

# The Pioneer

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Photo by Sarah Taylor.

## Strength on display

**Richard Gregg, from Orlando, Florida, participated in the Strongman fundraiser last Saturday. The event had participants from Canada, the United States and Sweden. For more photos, see page two.**

# ‘Party in Pink’ supports cancer research

*Second annual event  
 a high-energy party  
 at Trenton High School*  
**By Brianne Ste Marie Lacroix**

Lights and loud music filled the gym during the party in pink. It was a high-energy, Latin-fitness dance party in support of breast cancer.

The second Zumbathon event for Trenton was held last Friday in the gym at Trenton High School. Last year, Brenda Herrington, Lisa Farrell and Tara Feeney hosted their first ever Zumbathon in support of the Terry Fox Run.

This year, however, organizers decided to change things up and have a “Party in Pink” with all funds raised going to support breast cancer research. They were able to raise over \$700 for the cause by having a minimum of a \$10 participation fee and raffle tickets for a door prize.

“We wanted to support a different charity and also with breast cancer, most people have been touched by breast cancer somehow, whether it’s their friends and family. There isn’t anyone who hasn’t been affected by it one way or another,” said Herrington.

The event began at 5:30 p.m. with the first set of songs led by Farrell and Herrington. They often teach Zumba together at Copperfield’s Fitness Centre in Trenton. The event got a lot of support from neighbouring communities. There were many instructors who came down from Cobourg, Bel-

leville and of course Trenton as well.

The Party in Pink was a three-hour non-stop Zumba class and people were welcome to join the fun at any time and stay for as long as they pleased.

Different instructors would take the stage to lead the group of over 30 people after each set. They would do some of their songs and often other instructors would run to the front to instruct alongside their colleagues and had they all had a blast.

There was a variety in age groups among the women who attended the event. Herrington teaches Zumba on Thursday mornings where it’s usually seniors, but she said that there are often teenagers who attend as well, because there’s no age limit.

“People come into it and think ‘Oh, I don’t have any co-ordination, I can’t do this.’

“But the fact is, is it’s not what you do, but how you have fun doing it. You don’t necessarily need to be doing exactly what the instructor is doing or what the person beside you is doing but it’s whether you’re having fun and enjoying yourself,” said Herrington.

Thelma Dillon is one of the five instructors from Cobourg who participated in this event. She said her passion is dancing and doing Zumba helps keep you fit mentally and physically. She said it’s really about having fun and making new friends.

“In my classes, it’s not just come and go. We’re a close group of friends and support each other,” said Dillon.



Photo by Brianne Ste Marie Lacroix

**The second annual Zumbathon hosted by Brenda Herrington and Lisa Farrell was a “Party in Pink” in support of breast cancer. Ae Lee was one of 11 Zumba instructors that attended to lead the group in a three-hour Zumba session.**

## Kids get cash for Humane Society

**By Taylor Hermiston**

It treats but no tricks for the Quinte Humane Society after Kael Mestre, five, and his sister Tayva, nine, walked their neighbourhood collecting donations instead of the usual tasty treats.

“It’s great to see younger kids, especially their ages, taking an interest in helping their community,” said Marja Smith, the HR manager at the Quinte Humane Society.

After the kids were told by their parents that they weren’t going out for Halloween this year, the brother-sister duo decided to help fundraise money for a charitable organization and raised \$278.45 in two hours.

“Well daddy was just saying that we weren’t going out for Halloween and I told him that I wasn’t in for the candy but I liked going from house to house and seeing all the decorations. So daddy told us about the orange box,” said Tayva Mestre.

Their father, Cory Mestre, told about the UNICEF box he would carry around, when he was a kid, on Halloween night to raise money. UNICEF is one of the world’s best recognized charities for children and a leading advocate for children. It is helping to build a world where the rights of every child are realized.

“And then I thought about collecting money for the humane society. Animals are one of my most favourite things on earth and because kittens and doggies are so cute!” said Tayva.

The kids, along with their parents, walked around their neighbourhood, on Nisbet Avenue, for two hours collecting money. They also politely refused the candy that might have been filling their buckets and told their neighbours to save it for the other kids walking door-to-door.

Asked why they wanted to collect money for the Humane Society, Kael said so the animals can have a home.

“The money will most likely go towards the care of the animals, so food, shelter and seasonal vaccinations,” said Smith.

The Mestre family has been involved with the Quinte Humane Society before by volunteering to walk the dogs and, when the time is right, they have been thinking about adopting a dog in the future.

