

The Pioneer

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Photo by Justin Chin

First snowfall of the season

Devan McGregor, 5, throws a snowball during the first snow day of the year on Wednesday after 10-15 centimetres of snow fell overnight. Environment Canada issued the first snowstorm warning of the season in Belleville and eastern Ontario yesterday.

Break-in leaves students worried

Residents locking doors more often following incident

By Jessica Campbell and Michelle Heshka

Students in Loyalist College residence say they are still concerned for their safety and well-being after a break-in on campus last Thursday evening.

One of many students concerned was Vanessa Chesney, a second-year student in the child and youth work program who lives four doors down from the incident.

"My roommates and I never used to lock our doors because our sched-

ules don't match up and were always in and out of the apartment, but now, that's what we make sure happens. We lock our doors no matter what. It's alarming and scary to think this could happen again especially because they were not apprehended."

The Belleville Police Service have called the incident an armed robbery. Four men entered a residence that was at the time hosting a party. With parties on a college residence come guests frequently entering and exiting, so the armed robbers remained unnoticed.

According to police, these robbers were believed to have had firearms. They stole personal property from several students, including wallets and miscellaneous electronics. It was a terrifying night, many students say. Some have been debating whether

they truly feel safe at Loyalist.

"It was extremely scary having all the cops around the school and knowing what measures they had to take," says Charlise Morrow, a first-year art and design foundations student and campus resident.

The late Thursday night events were serious enough to result in a statement from Maureen Piercy, the president of Loyalist College. Nov. 22, one day after the incident, Piercy sent out an e-mail to all staff and students alerting them that there was an incident and that Loyalist will be taking action to heighten security.

"Loyalist College has thorough security protocols and professional personnel in place. Our first priority is always the safety of our students and

staff. With respect to the incident on campus this evening, we are making adjustments to our security arrangements for the coming days as a prudent measure."

Chesney feels that Loyalist doesn't prepare students for such events.

"I think the school should educate students on what to do if something like this were to happen again."

Morrow agrees that Loyalist should have more security on patrol. She stressed that security should be tightened, especially at night. She says security should do their rounds more frequently and should be monitoring more closely.

Belleville Police say some of the stolen items have been recovered. Suspects are still at large at this time and the investigation continues.

Fighting the winter blues

By Guillaume Nolet

This time of the year, it is normal to have less energy or to feel a bit under the weather. However, for those individuals dealing with more severe seasonal effects that greatly influence their day-to-day routine, a form of clinical depression, called Seasonal Affective Disorder or SAD, is sometimes diagnosed.

Tom Watson, a life insurance broker at Guardsman Insurance Services Inc. in Kingston, is one of them. He was diagnosed with SAD a little over three years ago.

"My symptoms are the worst during daylight savings because not only are the days getting shorter, but the time change throws my whole body clock off," says Watson.

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Trenton downtown unveils community mosaic memorial

By Dayna Lefebvre

After over a year of anticipation, Trenton citizens gathered downtown on Sunday to watch the official unveiling of the community mosaic memorial.

The mosaic – which features thousands of photographs from the Quinte region – was started in 2012 by the Trent Port Historical Society and put together by Prescott artist Chuck Street. The photographs featured on the 64-foot mural were submitted by the community and feature historical landmarks, businesses and portraits of community members old and new.

"It's another great day in the City of Quinte West," said Mayor John Williams at the event.

"For years there was a mural here before, it had a number of pictures of Trenton old and new," Mayor Williams said. "It was great. The problem is it was starting to fall apart, so we decided that we had to unfortunately cover it up."

"I just want to say how proud we are of what's been done here. It just shows the history of the city and how were able to accomplish so much together," Williams told the crowd.

After the unveiling, dozens of citizens crowded the wall, searching through the photos and pointing at loved ones and landmarks.

The mural is unique in the fact that the photographs all came from the collections of community members, giving it an authentic perspective on the



Photo by Dayna Lefebvre

Trenton community members gaze at the photographic mosaic mural in downtown Trenton on Sunday. The mural, which was put together by the Trent Port Historical Society, features over 4,000 images submitted by community members and has taken over a year to complete.

