the future.

Maurice Rollins: A tireless worker

By Nam Phi Dang

Maurice Rollins, 86, may seem like your typical senior Belleville resident. But, dig deep into the city's history and you're bound to come across his name.

Still calling himself as labourer, Rollins and his multi-million-dollar accomplishments have taken him to places all over the world, building homes, hotels and schools. Rollins is also known for being the founder of one of the most popular chain of motels, The Journeys End Hotel.

While there is no doubt that Rollins is an accomplished businessman, his roots showed a very different pathway.

"I was quite good in school. If it weren't for my depression, I would've gone into either engineering or some kind of chemical work. I decided to take the easy way out because of my depression and went to study pharmacy," said Rollins.

Shortly after Rollins two years in a pharmaceutical apprenticeship, he felt uncomfortable about the career path he was planning to take.

"In my days you couldn't take a four year pharmacy course because they were not available so instead, I did what was available which was a two year apprenticeship plus two years of university. As soon as I started school, I quit because I couldn't take it," Rollins said.

Thus, he began a pathway that would eventually help Rollins become the successful individual he is today.

"After quitting school I had nothing to do so I ended up taking a job as a labour worker. First job I had was wheeling cement. That job would kill me. When I came home from work, my back would hurt and I could barely move. It just was terrible," Rollins said.

His hard work as a labourer paid off when the opportunity to take his basic skills onto a different level occurred.

"A teacher who was a professional engineer at Belleville Collegiate Institute and Vocational School who taught me drafting happened to be at a place I was too two years after I left school. He asked me how I was doing and I told him I was just finishing my labour work wheeling cement. Since I knew a little bit on how to use a tripod and a level, he said he was looking for someone to look after the sewers and see if they were in the right locations and levels. I ended up working with him for a few months before working and looking after sewers in Trenton," said Rollins.

Rollins began taking on more professional work, taking his basic skills without even a degree in engineering to different locations and firms.

"The engineer for Trenton left and got a better job up in Brockville which left them with no engineer. Trenton then ad-



Photo by Nam Phi Dang

Eighty-six-year-old Maurice H. Rollins calls himself a "labour worker" despite running and owning multi-million dollar businesses.

vertised for a job as an engineer. Now I was no engineer as I was an only a sewer surveyor. I had no degree of sort but regardless, a councilor at Trenton told me to try sign up because I had done some work there. Of the three engineers who signed up, I got the job!" said Rollins.

Rollins started a construction company in 1955 named Rollins Construction, then renamed it to Maurice H. Rollins Construction Ltd.

On top of his construction firm, Maurice experimented in the field of consumerism. His ideas expanded from running Auntie Anne's soft pretzels within Canada to rechargeable AA batteries to even water from the Glacier's of Iceland. Rollins was "always looking for something to expand in." One of his biggest accomplish-

ments was being one of the founders of Journey's End Hotel, which had over 150 locations within North America.

Though there is no doubt Rollins has accomplished much in his lifetime, the depression he has suffered since being school has restricted him from taking on bigger projects.

"I could never build anything big. I could never build a subdivision in Toronto because I was afraid. I was afraid of my depression. I was able to build in 39 municipalities but never anything big. That is the one thing I wish I could do. I would not know what to do if I was responsible for something big while being depressed," said Rollins.

Rollins heavy-loaded work habit has always made himself realize the neglect he

had on his family.

"The thing I probably regret the most is because I worked 16 to 19 hours a day, I sort of abandoned my family. I had five kids with my first wife who I married in 1951. All my time spent was on my work and not on my kids. That would be something I would do differently if I could do it all over again," Rollins said.

For the past 25 years, Rollins has been on a drive to help community efforts by funding charities. He is well known for his effort to keep BCI open by pitching a million dollars of his own money and saving what was an old high school into a new community centre. Not only did the plan to keep BCI open fail, but also Rollins lost all of the money he gave for the

effort. Lately Rollins main goal has been to fund mental health.

His biography *The Remarkable Journey of Maurice Rollins* by Orland French was not only fully funded by Rollins himself but also revenue from sales goes straight to the Canadian Mental Health Association.

"In my will, a third goes to my wife, a third goes to my children and a third goes to charity. In the meantime I will give to charities anyway and not wait," said Rollins.

Even at his age, Rollins plans on continuing to work until the very end.

"To be quite truthful, I'm looking for work. Right now I am looking for work. I haven't got enough to do right now. I don't like it. I'm looking for something to do," said Rollins.



Photo by Marta Iwanek

From left, Summer Reed, 6, Sophia Downer, 3, and Alexis Rose, 5, react at the puppet show and storytelling time titled "Lions and tigers and bears...Oh My!" held at the Belleville Public Library during March break.

Wizard of Oz takes over the library

By Marta Iwanek

Lions and tigers and bears took over the Belleville Public Library on Thursday morning.

Children ages 4-7 watched a puppet show and played along as staff in the library's Children's and Youth Services department read books related to the theme.

"I liked when they said lions and tigers and bears because I saw the real movie Wizard of Oz," said Taylor Walt, 7, referring to the line in the story when the characters walk into the forest and start chanting the line.

This March break the Belleville Public Library created programming based on the Wizard of Oz. Activities were happening all week for school-aged children and ranged from a magic show, to making masks to the puppet show on Thursday titled, "Lions and Tigers and Bears...oh my!"

Taylor Walt's mother, Sheila Walt, brought her daughters to the show after seeing the event on Facebook.

She was looking for something for them to do on March break.

More than 30 kids and parents filled the room that morning, where they growled like tigers, stomped like

elephants, slithered like snakes and jumped like frogs. The magic show earlier that week drew 155 kids and parents, estimated Janna Colton, library assistant in Reader's Advisory/ Children's and Youth Services who helped organize the puppet show.

Throughout the school year, programming is usually geared at children five and under, except on March break, PA days and in the summer, where it's focused on school-age children.

"So we try to target all ages to bring them in because when you do programming you bring kids in and they get library cards and they want to take books out," said Colton.

Colton who has been at the library since 1978, said when reading to the younger kids, "It's neat to catch the kids eyes when they get it, when they understand what you're doing and what you want them to do."

The Wizard of Oz theme exposes the children to a classic piece of literature they may not have known about, said Colton. The staff will wrap up the week with a skit on Friday where they will act out the scene where Dorothy meets the scarecrow, tin man and lion.



Photo by Marta Iwanek

Ava Walt, 4, and Taylor Walt, 7, laugh during the puppet show and storytelling time titled "Lions and tigers and bears...Oh My!"

North Korean warnings create growing tension

By Tom Hicken

As tension rises between North and South Korea, those with the most to lose show the least worry.

