



Photo by Taylor Hermiston

Meredith Leadbeater leads a high impact dance routine during her weekly Zumba class on Monday, Feb. 10 at her studio in downtown Belleville. Leadbeater has been a certified Zumba instructor for over four years and runs her own fitness studio in downtown. She has also been teaching in the fitness and health promotions program at Loyalist College for two years.

# Loyalist hosts Zumba event

By Taylor Hermiston

Loyalist College will be a part of a global activist movement to end violence against women and children today at 6:30 p.m. by hosting a free One Billion Rising Zumba event in the cafeteria.

The evening will consist of a string of mini fundraisers including raffle ticket sales, a Zumba class with instructor, Meredith Leadbeater, and an info session on Three Oaks.

"Amie just contacted me about teaching a Zumba class for the event and I accepted," said Leadbeater.

This fundraiser, according to the One Billion website, encourages everyone

to help promote positive self-esteem in women. There have already been countless donations from local businesses in the Quinte area. Donations are optional so that no one will be discouraged from attending due to cost.

The event is to support Three Oaks, a local 24-hour service shelter for women. Three Oaks assists women in seeking permanent housing and referrals to appropriate community agencies. Three Oaks does not charge for services and meals and basic necessities are available. The shelter is staffed 24 hours a day, seven days a week, so women can access services anytime by phone or in person.

"This is a world-wide campaign that is supposed to happen around Feb. 14 and it is a movement to end violence against women and children. One in 3 women on this planet will be either raped or abused in their lifetime. That's where we get the One Billion," said Jennifer Loner, training and education coordinator at Three Oaks Foundation.

The funds raised from the event at Loyalist will help with everyday costs at the shelter and the services they offer.

Amie Bronson, a post-graduate public relations student and one of the organizers of the event, said, "Last semester our class was asked to host a fundraiser for a

local non-profit for our fundraising and event management classes. Our group chose Three Oaks Shelter and Services because they are a highly respected organization that truly strives to make a difference in our local community."

The PR students are encouraging many people to join in on the fun for this short period of time to support an important cause in the community.

"The main goal for us was given to us by Three Oaks. They need to create awareness for their organization in the local community," said Bronson. "What better way than a free, fun event where participants can buy tickets to win great

prizes and the funds raised from the raffle goes to Three Oaks?"

"In 2013, there were 135 women & 66 kids in residence last year and the average length of stay was six weeks. We had 55 women come to our door asking for help, we took 1,242 crisis calls and 53 women and families were turned away because we didn't have room," said Loner.

The number of women living at Three Oaks has gone down, in recent years, but the number of women they have had to turn away has gone up because they are overcapacity.

Alternative housing has become necessary because they are now taking in women and families for more than six weeks.

# Women Lancers end their season with a third win

By Taylor Hermiston

The Loyalist Lancers women's volleyball team scored their third win of the season against the Fleming Knights and ended the season on a good note, Wednesday evening.

Winning three sets in a row was the icing on the cake for the girls since they endured a tough season with 15 losses un-

der their belt. However, they still entered the game with the intention of leaving it all on the court.

"For our last game, our coaches told us to go all out, leave nothing, and leave it all on the court. For our last game, I put my whole heart into it trying to do my best. It's been an improvement all year, for all of us, working together as a team and we finally came together to win our last," said

Amber Rittwage, on her last game of her college career.

Rittwage, Robyn Beauchamp and Hilary Schick all received framed photographs of themselves for their dedication to the team, since they will not be returning for next year's season.

"We had to go through a lot of hardships. We haven't had the best season, but we managed to stay together as a team

and that as a whole is great," said Schick. "We never turned our backs on each other and along the while staying positive. It's a great group of girls to work with," she continued.

The Fleming Knights couldn't keep up with the Lancers as they racked the scoreboard with devastating leads at every set. Desperation filled the room as Loyalist forced Fleming to lose control of their

game and execute a sloppy performance.

"I told the girls before the game that it's not always about how you start a season but how you finish one. We knew going into this game it wasn't going to make a difference. We knew that we weren't going to make playoffs. You can't change anything that's in the past, so why not finish strong," said Head Coach, Dominique Dawes.

# Lancers dominate in final game

By Taylor Hermiston

In their final home game of the season, the Loyalist Lancers men's volleyball team defeated the Fleming Knights, three sets to one.

The night started off with sincere thanks to the graduating Lancers, Jared Bihun, Justin Greaves and Craig Eamon, for their dedication to Loyalist Athletics and each were awarded framed photographs of themselves.

"The first year was a great learning experience. We had really good captains, so it was great learning from them, like their sportsmanship. This year, I just tried to be like they were and stay calm. We are a pretty young team and we try to be solid," said assistant captain Justin Greaves, recalling his experience at Loyalist.

The expectations for the final home game were simple for head coach, Dave Templar.

"I just want them to go out and enjoy your last home match. We have a couple of players who are graduating and they have made great contributions to the program," he said.

"Obviously, the goal for tonight is walking out of here with a win and build some momentum into Saturday's playoff game," he continued.

The boys brought control to the court after an easy first set but fell through in the second. The team also struggled to match the intensity of Fleming in the third, with the score neck in neck. They won the set 37-35 and forced the game to go into a fourth.

Team captain Adam Strickland said, "As far as atmosphere, I try to make it as intense as possible. Every point counts. If we aren't in that point and in the zone in that moment, it's my job to make sure that my players are coming together and doing their part."

The fourth set resulted in an unde-



Photo by Taylor Hermiston

(L-R) Loyalist Lancers Ben Hoftzyer and Craig Eamon attempt to obstruct the ball after members of the Fleming Knights spike the ball for a game-changing point in the third set of the game Wednesday night at Loyalist College. The Lancers men's volleyball team won the game three sets to one and qualified to play in Hamilton, Ont.

featable lead for the Lancers, 25-18, and brought a thundering crowd to their feet. It resulted in an 11<sup>th</sup> win of their season and they hope they can bring it to a 12<sup>th</sup> in their playoff game on Saturday in Ham-

ilton. "This year has been awesome, full of ups and downs and you have to take the lessons with you along the way. As a result, this will be a good test to see if our

guys have really learned from them and bounce back," said Templar.

"I have a great group of guys that are really fun to work with and I look forward to our final weeks."

# Lots of fun in Batawa

By Suzy Willig

Local families took to the Batawa Community Centre and ski hill on Saturday morning, for the eighth annual Frost Fest, enjoying the beautiful weather and activities provided.

The event included outdoor skating, a performance by The Ice Wine Synchronized Skating Team, s'mores, snow painting, arts and crafts, and more.

The event is intended to bring families together, and it did just that. The organizers were happy with the turnout on Saturday, when hundreds attended.

"We've geared this one totally to families. We want the whole crew to come out, little ones, big ones, young at heart," said Colleen Vickers, the event co-ordinator.

A horse and carriage, steered by Clare Dracup, brought smiles and excitement to many children's faces. The carriage did a continuous loop, ferrying families to and between the ski hill and the community centre.

The arts and crafts activity, run by Rachel Comeau, of local business Art for Everyone, was also a big hit for the families, where the children were making valentines.

"I just love seeing kids get creative, I love that they just get in there and there is no right or wrong, they just try, and it's awesome," Comeau said.

The families participating were enjoying the activities provided.

"So far we've just done the arts and crafts. We're looking forward to everything though, especially the horse and buggy," said Kristin Cox, who was there with her family of four. Morgan, her five-year-old daughter, said she really wanted to go ice-skating, but she didn't have skates and didn't know how yet.

The organizers added a third rink this year, to help increase numbers, and estimated that hundreds of people attended the event.