Quinte region.

It features a film reel motif – a nod to Trenton's history as Hollywood North – with several prominent landmarks, including the Bleasdale boulder, Dufferin school, the old swing bridge and aerial views of the town.

The Trent Port Historical Society

raised over \$30 000 for the project through private and corporate donations. The \$10 000 leftover funding from the project will be going towards the continued restoration of the old town hall.

"The mayor mentioned your community spirit, and as an outsider see-

ing your community I can really see it shine through," said artist Chuck Street. "I spent a lot of time getting to know the community."

"I learned that the motto of Quinte West is 'striving towards a magnificent future' and I can see that's happening around here, not just striving

but you're achieving it," Street told the crowd. "You should all be very proud."

The mural is a permanent addition to downtown Trenton and has been likened to a photographic time capsule. It is located along the community policing building, overlooking Captain Georges restaurant.

Come for a stress-relieving cuddle

Puppies and yoga two initiatives to help students through exam struggles

By Julia Karpiuk

It's that time of year again. While malls and children start to anticipate the holiday season, post-secondary students all over the country brace themselves for finals. Along with those exams come rising stress levels.

The initiatives for stress relief at Loyalist College are being fueled and organized by Loyalist's student services. What better way to relieve stress than to cuddle with puppies or take some big deep breaths with yoga.

"His name is Bandit...he's adorable, very sweet, very good natured, very cuddly," said Sarah Ogden, Loyalist College's mental health nurse, describing one of the puppies who will be coming in December.

Bandit will be joining the litter of dogs from Dec. 9 to 13. The furry creatures will be available to students for a few hours each day.

"They offer an opportunity for people to de-stress with a furry friend," said Ogden with a smile.

The dogs are provided through St. John Ambulance Therapy dog program. This is a program that allows puppies to come into an environment such as a retirement home or school and gives an opportunity for individuals to interact with them as a form of therapy.

Also being offered this semester is free yoga instruction for students living off and on campus. Offered twice a week, the yoga sessions have been wildly popular, resulting in waiting lists for students to sign up.

Another service offered at the school is stress management workshops. They try to cover topics like time management and ways to stay focused and motivated. These workshops are run by Ogden and other student success mentors in the Aboriginal Resource Centre. Students also have access to a mind and wellness practitioner and a counsellor.

Despite the growing initiative, there are students at Loyalist who don't use the school's services.

"I'm personally a student suffering from a lot of stress and I think it's a good start, but I don't think it's enough," said Maxin Nietes, a third-year general

arts and science student.

Nietes said she wasn't aware of the services offered for stress management or mental health until her third year. She also commented that students simply don't know about it despite the occasional poster around school.

Loyalist is trying to acknowledge the realities of stress and the status of student's mental health through these initiatives but it could be asked, is it enough? "Students are always welcome to check in and chat...the services we have here that will hopefully fit with the needs of students," Ogden said.



Photo by Justin Chin

Treacherous weather

Firefighters attend to a car skid into the ditch on Sidney Street between Maitland Drive and Sunningdale Drive in Belleville on Tuesday around 8:20 p.m. There were no injuries. Environment Canada issued the first snowstorm warning of the season in Belleville and eastern Ontario earlier in the day. Multiple motor vehicle accidents occurred across the region because of the adverse weather.

Whovians unite for 50th anniversary episode of Dr. Who

By Sonya Dronsfeld

Doctor Who released its 50th anniversary episode to the world last Saturday, breaking a world record for being broadcast in 94 countries across six continents.

The episode was released a second time, in theatres on Monday for all "Whovians" (*Doctor Who* fans) to come together and enjoy this episode in 3D on the big screen.

Here in Belleville, Ont., many fans, new and old, and of all ages, gathered at the Galaxy Cinemas on Bell Boulevard and started lining up for the show as early as 5 p.m. Children and adults were all dressed as doctors and companions and villains from the show.