After a new wave of UN sanctions Monday, Pyongyang announced that it had torn up the 1953 armistice agreement, a non-aggressive pact made between the two Koreas.

The heightened tension between North Korea and its enemies have spurred news agencies into a flurry, squeezing out an array of dire headlines warnings, alarming most.

However, the Korean community in Belleville show little concern for the international situation.

"The media makes it a big deal, but I don't see anything happening anytime soon. It's been going on forever, but it's false threats that lead to no action," says Daniel Park, a Belleville resident whose family owns and runs two city sushi restaurants.

Park believes his friends and extended family in South Korea have nothing to worry about despite the more frequent threats coming from the North.

"At first they came every couple of years, now their are threats every couple of months. Back home it's just become a part of their life now - they're 99% sure that it won't amount to anything so they don't care and just go about their lives," says Park.

North Korea has fired off many memorable threats at Seoul and Washington over the years. Looking at the most recent incidents and patterns from the past decade shows a cat and mouse game between North Korea and the UN Security Council.

In 2007, after a multitude of short and long-range test missiles were launched into waters over Japan and condemned by the international community, the council imposed sanctions and banned North Korea from activities related to its nuclear weapons program.

The North complied with the halt on missile and nuclear programs in order to regain the much needed aid it had lost, only to resume their nuclear activities one year later.

Last week's dissolving of the armistice, followed by a promise of a pre-emptive nuclear strike on the US stemmed from the most recent round of sanctions handed out by the UN, punishing the North for its continued nuclear tests.

"Everybody knows there's a huge gap in what they can do and what they claim they can do," says 59-year old Joe Kim, deacon of the Korean Presbyterian Church.

Kim, who sometimes leads the youth bible study group at the church, believes it's all a bluff.

"They realize once they ignite a real crisis, they have the potential to lose everything. Everything will collapse, so unless they go all or nothing, they won't do it - it's all politics," says Kim.

Bluff or not, there have been some real risks as a handful of situations have escalated into full blown exchanges in the past, including a 2010 naval clash that killed 46 sailors and four more civilians later that year when the North attacked a front-line South Korean island.

Fully aware of his country's history, Park echoes what most of the Korean community here believe.

"No one's really concerned. It seems like Kim Jong Un is just flexing his muscles."



County hunters help in cull

Photos and Story by Justin Tang

Greg O'Hara and his family have been running hounds in Prince Edward County for longer than he can remember but their efforts are now part of a cull of the coyote overpopulation in the region.

"We do it for the sport of it; it's a family tradition. We see who can raise the best hounds," said O'Hara.

With its agricultural land and livestock industry, Prince Edward County is a haven for coyotes. The County reimburses farmers who have livestock killed by coyotes — but only if a carcass can be found.

O'Hara and his group of hunters often receive phone calls from residents asking if they can hunt nearby. The coyotes have been known to kill dogs and cats in addition to livestock.

"They're a predator, they're constantly hunting. They'll take anything in their grasp," said O'Hara.

O'Hara isn't in favour of a bounty for the coyotes, fearing that payouts might lead to an increase in inexperienced hunters who also would also put his dogs at risk.

"We don't want the bounty because you'd get every Tom, Dick and Harry shooting in front of your dogs. You wouldn't know who's shooting anymore."



(Left) A coyote is moved off of an ATV following a day of hunting. The carcasses are brought to the Ministry of Natural Resources who are conducting studies on coyote demographics, diet and activity patterns.



Jeff Keenan looks out across a field for any sign of his hounds as they track a coyote near Ameliasburg in Prince Edward County.



Walker foxhounds yap after tracking and capturing a coyote during hunting on Saturday.

Community opposition fuelled by Quinte Health Care proposal

By Nam Phi Dang

Tensions are continuing to grow as residents of Belleville, Trenton, Picton and Bancroft as well as local politicians oppose funding cuts to Quinte Health Care.

Protesters are aiming their frustrations at QHC and the Local Health Integration Network future budget cuts, spearheaded by the Ontario Ministry of Health.

A goal to save \$10 million before the fiscal year is putting hospitals in Prince Edward and Hastings counties and a portion of Northumberland County at risk, including outsourcing certain health services and closing hospital beds.

The proposed solutions provided by the QHC fall under six key goals. They include: continuing to enhance the quality of care, ensuring patients are receiving their care in the right place from the correct care provider, ensuring the services delivered are meeting the health care needs of the patients within the region, making QHC as efficient as possible and maximizing revenue streams.

"It is not possible to remove up to \$10 million from our organization without reducing the number of staff positions, but as always our goal is to manage this as much as possible through avenues like attrition, retirements and offering different positions where possible so that we can minimize the number of staff who need to leave QHC involuntarily," stated QHC President and CEO Mary Clare Egberts in a news release issued March 6.

If the proposed cutbacks go through, QHC would be looking at an overall reduction of 85 positions including both full- and part-time jobs. QHC is saying, however, that there are 77 vacant positions "providing an opportunity for many of affected staff members to either apply for a different job or be reassigned where appropriate." The proposal also includes diverting some outpatient lab services to the community.

Dr. Dick Zoutman, Chief of Staff for QHC, said in a news release on Feb. 7 that the budget cuts are necessary.

"While we have heard from many people that would like hospital-based services to remain as they are today, the entire health care system in Ontario is under-

going a transformational change, more profound than most of us have experienced in our long careers. These changes are necessary to maintain the quality of care we all expect the health care system to deliver over the long term."

Although QHC officials promise to sustain and maintain the organization's quality of health care, most residents oppose the proposed changes.

Sally Freeman, Councillor for Quinte West, began her career in politics as soon a threat to close the doors of Trenton Memorial Hospital was made in the 1990s.

"When they original amalgamated the four sites that make up Quinte Health Care which are Bancroft, Trenton, Picton and of course, Belleville, we noticed right away that they wanted to take a lot of the services away from the three sites and put them all in the Belleville General Hospital site.

"At that point, they even threatened to close Trenton Memorial thinking everyone could use the Belleville hospital and that it would be sufficient. Luckily, we were able to stop that but since then, there has been a definite loss of services and beds to TM so we are trying to prevent more losses," said Freeman.

Freeman said the QHC's proposal will have a significant threat on the Trenton area, especially for a city with an aging demographic.

"The latest threat to the hospital would be taking away five beds, closing the lab, no more physiotherapy outpatients, which is a great loss for the community, and making it expensive for other people to go elsewhere for services. We've got an aging population that needs the hospital services, which is a great deal more than some other cities such as Toronto or Mississauga.

"The Ministry of Health does not look at that but instead, look at geography and decide what will and won't be here. They need to look at not just our population but also our aging population."