The Quinte Humane Society is a non-profit organization maintained through the work of volunteers and charitable donations. It is located just outside Belleville on Avonlough Road and is always looking for more help. For more information on donating or volunteering, contact Cheryl at 613-540-2862.

## Student hopes to get interest in photo club

*First-year television  
 and new media student  
 wants to expand knowledge  
 with help of others*

**By Matthew Desouza**

Aaryaman Sundarakishnan is a first-year television and new media student with an ambitious idea. He is currently in the process of trying to get a photography club started up at Loyalist.

With film and photography going hand in hand, Sundarakishnan wants to expand his knowledge on photography, and his idea for the club will help him do that and will also help anyone else who is interested in photography.

“By using the photography club, I can interact with people. I can find out what kind of things people like in the school, and I can probably venture into different kinds of photography like sports and nature.”

“By creating this club, we’re bringing many different people in here who have no other ways to communicate or to do activities.”

...See Photo Club, page 2

# Boofest a spooky success

By Dayna Lefebvre

The 32<sup>nd</sup> annual Boofest Halloween Party was a smash this year, as hundreds of costumed kids, and parents, headed out to the Duncan McDonald Memorial Gardens arena in Trenton to enjoy treats, games and more.

The event took place on Thursday night from 5 p.m.-8 p.m. and featured a pumpkin carving contest, pumpkin bowling, Halloween music, arts and crafts, spooky stories and of course – candy. It provides a safe alternative to traditional house-to-house trick or treating, especially for younger children. The indoor event also provides shelter from the elements.

The lineup was out the door and down the street to get inside. Many families had umbrellas to protect against the rain.

“This year we’re expecting more kids than normal because of the rain,” said Colleen Vickers, the special events co-ordinator for Quinte West. “At least a couple thousand.”

Downstairs, a row of volunteers handed out a variety of treats to children of all ages, most of whom were accompanied by parents in costumes as well. Upstairs featured games such as pumpkin bowling and pumpkin carving where the kids could win even more candy or toys. The Trenton Golden Hawks were in attendance for a free skate as well.

“Every single person is donating their time to hand out candy and play games with the kids,” Vickers said. “It really is a community event, because everybody comes out for it by donating time, money or products.”

Boofest is entirely volunteer-based, with everything from the candy to the decorations being donated by businesses and individuals in the community. The event receives no government funding.

According to a 2012 Statistics Canada



Photo by Dayna Lefebvre

**Dorothy Maine smiles as Liam receives his candy from Margo Thompson, a volunteer at the 32nd annual Boofest Halloween Party in Trenton on Thursday. The event attracted hundreds of children on the rainy Halloween night for a safe, indoor alternative to house-to-house trick or treating.**

study, an estimated 3.7 million trick-or-treaters ages five to 14 roam the streets of Canada on Oct. 31, visiting 13.3 million households across the nation.

Canadians also spend \$21.6 million on costumes and \$355.9 million on treats for the holiday.

Dressed as a pirate, Vickers smiles and says her favourite part is the costumes.

“They are so creative too!” she laughs. “Every year you get to see the kids in new costumes and you wonder wow, how do they come up with that!”

Vickers says they are always looking for more volunteers for the event.

“I start thinking about it late summer and start the planning around August,” Vickers explains. “Sending out letters for

sponsorships and donations, getting the shopping done, decorating, everything. It’s entirely businesses and individuals.”

It took two days to decorate the arena for the event.

Anyone who is interested in volunteering for the 33<sup>rd</sup> annual Boofest Halloween Party in 2014 can visit [www.quintewest.ca](http://www.quintewest.ca) to contact Vickers directly.

## Photo club...

Continued from Page 1

Not totally satisfied with the extra-curricular activities that Loyalist offers, Sundarakishnan said he is hoping that starting a photography club with spark a change, but agreed some work will need to be done before his idea becomes a reality.

“I don’t think Loyalist will be receptive to a photography club because we will be offering free services to people. One problem I see is whether they will fund this club because photography is about money. You need money for the lenses and the cameras in order to work. We’re just trying to involve the school as much as possible.”

Sundarakishnan said he knows that creating a photography club will be no easy task, but he said he is still determined to give it a shot anyway. Trying to get as many people as possible on board, he is looking at the photojournalism program and students as a starting point.

“Someone in photojournalism can teach you something, like lighting for instance. I think we can also find creative people. Someone who is in sciences might be interested in photography but they never got the chance. This is one chance for him to show he is good as well.”