After waiting a couple hours, the theatre doors were opened and fans poured in, buzzing with excitement. After much anticipated waiting, fans squealed in excitement as the lights dimmed at 8 p.m. and the show began.

After the show and the special features at the end, fans were still buzzing with excitement, talking about their common love for *Doctor Who* with perfect strangers as if they'd known them all their lives.

Asked about the movie, a number of fans rated it 11 out of 10. Overall, the night was an amazing experience of Whovians coming together in costumes or as themselves and celebrating a very successful 50 years of *Doctor Who*.

Blues...

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According to the Mood Disorders Association of Ontario, or the MDAO, about two to six per cent of Canadians will experience SAD in their lifetimes. Another 15 per cent experience a milder form of SAD.

"I had nothing to be depressed about. I had a great job, two great kids and was financially stable," explained Watson.

"I found myself not being able to get up in the morning and when I did, I wanted nothing to do with my friends or family."

His physical health also suffered a great amount. He became seriously overweight and over time, developed diabetes.

"My whole attitude towards life in general was negative," he said.

According to the MDAO, if you experience symptoms like oversleeping, low energy level, intense craving for carbohydrates, withdrawal from social contacts, combined with a depressed mood that occurs over at least two consecutive winters, alternating with non-depressed periods in the spring and summer, then perhaps you should discuss your symptoms with your doctor.

Watson said he felt at ease with the diagnosis.

"I was actually relieved because it confirmed I was not going nuts."



Photo by Guillaume Nolte

Tom Watson at his office in Kingston wearing a light therapy visor to help alleviate his symptoms associated with his seasonal affective disorder.

A variety of factors, either psychological, social and or biological, may contribute to SAD. Common causes are stress-related, or biological factors unique to

each individual and/or light and sleep deprivation.

There was a time in his life when Watson juggled his time between being a

training sergeant with the OPP auxiliary unit, a captain in the Air Force, and a cadet instructor.

During his 18 years with the OPP,

Watson mostly worked night shifts and special details, which required him to be awake for long periods of time.

Retired from the OPP and working full-time in the insurance business at his office in Kingston, Watson said his lifestyle is a little more regular.

Also, for the past three years, Watson has been using light therapy to help him alleviate his symptoms.

According to the MDAO, light therapy has been found to have an anti-depressant effect in 70 per cent of people with SAD and most people find relief within two weeks of beginning light therapy.

Light therapy involves exposure to bright light under specific conditions. The light can be delivered through special lights or a light visor.

Watson mainly uses a light visor during his morning routine.

"I bought the visor last June and I wear it for about 45 minutes to an hour each morning. I have also used it evenings if I know I am going out and won't be in until quite late."

Asked how his life is compared to before his diagnosis and undergoing light therapy treatment, Watson said, "I have a lot more energy now than I did before."

"I have lost 36 pounds, my diabetes is under control through diet and I do not require insulin."

"I am also aware of the fact I am prone to SAD and adjust my daily routine accordingly when I can. I have my 'head-light' with me all the time and have worn it at work, while I drive and even when I fly."

Depression gets worse during the dark winter months

(Justin Chin is a second-year photojournalism student who has been battling depression for eight years.)

By Justin Chin

The number of hours and minutes we see the light every day is getting shorter and shorter during the winter months. The time we are outside doing activities is less and less. The pain I go through is getting worse and worse.

As someone who suffers from depression, this is not good news.

It is bad news.

It is also very hard. It's always been hard. Especially when you don't see sun-

light as much and you don't see light at the end of the tunnel.

Sometimes it's too hard to bear and I've come eye-to-eye with death as an escape route several times in my life.

The last close call was two years ago. I was sent to the hospital. Any delays and I would not be writing this to you right now.

I suffer from depression and it's always been worse during the winter months.

Depression is not being sad when things are going wrong, like when you break up with someone or you had a failure in life. But it is also when everything in life is going right. It's all the time.

I still battle through depression. It is

not something you can simply fix or make better, or beat it once and it goes away.

It is something you deal with and you live with. You find a way to manage, and sometimes it's just too much.