Along with Freeman, Mayor John Williams of Quinte West said he is concerned over the QHC strategy.

"Our concern is the strategy of the hospital is to push people out into the community and have them looked after by community agencies such as Red Cross. We are in favour for that. How-



Photo by Nam Phi Dang

Quinte West Mayor John Williams along with other council members oppose Ontario's Ministry of Health new funding cuts spearheaded by the QHC and LHIN.

ever, the services that would provide that are not in a position to do that properly yet. Our argument is that you have to get those outside agencies enough money to fund themselves properly. But until then, we don't think that should be happening yet. They need to slow the process down," said Williams.

Members of the community have been

expressing their opposition by writing letters and signing petitions to the Minister of Health office and participating in rallies.

"It is very upsetting that the community has to go through this and people won't know if the services are working properly. It affects people who need care," said Williams.

Fundraiser helps raise cash for food banks

By Tijana Martin

On March 23, members of the community will get a chance to help those in need.

Loyalist College will be hosting the Empty Bowls fundraising event put on by the Quinte Region Food Banks to help raise money for the Gleaners Food Bank and the Quinte Region Food Share Shelter.

Potters across the Quinte Region will be donating handcrafted bowls, which will be displayed at the college.

Loyalist College Chef John Schneeberger and Paul Dinkel, from Dinkel's Restaurant, will be creating the soups for the event.

"People come in, choose their bowl, look at the vendors and then mosey over and get their hot soup, dinner roll, coffee and dessert and sit down and eat," said Susanne Quinlan, chair of the Quinte regional food banks and director of operations of Gleaners Food Bank.

Folk music will also be provided for entertainment.

The Empty Bowls event helps create a positive impact in various different areas.

The event helps create a community project amongst potters in the area and allows them to market what they make.

"It's about people realizing how many food banks are in this region and how this event is helping them, said Quinlan."

The event also allows Loyalist College to showcase the culinary program she said.

A marketplace will also be set up with various different vendors and will include the sale of jewelry and handmade candles. There are still a few spaces available for vendors to sign up. Tickets can be pre-purchased online at gleanersfoodbank.ca for \$20.

The price includes a bowl and soup, but there is a limited supply of bowls.

"When people pay \$20 to buy their bowl and their soup, all that money stays in this region," said Quinlan.

QRFSS is a collective of the following eight food banks: Madoc, Marmora, Stirling, Belleville, Picton, Deseronto, and Northbrook.

Loyalist College is also included. "Gleaners Food Bank provides a satellite food bank for Loyalist College. Fifteen hampers are delivered to Loyalist College monthly to help those in need," said Quinlan.

Belleville Bulls show their best



Photo by Evan Campbell

(Above) Belleville Bulls captain Brandon Gaunce scores his first of three goals against the Oshawa Generals. The Bulls defeated the Generals 5-2 to clinch first place in the East Division.



Photo by Justin Greaves

(Right) A mother hides her son's face from Belleville Bulls Adam Bignell fighting Oshawa Generals Johnny McGuire at Wednesday's game in Belleville. The Bulls won with a final score of 5-2.



Photo by Evan Campbell

Belleville Bulls Daniil Zharkov slammed in Oshawa Generals Goalie Daniel Altshuller as he couldn't stop in time on a hard rush to the net on Wednesday. The Bulls defeated the Generals 5-2 to clinch first place in the East Division.



Photo by Hannah Yoon

(Right) Belleville Bulls goalie Malcolm Subban reaches out to prevent a goal by Oshawa Generals' left wing Lucas Lessio. The Bulls defeated the Generals 5-2 securing their first place in the eastern division.

Photo by Tom Hicken

(Bottom, left) Oshawa Generals forward Lucas Lessio shrugs as Belleville Bulls Garrett Hooey intercepts a pass in front of goalie Malcolm Subban during the second period at the Yardmen arena. The Bulls went on to beat the Generals 5-2.

Photo by David Zammit

(Bottom, right) Belleville Bulls forward Joseph Cramarossa ducks a punch from Oshawa Generals forward Scott Sabourin and returns the favour by throwing a right hook into the rib area of Sabourin during the third period. The Bulls defeated rival Generals 5-2 Wednesday night in front of 3,194 fans at the Yardmen Arena.



On the street

We asked people at Loyalist College the following question:

What are your thoughts on the health aspects of energy drinks?



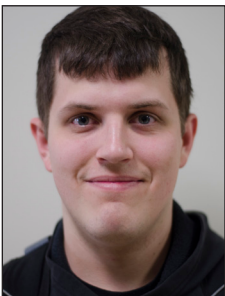
Ocean Benn, chemical engineering, “They’re not good for you but once in awhile it’s okay if you need the energy. They give you a huge crash after.”



Alex Smith, public relations post grad, “They are almost like a drug. You need to be careful while using and only in moderation.”



Shannon Summers, child and youth worker, “I saw a documentary on energy drinks that showed there are terrible unknown ingredients in energy drinks that are not on the label. Pretty scary.”



Cory Merrett, civil engineering, “I think they are good for you but they are bad if you drink too much in one period due to the large amount of caffeine in them. People have died by drinking too many.”



Kevin Baker-Cole, child and youth worker, “I love energy drinks. Great for when you physically assert yourself. It causes heart attacks if you have too many. Energy drinks should have an age restriction like cigarettes.”



Olivia Hodgson, nursing, “They are bad for you. Energy drinks have a reverse effect on your brain, good for short-term but bad on your long-term health condition.”

Editorial

Taking allegations of abuse seriously

It seems that Rob Ford is unable to stay out of the news—for all the wrong reasons.

The gaffe-prone mayor of Toronto has found himself in hot water once again, this time for allegations that he groped and made suggestive comments toward former mayoral candidate Sarah Thomson.

The two were attending a party hosted by the Canadian Jewish Political Affairs Committee in Toronto on Thursday, March 7.

Thomson posted an image of herself and Ford on Facebook along with a caption alleging he had said that she should have vacationed with him in Florida as his wife had been absent. Thomson later added Ford had touched her inappropriately.

In a written statement to the media Friday, Ford denied Thomson’s allegations, writing that he “can say without hesitation that [the allegations] are absolutely, completely false.”

Thomson’s initial post, penned on the eve of International Women’s Day, launched a firestorm of support and contempt. Her post was shared by over 1,300 Facebook users and had nearly 1,000 comments less than 24 hours later. Users also took to Twitter to voice their opinions.

While it’s too early to place judgment — the allegations between Thomson and Ford pit one person’s word against another’s — it’s entirely reasonable to examine the backlash that has followed.