Patience will be key for Sundarakishnan, something he said he is prepared for.

“The first step will be to sign the forms and get people to join, but before that we need to get more ideas. So I’m trying to get that this semester.”

“Next semester I will get a proposal done, and that proposal will go in to start the club.”

For anyone who is interested in the idea or would like to help, Sundarakishnan can be contacted at [aaryaman-sundarakis@loyalistic.on.ca](mailto:aaryaman-sundarakis@loyalistic.on.ca).



Photo by Kaitlin Abeele

**(Above, left) Jim Compton of West Virginia braces himself while competing in the log lift at the Stronger Than Cancer Fundraiser held at the Travelodge in Belleville Saturday. Compton placed fifth out of 14 total competitors in the strongman competition, which was held in co-operation with the World's Natural Strongest Man Federation. With his finish, Compton has qualified for the Brazil Grand Prix championship which will be held next year.**



Photo by Solana Cain

**(Above, right) Rain pours down on Padraic Moore as he attempts to pull a semi truck that is harnessed to his back. Moore was one of 14 men who participated in the Strongman Competition. Proceeds from the competition went to Belleville General Hospital Foundation. Moore finished in sixth place overall.**

Photo by Jonathan King

**(Bottom) John Pasanen, Swedish strongman, warms up for the log lift at Travelodge Hotel for Belleville General Hospital's Stronger than Cancer fundraiser on Saturday. Pasanen was the only competitor from Sweden among the American and Canadian teams.**





Ana Hitters, 32, dances in the courtyard of the Young People for Equality centre in Buenos Aires. The centre hosts a therapeutic dance company for people with Down syndrome called Expressive Movement. Every Wednesday evening, the dancers meet for a two-hour session of dancing, socializing and fun. Parents are not allowed to take part in the classes. Instead it is opportunity for the students to develop a social life independent of their family’s control.

# Dancing with Down's



Photos by Emily Cumming

(Above) Eliseo De Ruggiero, 17, strikes his best dance pose during his weekly therapeutic dance class.

(Left) Florencia Castillo, 23, does not communicate verbally because of her Down syndrome. The dance company Expressive Movement helps people with Down syndrome to communicate their thoughts and feelings through movement.

### By Emily Cumming

Every Wednesday evening on a quiet street in Buenos Aires, students gather at the “Young People for Equality” (Jóvenes por la igualdad) centre to dance and express themselves – something they each struggle with on a daily basis.

The therapeutic dance program, “Expressive Movement” [Movimiento Expresivo], allows the students – who all live with Down syndrome – to explore their life experiences verbally and express their associated feeling through the language of their bodies.

Before the beginning of the 6 p.m. class, the students are dropped off one by one by parents or caregivers. The joy

and excitement of being with their peers sets off the laughter and giggles almost immediately.

Parents are not involved in their children’s classes. Instead, it is a time of independence for the students – who will most likely never have the opportunity to live a self-sufficient life. It is also an opportunity to have social freedom and to build relationships within a non-judgmental environment.

The company first came together in 2005 under the initiative of dancers Paz Fernández Alonso, 32, and Belén Gómez Ortiz, 32. For Gómez Ortiz, the dance group is not only a professional endeavour, it is also a personal project – her younger sister María Elis Gómez

Ortiz, 23, has Down syndrome and is a student of the program. María Elis, a carefree, mischievous and funny young woman, has been with the company since they put on their first production in 2007.

“I am like light when I dance,” María Elis told the Argentina Independent in an interview.

During these weekly workshops, the students move freely, contorting their bodies – some laughing, some serious in their artistic endeavour. One young woman, Florencia Castillo, 23, does not communicate verbally as a consequence of her Down syndrome, however she listens intently and moves fluidly with confidence and intelligence.

The instructors help the students to translate their “expressive movements” into a cohesive choreography. They use this choreography to present dance productions, which typically run twice a week for a month.

Last month, the students performed their most recent production Helium [Helio]. The one-hour show highlighted all of the skills developed by the dancers. The audience – mostly made up of friends and family – clapped, cheered and snapped photos.

The curtain came down with a standing ovation and when they left the theatre. The dancers were greeted like celebrities, clutching flowers while receiving kisses from their friends and families.



Jimena, 15, is one of the youngest members of the dance company Expressive Movement - a therapeutic dance program for people with Down syndrome. She recently took part in the company’s dance production Helium. Expressive Movement first formed in 2005 and put on their first production in 2007.