A doctor introduced me to Seasonal Affective Disorder, or SAD, two years ago when the pattern of a relapse in the November months is common.

The sun and light are things that can lift our spirits, while rainy days make us feel a bit gloomy. These shifts in mood normally don't affect our ability to live a normal daily life. However, to people who are more vulnerable to this type of depression that follows a seasonal pattern, it's easier for them to get more de-

pressed.

Depression is one of the most common illnesses in the world, and yet it is the least talked about.

There are about 2.7 million Canadians that suffer from depression during their lifetime, according to the Mood Disorders Society of Canada.

It's not talked about enough in newspapers or social media. But without talking about it, we don't see the severity of it. People take their own lives every day because of depression everywhere in the world.

They could be someone you know or someone close to you.

People often run up to sign your cast if

you have a broken bone, but they might run the other way if they knew you have depression.

Why don't people understand depression or problems with mental health? Why do we not talk about it and put the spotlight on it when it is so common in the world? Why are we so afraid of it?

If you have depression or know someone with depression, speak up. If you don't know about it, try and understand it. Don't run away from it. How can we try and find an answer when we are afraid of the question, when we can't even face it? It may happen to someone you know. It's time to do something about it.

Student meets 'biodad' for the first time

By Sonya Dronsfield

When I was four years old, I remember feeling like the luckiest kid in the world because I got to be my mother's flower girl at her wedding. It never occurred to me that I could be the accidental child of an unlikely bachelor.

I can't remember any other father than my stepfather, but I always knew he wasn't my 'real dad'. As a child, and for the next ten years, I never thought much of it. I was never close with my step father, in fact, I actually hated him for a very long time. We were too different, but too similar in our bad habits, which made us disagree on everything and anything. As I got older, I started to wonder what life would've been like if I grew up with my biological father.

The first time I asked my mother about my 'biodad', as we called him, was the most terrifying experience of my life. She had never spoken about him before and I had no idea what to expect. I assumed he must have been horrible if she had never bothered to mention him and I wasn't sure if I was ready to be disappointed. I remember I cried before I even got the words out of my mouth, and I'm pretty sure my mother had no idea why I was so upset.

After that first emotionally awkward conversation, a spark of curiosity burst into the tiniest flame of interest that drove me to cautiously and subtly find out who this mystery father was. When I was 17, my mother came across my biological father's phone number and asked me if I wanted to talk to him. I panicked. I told her to give me a couple days to think it over. A week later I decided I couldn't do it. I kept telling myself I wasn't ready to be disappointed.

On Oct. 12, 2013, I spoke with my father on the phone for the first time. The conversation was awkward but short, I told him my name and asked if he was my father, and when he said yes, I told him I was going to stop by in a couple days with a camera and he said okay, see you then. Five days later I dragged my boyfriend on a four hour trek from my college to Brantford to meet my father and his wife. During the car ride I was getting very nervous and kept going over what questions I wanted to ask and what I wanted to tell him about myself. I sat in quiet turmoil until the GPS told me I had reached my destination.

I squirmed in the driver's seat of my car, knuckles white on the steering wheel, staring at the house of my biological father. It was small, neat looking with a tidy garden in a nice neighbourhood; your stereotypical middle class home. My boy-



Photo by Christoph Blaschke

Fred and Tom Englefield stand beside long lost daughter/granddaughter Sonya Dronsfield. The last time Tom (right) saw his daughter, was almost 20 years ago when she was three months old.

friend turned to me in the silence and put a hand on my shoulder and asked if I was ready.

"Ready as I'll ever be."

The truth in that statement gave me the courage I needed to step out of the car and walk to the door, which opened for me before I could even knock.

Initially I was greeted with warm smiles and hugs, followed by offers of food and drinks. "Make yourself at home!" called the cheery voice of Carole, my father's overly-polite wife. We sat on couches facing each other across the room. It felt very awkward and too formal.

Tom, my father, started in the worst way I thought he could have possibly started.