It’s necessary to note the deeply divided nature of Toronto’s politics. Many commentators have framed the issue as a left-wing attack against the right wing. Thomson and Ford ran against each other in the 2010 municipal election won by Ford.

Comments ranged from criticism over the accuracy of Thomson’s story to support for her willingness to come forward. Readers took issue with Thomson’s decision to publish her claim on Facebook and not press charges. Thomson said on Global Toronto’s The Morning Show that starting a discourse on sexual assault and an apology from Ford would suffice.

It’s disheartening that Thomson has so quickly been written off by both public commenters and Mayor Ford himself. While Thomson’s claims are difficult to immediately substantiate, allegations of sexual assault must be taken seriously. As a society that purports to have equality, it’s necessary to allow a discourse to occur that avoids blaming victims and promotes justice.

Ford’s defence has been unyielding — as has been typical for the oft-beleaguered mayor. On his Sunday radio show on Newstalk 1010, Ford discussed the fiasco for the first time, saying, “When people want to, you know, make up stories, that’s their prerogative.”

It can often be easy to compare life in Canada with abysmal scenarios that women abroad face. Collective rage has been felt over the death of Jyoti Singh Pandey, the 23-year-old New Delhi woman who died after being gang-raped Dec. 16. The tales that continue to surface of sexual assault against women, including female journalists in Egypt’s Tahrir Square during the Arab Spring revolutions, are equally horrifying.

Neither Ford nor Thomson will emerge cleanly from this debacle, though it’s safe to say that public relations images may be the furthest thing from both their minds.

The jury is still out on what happened. Nonetheless, the responses to the allegedly unsavoury encounter—on International Women’s Day, no less—may very well be a sad indicator of how far we have yet to go here at home.

Justin Tang

Hitting in hockey just part of the game

The first game of organized hockey was played on March 3, 1875 in Montreal. That was the beginning of the hockey era. Since then, the game has evolved so much it is unreal. If you were to ask those players who played the first hockey game how far they thought the game would go, I guarantee you they wouldn’t think there would be a National Hockey League, or for the game to be one of the bigger events in the winter Olympics, never mind go from wooden twigs to two-piece composite sticks.

In that time, the equipment has improved to help players feel safe as possible. You cannot take physical play out of the game. That’s like taking the nets, turning them around and telling the players to score. I hate to break this to you, but those will never happen.

In all sports, there are injuries, all preventable to some extent. Then there are injuries that change the game. It changes the game in an instant. It affects the entire league as a whole and could lead to a league-wide debate, or a huge rule change in some cases.

You can hurt yourself in all sports, from a shoulder sprain suffered in a baseball game to a broken leg in a rugby game, if you don’t pay attention to the game itself and use your knowledge of the game.

Standing in the batter’s box against a 15-year-old kid who can throw a ball at 65-mph right to the face could severely hurt you or possibly kill you if it hit you in the right place. I bet that hurts more than a big hit in the corner in a minor hockey game.

If you don’t want your child hurt when he is 13 because of a hit in hockey, enroll him in figure skating so he can still skate, just without the body contact and no stick.

Your parents spend over a \$1,000 on equipment almost every year. The equipment is supposed to protect you. If you don’t want to get hit with over a \$1,000 of equipment on to protect you, then it’s time to change sports, not change the rules of the game.

How do you expect your kid to be in the NHL when he can’t take a hit from a 90-pound kid, never mind NHLer Dustin Byfuglien at 265 pounds.

David Zammit



Opinion

Are scientists playing God with genetic engineering?

Capability to do something doesn’t mean it should be done

By Vivek McCague

Scientists are now trying to disturb the natural process of the creation of babies by screening embryos, giving the parents the opportunity to choose their child’s physical appearance and personality.

Genetic engineering has seen many major advancements in the 20th and 21st centuries, specifically in the genetic screening of embryos and fetuses that can check for cystic fibrosis and Down syndrome as well as for bowel and breast cancer genes.

Screening such as this has progressed so that scientists are able to screen fetuses and see what the child looks like and see its personality traits. Not only are they able to screen these results, but scientists are able to change these values and create so-called designer babies.

With designer babies, parents would be able

choose their child’s physical appearance as well as personality. If parents are able to do this, it will take away the child’s identity and the child has no say in this matter.

The genetic engineers are programming the babies, creating super-babies that have perfect appearance and tailored personalities. That takes away one of the key things that make us all human, which are the flaws.

One of the reasons scientists said the personality change in babies would be good is that they could decrease the aggression in the babies so they would become more gentle and ultimately make the world a more peaceful place. However, there are many quiet people who murder and commit crimes.

These genetic engineers are trying to control nature. The creation and birth of a baby is a natural process. While identifying genetic diseases in a child can prove useful, altering the child’s personality and appearance is taking away who they once were.

Parenting can play a huge part in the personality of the child. Even if the genetic modification changes the child’s personality, the parents can re-impose a personality that was suppressed in the child through genetic engineering.

neering.

A fertility clinic in Los Angeles that let parents choose their child’s hair and eye colour, was followed by mass public disapproval. Public opinion won and the fertility clinic shut down the program.

George Wald, a Nobel Prize-winning biologist and Harvard professor, warned about the ramifications of genetic engineering back in 1976 when he wrote:

“Recombinant DNA technology [genetic engineering] faces our society with problems...It places in human hands the capacity to redesign living organisms....It presents probably the largest ethical problem that science has ever had to face. For going ahead in this direction may be not only unwise but dangerous. Potentially, it could breed new animal and plant diseases, new sources of cancer, novel epidemics.”

The capability to do something does not mean we should. Genetic modifications can be very dangerous. During the conception of a child, over a million things can go wrong, and when scientists are tampering with a child’s personality, it may cause other things in their personality to impact the child mentally.

Saying a fond farewell to a Canadian icon

Facebook page suggests Stompin’ Tom should get state funeral – but would he want it?

By Sandra Kielback

“Oh! The good ol’ hockey game, is the best game you can name. And the best game you can name, is the good ol’ hockey game.”

You can’t think of a hockey game without thinking of *The Hockey Song*, or the Mattawa River without thinking of *Big Joe Mufferaw* or P.E.I. potatoes without thinking about *Bud the Spud*.

Stompin’ Tom Connors is, and forever will be, a Canadian icon and a Canadian tradition.

Before Question Period in the House of Commons Thursday, March 7, two NDP MPs

Charlie Angus and Andrew Cash played guitar and sang *Bud the Spud* in honour of Connors.

Many others joined in and had a great time remembering, singing, and having a great time, just as Connors would have wanted it.

Seeing as how even the government wanted to remember Connors, one Ottawa radio host, Robin Harper from *Chez 106*, decided to start a petition to get the government of Canada to give Stompin’ Tom a state funeral.

So far many people have ‘liked’ the page created on Facebook, and many famous Canadians have tweeted in support, but what would Connors want?

Would he want a state funeral? Or would he rather have what is already planned for him, a celebration of his life in Peterborough, which is open to the public?

Connors wanted Canadian music to stay Canadian. In 1979, he returned his six Juno

awards as a personal protest against the Americanization of the Canadian music industry. He felt this way until the day he died.

Connors has 61 recorded albums and 10 of those have yet to be released. Canadians everywhere can look forward to new Stompin’ Tom songs for a long time to come.

Perhaps the money that would pay for a state funeral could instead go towards an award for a Canadian band, in Canada, represented by Canadians. Or perhaps an other type of award to signify what Connors believed in. All I know is that I’m not sure if he would want to have a state funeral. I’m sure he is happy just knowing that Canadians everywhere are remembering him, singing his songs and having a pint in remembrance of one of the greatest Canadian singers of all time.

“From the wheat fields of my heart/ Go find your way to the cool Hudson bay/ And Roll on, Roll on Saskatchewan/ Roll on, Roll on Saskatchewan.”

The Pioneer

Editor, Justin Tang
Photo editor, David Zammit
InFocus editor, Sandra Kielback
Multimedia editor, Vivek McCague
Faculty advisers, Patti Gower, Luke Hendry, Frank O’Connor, Scott Whalen
Page design, Linda O’Connor
Managing editor, Mike Beaudin
Publisher, Jane Harrison

The Pioneer welcomes your letters and comments. Please send material to the editor at the address below before Wednesday. We reserve the right to edit submissions for content and length. All letters must be signed and include a daytime phone number. For advertising information, rates and placement, please contact Sandi Hibbard-Ramsay, at the college, 613-969-1913, ext. 2591; by cell at 613-848-5665; or at home, 613-965-6222. Pioneer newsroom, 1N9, Loyalist College, Box 4200, Belleville, ON K8N 5B9 · 613-969-1913, ext. 2828. E-mail: pioneer@loyalistc.on.ca



Ontario
Community
Newspapers
Association

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.



The Shepherd of Wal-Mart • Page 2



Expecting a Diagnosis • Page 5



Olivia's Reality • Page 4



A Call to Dinnertime • Page 8



Just Getting By • Page 10



Music Shapes Lives • Page 7



Wednesday Night Ladies • Page 6



The Shepherd of Wal-Mart



If you have ever been to the Wal-Mart in Belleville, you might have seen a man wearing bright red clogs on his feet, with matching miniatures holding together the bolo tie around his neck. He sits at a corner table closest in the McDonald's with the closest seat to the entrance. He smiles and says hello to anyone who comes through the doors. He offers advice on Christianity and life problems.

Tom Visser, also known as "Brother Tom" and the "Singing Dutchman," lives in Yarker, Ont. for about five years now with his wife of seven-and-half-years, Patricia. He is a retired schoolteacher, pastor and musical entertainer and he is often recognized when he goes out because of his large white beard and jolly demeanour.

He has prayed for people in jails, hospitals, and senior homes and even talked someone out of a hostage situation once in Hamilton, Ont. These experiences have rewarded him with a "wonderful life," says Visser. His experiences have altered his life towards giving other people happiness and a better life.

He and his late previous wife Tina lived in London where he taught at a private Christian school. He also owned and operated a second-hand/antique store and would donate some of the proceeds to various people in need. Most of them he met himself while walking around London.

When Visser is not ministering, he entertains people through music. He can play over 14 instruments and has even played his accordion on the CBC show "country hoedown" with Gordie Tap. He now plays music mostly at church events around Hastings County and sometimes plays in front of Wal-Mart.

"Music has always come naturally to me," says Tom.

Up until the triple by-pass surgery he had three years ago, Visser was quite an active guy. He has since become quite immobile with the surgery and recent diagnosis of shingles. Tom has been walking everywhere with a cane and spends much less time outside. They were planning on making their annual wintertime migration to Florida where he plays a singing Santa at his local church, but instead are staying home this year due to Tom's diminishing health.

But he still keeps a positive outlook on life and always stays positive. As he says to Wal-Mart shoppers: "Keep smiling."



Top: Tom Visser waves goodbye to a lady in Wal-Mart after handing her a book.

Middle left: A cross stands in the backyard of Tom's home.

Middle right: A wall in his office is covered with various certificates acknowledging his work in the Christian community and certifying his ordination with in the church.

Centre: Tom sits alone in his corner seat at the Wal-Mart McDonald's. He spends a lot of time speaking with shoppers and handing out his books that talk about his Christian values and life experiences.

Second from bottom: Tom with his signature yellow clog bolo-tie, red bandana, and big white beard.

Bottom right: Tom gives a copy of his book entitled: "Brother Tom - The Peoples Preacher", to a Wal-Mart customer whom he sees periodically while drinking his coffee at McDonald's.





UNBREAKABLE



Photos and Story by Gail Paquette

It took nine years for forty-seven year-old Veronica Hendrick-Lockyer to feel self-assured that the decisions she had been making were right. When the father of her four children walked out of their lives in 2003, her journey as a single mom went from no food in the cupboards to the opening of Glass Office Tower Corporations, a company dedicated to ending poverty for woman.

GTOC has a house in Prince Edward County, that Hendrick-Lockyer refers to as Rosehall with four bedrooms and nine acres. She sees the future of her corporation as many houses helping many women.

“The more I communicated my beliefs in women, the more I discovered there were more women out there like me that would benefit from more guidance throughout the process to regain their dignity in self-sustainability versus the system’s cycle of poverty,” she said.

The breakup of the family was not only an extreme financial and emotional hardship, but for Catholic-raised Hendrick-Lockyer, it was an extreme failure.

“I wanted all of it. I was a good Catholic girl and I believed in staying in the relationship, regardless,” she said. Hendrick-Lockyer has become transparent. She has opened herself up albeit through tears and the process was slow.

“When I first went to collect my assistance cheques, I would hide in my car till the coast was clear and on the way in the door, I would think of stories to tell in case I ran into people I knew,” she said.

It is those moments that made her stronger.

“Your kids give you the strength to be something better than you are,” she said.

It was about her pride and what people thought at those moments. She was the sole supporter and breadwinner with four mouths to feed.

At first her children took it out on her. “I could not take the blame. We were all hurting,” she said. As loving as she could be, she had to explain to them how bad things were.

Hendrick-Lockyer said her life is bouncing from one child to the other. The worst thing she has had to live with is the reality that her ex-husband took away the kind of mother she wanted to be.