"The last time I saw you, you were just starting to speak. And I was stand-

ing over you and you just kept saying 'Daddy, daddy, daddy!' and then you were gone..."

Being the already over-emotional and now extremely distraught, bawling my eyes out, unlikely child of this strange man, made for a very awkward start to our family reunion. After pulling myself back together into some level of 'okay', Tom resumed to tell me about his life with Carole, their children and their marriage. Oddly, they spoke about football and the Hamilton Tiger Cats for at least an hour. I waited patiently for them to ask about me, to be curious of the last 20 years that passed and the interesting stories I had. That didn't happen though. Their lack of interest killed my spirits entirely.

I asked if they wanted to go for lunch

and also if I could meet my grandfather who I had briefly contacted a few days earlier. They agreed and we went to a chic sports bar up the road.

I have never seen anyone as happy to see me as my grandfather. Although he was very kind and very interesting, what I took away from him was that he told me I'm going to be a traveller, "It's in my blood!", and that he will talk until he falls asleep mid-sentence.

We returned to Tom and Carole's house briefly for a quick tour where I was shown all the home projects and excessive luxuries of their small home. We decided to trade contact information and both said we would keep in touch, and then we left, starting a long drive home.

After about 30 seconds of driving, I had to pull over into an empty parking

lot and call my mother and cry. It was so overwhelming, and the worst part was that I just didn't know how to feel. I was angry that they hadn't asked about me, but relieved they were nice enough people, and extremely discouraged because I didn't feel like I had accomplished anything. I guess I was hoping that meeting my father would make me feel good about knowing a bit more of where I came from and just knowing who my father was in general, but I just felt mixed up, and a little lost.

In the end, I'm glad I connected with my father, but I don't feel like I was ready. When I think about it though, I don't think I would ever have been ready and what I learned is that you can never prepare for meeting a parent for the first time.

Historic Belleville church celebrates its 198th anniversary Sunday

By James Wood

With birthday cake, guest speakers, and egg-salad sandwiches, one of Belleville's oldest citizens celebrated its 198th this past Sunday. The congregation at Bridge Street United Church gathered together in their meeting hall to celebrate, with a lunch prepared by Inn From the Cold volunteers.

The church has long been a fixture on Church Street, ever since its beginnings as a small wooden meeting house erected by local Methodist congregation members

in 1815. Since those humble days, the church has expanded dramatically, and today stands as a proud member of the Belleville skyline.

However, Bridge Street United is not without its issues. Many traditional churches in Belleville now face a problem with diminishing, aging congregations. Some older churches in Belleville no longer stand, such as the imposing structure of Tabernacle United. It was demolished in 1995 and its members split to other United church congregations throughout

the Quinte area. Although Bridge Street may not face the issue of demolition this year, the congregation may have to make some difficult decisions in the future.

David Mundy is the new lead minister at Bridge Street Church, and led the festivities Sunday. Newly arrived since May of 2013, he said he has been enjoying his time in Belleville with the new congregation. However, he said he also realizes the realities of the situation that the church now finds itself in.

"Because of the average age of the congregation, people are seeing the writing

on the wall," said Mundy.

There are two key issues facing the church. On one hand, as the congregation dwindles and donations fall, the church is left with fewer financial resources as the maintenance budget increases.

"Here we are in this wonderful, beautiful, holy space, but it is costing us a fortune to maintain," Mundy said. "Those are hard questions to ask."

The forecast, however, is not all doom and gloom. Other church buildings across Canada have been repurposed to suit

other purposes, rather than outright demolition. Sydenham United in Kingston, although it has a very small congregation, has been used by numerous community groups in the city. Each group pays the church congregation for the privilege.

However, the church's future is impossible to predict. The congregations 225th birthday may be radically different than events this past Sunday. Whatever happens, however, the stone facades and stained-glass windows of Bridge Street United will continue to stand for the foreseeable future.

Cheerleading squad does fundraisers to support their team

By Melyssa Gloude

On a crisp Monday night, some hungry people came to eat at Boston Pizza – most of them without expecting anything but their dinner. However, this Monday was a special night for the Nicholson Crusaders.