Based on her own experiences, she knows there are women who want to get help but the government system is not set up to succeed.

“I believe in women. I believe there are women out there, just like me, looking for the path of dignity that the social assistance system guidelines cannot offer them.”

What pushes her is her kids. What gives her much-needed strength is her own mother. Panic and worry make her climb above her fears.

“GTOC is helping me through helping other women. I know that and I don’t hide it,” she said.

“The system was not created for women with drive and ambition. A disadvantaged woman could be anyone you know, your sister, aunt, mother, grandmother or daughter. I want to end the cycle of poverty that I experienced and provide dignity where dignity is scarce.”

Top clockwise: “I believe in women. I believe there are women out there just like me, looking for the path of dignity.”

A portrait Veronica painted of her ex-husband 10 years ago is all that remains of his existence in their lives.

“Going to church on Sunday mornings makes us a stronger family.”

Left: Veronica’s home office allows her to spend as much time as she can with her children.

Below: The worst thing Veronica Hendrick-Lockyer has had to live with is the reality that her ex-husband took away the kind of mother she wanted to be.





Olivia Patten at her weekly physiotherapy appointment with physiotherapist, Lin Arthur, at the Belleville General Hospital. New exercises are introduced regularly to ensure her progress.



Olivia was fitted for ankle foot orthosis when she was 16 months old.



Lin Arthur adjusts Olivia's legs as she uses a walker at physiotherapy.

Olivia's Reality

Photos and story by Myriam Lublink

Rachel and Brian Patten had no idea that when they went into the doctor's office in December 2010 that they'd come out with life-changing news.

Rachel Patten is a 31-year-old stay at home mom who is married to Brian Patten, 29 and a member of the Canadian Air Force.

Olivia Patten, their daughter, was diagnosed with a profound sensory neural hearing loss when she was about four months old. Just two months later, she was diagnosed with a severe brain disease called semilobar holoprosencephaly.

"She hadn't been acting like other babies. She was quite different and we were starting to guess it was beyond deafness. It was very traumatic and also very confusing," explains Rachel. "It was completely shocking but completely not shocking. We knew something was wrong. We just didn't know that it would be that severe."

Olivia also has high muscle tone in her legs, because she's got a brain disease. Olivia, now two, has already been attending weekly physiotherapy appointments for more than a year to work on her legs and to help her learn to walk.

"It's promising to watch because we know that she's got the drive to want to do these things, but it's still tough to see your kid doing exercises knowing that they have some limitations."

Lyn Arthur is the physiotherapist that Olivia sees every week. Rachel explains that Lyn has worked very hard to build a positive rapport with Olivia so the

appointments tend to be a positive experience.

"When Lyn is doing some her Olivia's stretches and working her to the point that it hurts or causes her severe discomfort, it's very difficult. However, because Lyn and Olivia get along so well, it's usually a positive experience for them both."

Rachel stays at home with the kids while Brian works at CFB Trenton. She says that raising a child with special needs can be lonely sometimes as you have different things to talk about than other parents might.

"When you are spending time with other parents and you're talking about what your child is doing and what your hopes for your child's future are, you realize just how different the experience is."

Rachel says that life can be a rollercoaster. She finds some days to be really lonely while other days to be so filled with joy.

"When she learns to walk, that's going to be huge. The joy we feel will be significantly greater than if she had learned to do it normally."

It is clear to family and friends just how much Rachel, Brian and their daughter have gone through over the last couple years, but they stay positive and have high hopes for the future.

"That girl is awesome," says Rachel. "She's defeating all of the odds. They told her she wouldn't do anything and they told us that she wouldn't do anything. She's completely persistent, she works hard at something and she's going to get where she needs to go and where she wants to go."



During a physiotherapy appointment, Rachel takes a moment to reflect on what her daughter is going through.



Rachel encourages Olivia as she walks towards her reflection.



Lynn McBride was only 16-years-old when she was diagnosed with papillary thyroid cancer.



McBride's mother, Wanda, survived breast cancer when she was younger.

Expecting a Diagnosis



McBride has been cancer-free for over two years, however she believes that she will be diagnosed again some time in the future.

Seventeen Year Old Survives Thyroid Cancer

Photos and story by Jennifer Robertson.

On August 11, 2010, a 17-year-old girl beat the cancer she was expecting to have. Lynn McBride, a high-school student from Caledon, Ont. was diagnosed with papillary thyroid cancer earlier in 2010.

Even though cancer would come as quite an unexpected shock to most people, for her, it was something expected.

"I wasn't sad about it," McBride says. "The least worried person was probably me, because I knew that nothing was going to happen. I was going to be fine."

McBride explained the reason she was so calm and understanding about having cancer was because of her family history.

"My entire family has had it, different types. Everyone in my family has had a type of cancer. I had papillary thyroid cancer, which is stage one thyroid cancer."

McBride's mother, Wanda, was diagnosed with breast cancer twice before, and beat it both times. McBride found more hope for her own cancer by knowing her mother had been able to beat it as well.

The procedure for removing the cancer consists of removing the thyroid completely, called a thyroidectomy. McBride completed the surgery successfully on June 21, 2010, and spent only three days in the hospital after for recovery.

Over two years later, McBride has not been touched by cancer since. Despite that fact, however, she believes she will have cancer again, because she is aware of her family's history. McBride believes no matter what happens, she will be able to beat cancer.

"Other than my scar, nothing changed."

"I knew that nothing was going to happen."



Top left: Even though she was diagnosed with thyroid cancer, McBride still continues to smoke.

Top: McBride keeps a cancer ribbon necklace in her car to remind herself of her survival as well as her mother's survival of cancer.

Left: McBride went through a surgery called a thyroidectomy to remove her thyroid completely. She not has a scar on her neck as a result.

Below: McBride has to take pills daily to make up for her now missing thyroid.





The Wednesday Night Ladies League out of the Napanee District Curling Club is a hub of social and physical activity for many women in the community.

Wednesday Night Ladies



Curling can become a life-long sport to many of these women, as well as develop life-long friendships.

Teamwork, physical activity, strategy, ladies' purses and a lot of laughter.

That's what can be found at the Napanee & District Curling Club on Wednesday nights.

Every Wednesday, from September to April, eight teams of four women take two hours out of their daily lives to spend it on the ice curling.

"Curling is a lifelong sport," said club member Linda Blake. "It's helped keep me in shape and my mind sharp."

Blake has been curling and teaching others to curl for years. She enjoys helping others keep their skills sharp.

Curling brings together people from different backgrounds, ages and skill levels.