At no charge, Boston Pizza allowed the team to reap 10 per cent of the night's sales to go towards the various costs associated with the competitive cheerleading team.

"It's a great opportunity," said Maureen Bates, the fundraising co-ordinator for the team. "It really is a win-win situation for both us and the restaurant itself."

From 5 to 8 p.m., 10 per cent of all food and drink bought went to the school's cheerleading team.

"We bring in guests for them – the girls' parents, friends, everyone. They get business," said Bates, "and so do we."

Although most restaurants are open for team sponsorship in the area, Boston Pizza is one of the only establishments that offers this kind of opportunity and has done so for years, she said. School, church, sports groups and other organizations have used Boston Pizza as an outlet for their fundraising. All it requires is a phone call to book the event in advance and has a promise of profit for everyone.

Bates, who heard of the opportunity via word of mouth, said she believes that Boston Pizza is doing something great to support the community.

"The cost of school sports is high – competition fees and busing are huge ones. We hope to be able to offset some of the cost so these kids can do what they love."

The cheerleading team isn't funded by the school, unlike other club teams.

'All of it is completely privately paid, from uniforms to shoes to transportation.'

Coach Angie Braun

"All of it is completely privately paid, from uniforms to shoes to transportation," said Angie Braun, the team's coach. Braun has been coaching for over 10 years in this full-time volunteer position.

"A lot of the competitions are overnight which really adds to the cost as well."

Currently, the cost per student who is on the cheerleading team adds up to about \$1,200 for a beginner, said Braun. If the student is a returning cheerleader from the previous year, the cost is still a whopping \$1,000.

"It's a shame, really," said Bates. "That's how we lose great girls on the team. They come to practice and leave with a bill that keeps them from coming back."

"With the help of our fundraising, we're able to cut down that cost," said Braun.

"Last year we were able to take over \$200 off of the cost because of events like this."

In the 2012-2013 season, the team raised \$3,000. Like every year however, they want to bring that number up. The Boston Pizza event is just one of many fundraising efforts that the Crusaders organize. From raffles to spaghetti dinners, the whole team works hard to make something they love much more affordable to participate in.

"It's worth it," said Braun, in regards to her long hours of volunteering and coaching for her team. "And every little bit helps."



Photo by Melyssa Gloude

The Nicholson Catholic School cheerleading team, The Crusaders, had a fundraising event hosted by Boston Pizza on Monday. Natalie Bailie, 16, Clarissa Bates, 15 and Kim Blaind, 17, pose for a photo.

Bake sale raises money and awareness

By Dawn Barger

Second-year students from the social service worker course held a bake sale to raise money and awareness for the Three Oaks women's shelter Nov. 25, for a community development class.

According to Statistics Canada, almost 30,000 women and dependent children were admitted to Ontario shelters between April 1, 2003 and March 31, 2004. Fifty-three per cent of Ontario women escaping abuse were admitted with their children; 65 per cent of the children were under the age of 10.

The students held the event as part of their community class. They had lots of goodies there, including cookies, cupcakes and other sweets. The items were a hit with the students.

"We are here to raise funding and awareness for domestic violence," said Tabitha Grandmond, a second-year social service worker student.

"We are hoping to raise as much as we can in support of the Three Oaks women's shelter." A volunteer from the Three Oaks shelter was there to answer questions and offer information to anyone interested in finding out exactly what abuse is.

Jennifer Loaners the training and education coordinator at Three Oaks, said abuse doesn't have to include hitting.

"Abuse isn't always physical, it can also be verbal, emotional and psychological. This can be just as bad as physical abuse, if not worse. We want to make sure everyone is educated and know there is help out there."

Three Oaks provides temporary shelter to women and children, providing non-judgmental, supportive counselling, advocate on behalf of women and children and educate the public about violence against women and children.

Three Oaks is trying to raise money for their new second-stage housing that is being built at the corner of Evans and North Front streets in Belleville. The city currently doesn't have second-stage housing, making it a priority need for the past decade.