According to the Ontario Curling Association, the health benefits from regular curling range from increased stamina, flexibility, balance, and the sport is an excellent cardiovascular workout.

"It's 90 per cent mental, 10 per cent physical," said club member Marcia DiFazio about the game. DiFazio has been playing since she was

in her early teens with her sister Cindy Huyck.

Becoming a curler tends to run in families, from parent to child and siblings.

"We're even more competitive being sisters," DiFazio laughed.

The friendships that develop between the players, some who would never have met otherwise, flourish outside the club as well as on the ice.

The reasons why these women curl are as varied as the women themselves. Some have been curling all their lives, while a handful of others are beginners and are looking for a fun form of exercise that comes with a team sport.

Finally, socializing is as much a part of curling as the game itself. The women get together after the game, in the clubhouse, to discuss how this week's games went with a glass of wine or beer which helps beginners learn and veterans share the game they love.

"What sport do you know of that starts with a handshake, you congratulate your opponent if they make that TSN shot and then go for drinks afterwards?" said Blake.

Photos and story by Julia McKay



Curling is a sport of motion, with players always moving back and forth, either sweeping, throwing or getting back into the starting position. It is a great form of physical activity and social interaction.



"Hurry, hurry, hard" is a commonly heard call during a game of curling.



Each player begins and ends a game of curling by shaking hands with the opposing team, as a sign of goodwill and sportsmanship.



The get-together after the game with teammates and competitors is just as important as the game itself.

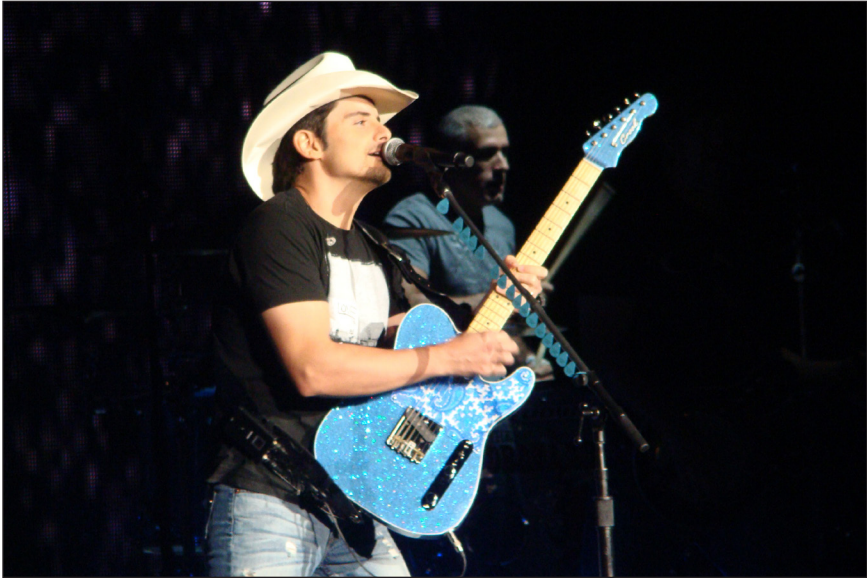


Music Shapes Lives

**Photos and Story
by Laura Boudreau**



Musicians influence rock music lovers through attitude, fashion and lifestyle. Both famous and amateur bands have different types of influence. “There is a difference between a famous band and a local band’s influences,” said Christian Boucher. He is a 19-year-old bass player in the local band Third Stone from Kingston. Third Stone plays a lot of classic rock and blues. Boucher believes that it is the famous bands that set trends. “They set the trends because they are famous,” said Boucher. For many amateur musicians, rock was always a lifestyle. The musicians enjoyed their music idols, and were influenced by them, which caused them to become who they are. “My life has always revolved around music, and its artists like Neil Young. They stand the test of time and make some people like me what they are today,” said Brian Ball, a man who lives by his music. Trends like long-haired men, the rock ‘n’ roll hand gesture and leather jackets, come from rock ‘n’ roll music. “I live for the rock ‘n’ roll!” said Ball. Abba was another strong trendsetter from the 1970s. They also contributed to long hair, platform shoes and disco dancing. Many bands force different trends upon their audience. For example, the classic rock genre pressure the youth of today and back in the day to be cool.



Top left to right: The Social Underground holding their instruments, posing for a band photograph.

Fefe Dobson sings her heart out while holding the microphone and showing a lot of emotion with her eyes closed.

Brad Paisley sings hard during his H2O Tour while keeping eye contact with the audience.

Sittin’ Ducks’ lead singer has his eyes closed showing emotion while playing his music.

Down with Webster interacts with the audience during a performance. The DJ also gave the middle finger which sets a bad example.



This page, top: Loyalist College culinary management students share a laugh as their classmate Jared Bihun, centre, plays with his food in the Club 213 kitchen after serving the meals they made.

Right: Aaron Crawford heads back to McCurdy GM in Trenton, Ont. after grabbing a sandwich from Tim Hortons. Though Crawford often makes it back home to share a meal with his wife, he regularly eats at work when meeting customers or finalizing sales.

Below: Alfred and Marlene Gooding have supper at Bayview Retirement Residence in Belleville, Ont. The couple have been married for 56 years and moved to Bayview after Alfred's health began to decline.

Bottom left: Ahmed Himada tastes the baked chicken and vegetable dish he made for supper at his home in Kingston, Ont.. Himada lives with one other housemate but they often don't eat together. He says he's often still preparing his meals by the time she's finished making and eating hers.



A Call to Dinnertime

There's just over an hour and a half until dinnertime, but Genevieve Cairns has a lot on her plate.

The mother of two is bustling around her Amherstview, Ont. bungalow. Dinner is almost ready, but the Christmas cookies Cairns has been making all afternoon are still in the mix. Her son Liam, 6, joins her, and he sits on the floor, cross-legged, breaking eggs into a bowl. A ladder and wooden step stool stand near-by so that Liam and his sister Becky, 2, can help out with the baking.

It's a fine balance between efficiency and chaos, but it's one that Cairns is familiar with. After all, it's the same picture that plays out every day.

For a family with two working parents like Cairns and her husband Rick, the only routine is no routine.

"The average dinner is absolutely insane," Cairns says. "It's sort of all over the place. It depends on who's working what hours."

"We do like to sit down as a family but most of the time it's just me and the kids."

The Cairns family isn't alone in their struggle against the clock to spend time with each other. Across the country, families are fighting a losing battle to find the balance between work and family.

A 2006 Statistics Canada study found that Canadian workers are spending less time with their families than they did 20 years ago. Today's working parents spends an average 3.4 hours with their children a day—down from 4.2 hours a day in 2005.

It's a difference Cairns herself is cognizant of, looking back to her childhood growing up in Kingston and the traditional mealtime her family shared. Cairns and her younger sister could always count on a meal of meat and potatoes and a selection from her father's vast music collection.

"We always sat around the table and talked during dinner. It was always something that my mom had made when she got back from work and I don't know how she did it."

Times aren't the same though, and Cairns says she often struggles to figure out what to make for supper. "I don't remember eating takeout nearly as much with my family. The number of times we actually get a home cooked meal is surprising."

4,000 kilometres away in Vancouver, B.C., the changing times are also a consideration for 23-year-old Ronan Sabo-Walsh.

The corporate finance analyst and recent University of British Columbia graduate lives at his parents' home in Vancouver's west side but conflicting schedules have made the family's once predictable family mealtimes irregular.

The family still gathers a few times a week in their dining room, ornate with a long mahogany table and antique chairs. Paintings of flowers, works made by an old neighbour, are framed along the walls. A bottle of merlot sits on a cabinet, ready to be poured into crystal chalice.

Growing up and differing schedules made sitting down together difficult. Family dinners, complete with two parents and both boys—Ronan's twin brother Stefan—went from six days a week to four.

"The frequency is what has changed the most. When we were in high school, we would come and eat together as a family. When we went to [U.B.C.], it became less common." Some things have stayed the same. The menu hasn't

Photos and Story by Justin Tang

changed: Sabo-Walsh's father Roman is still in charge of the cooking, a rotating menu of fish, lamb and sausage. But the dynamic is different, Sabo-Walsh says. His twin brother, Stefan, is away in Dublin, at grad school and their family's much loved Jack Russell Terrier, Fred, passed away a year ago.

Nonetheless, Sabo-Walsh looks on the time his family spent together as influential to his upbringing and his understanding of family.

"We always made an effort to sit down and gather. Dinner for me now means sitting down and taking time out of the day to enjoy [a meal] and talk. Most of our best discussions were the ones that happened at the dinner table when we'd discuss what we were doing and update each other on the family happenings."

"You can just sit down, relax and you don't really worry about anything else or anybody else except for you and your family, which is important."

Dinner is different for students living away from home like Queen's University education student Ahmed Himada.

There's no Kraft Dinner or instant noodles for the 22-year-old, who doesn't mind spending extra time with food preparation. There's an unconscious smile of satisfaction on his face as he chops carrots and Brussels sprouts before placing them in a pan and drizzling them with olive oil. Cooking, after all, is one of Himada's favourite things to do.

"It fills me with joy when I make something and it turns out well. I feel there's almost a sense of pride in my art."

These days, Himada often cooks and eats alone, though he and his housemate will often eat their separately cooked meals together.

Though his family seldom ate together except during Ramadan, Himada credits times his family shared together for helping build his skills as an adult.

"At a family dinner, you're learning social skills, like active listening: 'Now I have to listen to this other person's story before mine.'"

Sabo-Walsh agrees: the meal isn't just about what's on the plates.

"I think a lot of people get caught up. Myself too. I sit down, my cellphone goes off and I'm tempted to look at it. But family dinner is a good time to put all that stuff away and say, 'Hey, it's just us, we're the important ones. Let's talk to each other without looking at anything else or any distractions for even 20 minutes that's all it takes.'"

He pauses, reminiscing about Fred. The family dog often had his own seat near the head of the table. For Sabo-Walsh, the family dinner encompasses the values his family shared.

"He was our comic relief. We had a dog at the table that got fed like we did. I don't know how many families did that. I'm not saying it's good or bad, but you can tell a lot about a family based on what kind of dinner they do."

For Genevieve Cairns, just getting the family together is the important part.

"I would like to do it with my children but there's no time," she says, recalling her mother's home cooked meals. "As long as the kids eat something and you try to make it as healthy as possible, it's fine."

"I think the dinner is not as much about food but sitting down as a family and talking and we're pretty good at that."



This page, top: Genevieve Cairns talks with Liam as Becky finishes her glass of milk. Each night's dinner is a busy event for Cairns, who prepared macaroni and cheese for her two children, husband as well as her mother-in-law and a visiting friend.

Above: Roman, Mari and Ronan Sabo-Walsh talk after supper in their Vancouver, B.C. home. The family often spends time after dinner talking about their day or current events.

Left: Rod Dawson, 84, eats a light supper in his bungalow in Kingston, Ont. Dawson is a widower and says that preparing lower quality meals is easier when only cooking for oneself.

Bottom left: Linda Wills looks for a show to watch on the television as she sits down for dinner in her Belleville, Ont. living room. While Wills shares her home with her adult son Jonathan, they do not eat together as he prefers to spend his time in his room.

Bottom centre: The Vilela family, from left, Cristiano, Oliver, 3, Kathryn, Sophia, 1, and Elena, 6, pray before sharing a meal of homemade pizzas and Caesar salad in their Kingston, Ont. home.





Just Getting By

Story and Photos by Sofia Rojas

It was March 17 2012, St. Patrick's Day, a day filled with perfect weather, green beer, parties and good times. But the good times came to an alarming stop for 19-year-old Jennifer Harding of Caledon East, Ont with one phone call. Hearing that her 14-year-old sibling Sarah Harding had been struck by a car was the last thing she wanted to hear.

"When I got to the hospital, my dad pulled me aside. He told me Sarah has passed away," said Harding. Her hands were entwined together, eyes glazed over lightly as she recalled the events that night.

She later found out that Sarah was walking to get ice-cream with her brother and friend when a driver, exceeding the speed limit, struck her while they crossed the road.

Harding explained awkwardly that previous to the event, Sarah had asked Jen to drive them to the ice cream parlour but refused, stating she had other plans because it was St. Patrick's Day.

After losing her sister, life at home drastically changed between family, school and friends. After dropping out of college and unable to find, Jen, admits her days consisted of lying around and smoking weed.

"It just kind of goes with what I do in my life. I guess you could call it self-medication but honestly, I just do it cause it makes me feel good," says Jen explaining why she smokes as much as she does.

Because of other family issues, Jen finds it very difficult to stay home for long periods of time so spends her week at her boyfriend's house, only visiting her family on weekends.

"I just do it cause it makes me feel good..."

Jen Harding visits her sister's memorial sight beside the road Sarah Harding was struck and killed by a speeding diver while going to get ice cream.



Harding stands in her parents' room glancing over the picture of her parents and the urn that holds her sister's ashes



Graduation photos of Jen Harding (left) Sarah Harding (middle) and Even Harding (right).



Harding sits in her living room with a peanut butter sandwich and some milk.



After an intense fight with her mother, Harding sits in her car outside setting up her favourite bong to smoke weed.