



Photo by Justin Chin

Djeneba Ballo, 27, poses for a portrait in Belleville on Wednesday. She immigrated to Canada from the Ivory Coast two months ago to be with her husband.

Powerful story of survival

Loyalist College visit part of tour to educate students

By Suzy Willig

Holocaust survivor Max Eisen visited Loyalist College this morning, and shared his powerful story of survival with students in Alumni Hall. This is Eisen's second time visiting Belleville. He previously gave his presentation at the Rotary Club of Belleville.

Friends of Simon Wiesenthal Center for Holocaust Studies has created the Tour for Humanity - a mobile human rights education centre designed to teach Canadians about diversity, democracy, and Canadian Civic rights. Eisen, 85, has been travelling with them and educating students.

"We are absolutely privileged and proud to welcome Max Eisen to speak with us this morning, and to have the Tour for Humanity bus here for staff and students to visit," said Maureen Piercy, President of Loyalist College.

The hall filled quickly, leaving people standing along the sides of the room to watch Eisen's presentation.

Eisen started off the presentation speaking of his early life, and how he grew up in a very normal household. He gave a chronological account of the devastating events that occurred, beginning with the day that his family heard Adolf Hitler's speech on the radio.

"I was nine years old in 1938. My father bought a crystal radio. They found out that Hitler was making a very im-



Photo by Christopher King

Max Eisen talks to Loyalist College community and justice serves student Leah Twyoungmen, at Loyalist College on Thursday. Eisen spoke to students about his life as a Holocaust survivor as part of the Simon Wisenthal Centre for Holocaust Studies' Tour for Humanity. As a Czechoslovakian citizen when Germany took over the country in 1939, Eisen was sent to Birkenau concentration camp in Poland.

portant speech from Berlin, and all his friends came to our house. There were only two radios in town. It was a town of about five thousand people, and amongst them lived 90 Jewish families. We numbered about 400 total, and I remember

this poison pouring out of the radio. I remember a one-liner: 'Werden wir, die Juden auszurotten' - 'we are going to eradicate the Jews from continental Europe.' I was looking at these older people, my father, who was in his late thirties,

and his friends, and I saw the green in their face and in my guts I sort of knew that something was going to change and I didn't know what."

Eisen went on to explain that Czechoslovakia was the first victim of Nazi Ger-

many, and the realization that a world war was going to begin. He then went through the years of his life, including his country losing its title, being forced to speak Hungarian, with the Slovakian teachers, police, and bureaucracy leaving the country, and being replaced with Hungarians.

He explained that Jews had absolutely no rights, and that Jews were no longer allowed to sell alcohol or liquor. His father, who owned a cellar, had his business confiscated.

Eisen remembers receiving a postcard from his extended family, saying that they were doing well and working on a farm. He later realized that was a meticulous lie the Nazis had come up with, forcing families to write these before they were executed. They had to make it big and keep using it, he said.

He went on to tell a story about being thankful for the wooden-board beds that the camp workers were given, after being forced to stand for three days straight.

Eisen's story went into great detail at times, explaining how dirty he was, after working in the camp, and how vividly he remembers it.

"We were so filthy, our skin was like the skin of a snake, lying in the square with dead bodies," he said.

May 6th, 1945 was the day that Eisen learned that white flags were flying.

"All I knew is that I had to crawl out from my bunk, and make it out or I would die there, and that took me a long time."

Eisen's presentation took just over an hour, holding the attention of the audience the entire time. He then answered questions from the audience.

Confections to sweeten love's confusion

By Natalie McMullen

Even Statistics Canada is in the mood this Feb. 14. — well, quantitatively at least.

They recently released a report — 'Valentine's Day ... by the numbers,' which offers, after a few demographic preliminaries, a rundown of annual dollars spent on meals, wine, chocolates, flowers, books and music.

Does the data say something about how Canadians feel towards this day dedicated to romance? Or has StatsCan intentionally, and perhaps wisely, skirted around the less tangible indicators of love?

According to Jessica Ford, a couples therapist based in Trenton, "The topic of love and sex — not so straightforward."

For some, love means a secure, lasting partnership, built on respect, equality and shared interests.

Young local couple, Mackenzie Lasher, 20, and Colin Wells 21, who have been

dating for 18 months, say friendship is the most important thing.

"He's my boyfriend but my best friend. We game together, we play PlayStation," said Lasher.

"We rather just watch movies and play video games," added Wells.

"It's like a friendship-relationship. It's nice to be in love with your best friend," said Lasher, with Colin nodding in agreement.

But for others this kind of companion-ship is distinct from true love.

Cristina Nehring, author of *A Vindication of Love: Reclaiming Romance for the Twenty-First Century*, considers modern-day romance "a poor and shrunken thing."

"In our embrace of the companionate marriage and our fear of anything that smacks of a power difference," wrote one book reviewer, "Nehring argues, we dismiss the erotic, the mysterious, the myth-

ical elements of love as never before."

Antonina Durham, a Belleville woman who has been with her partner for 15 years, believes compassion, rather than passion, is what helps sustain love, and prevent against pain and suffering.

"Passion is a fire. It burns. It's destructive sometimes. It can destroy you. You come to be an absolutely different person. You act differently. You act in a way you will be ashamed about later on."

She explained that her relationship has evolved over time.

"After 10 years of our life we started to be best friends for each other. ... So now we're not really man and woman. We're friends. ... We're friends with common values. ... We are both strong, we are both independent."

The author of an article published recently in *The New York Times* — 'Good Enough? That's Great,' would support Durham's perspective.

"The appreciatively resigned rise each morning not dwelling on their marital shortfalls but counting their mutual blessings, whatever they may be: a shared sense of humour, an exchange of kind gestures, the enthusiastic pursuit of a mutual interest. Somehow they have managed to grow together rather than apart."

Sharing Nehring's view, Lori Gottlieb sparked debate and fury with her recent piece in *The New York Times* entitled 'Does a More Equal Marriage Mean Less Sex?'

"People aspire to what's known in the social sciences as an egalitarian marriage, meaning that both spouses work and take care of the house and that the relationship is built on equal power, shared interests and friendship. But the very qualities that lead to greater emotional satisfaction in peer marriages, as one sociologist calls them, may be having an unexpectedly negative impact on these couples' sex

lives."

Ford disagrees with this view. "I don't see equality ever harming a relationship. If there's a loss of sexual desire - it more likely has to do with the stress and fatigue of modern life."

She said she does know some couples, "where there is absolute discord and chaos," who claim to be having great sex. "But what does this mean?"

"Healthy sex life varies from couple to couple," she added.

But there does seem to be some common ground between the ardent defenders of passionate love and those who praise the daily tending of long-term partnership.

Ford would likely agree with Nehring's point that modern love needs to be wrestled from "cutting-edge capitalists" and "thrill-seeking convenience shoppers."



Photo by Matthew Desouza

Renee Segnore takes a break inside his transportation truck at 10 Acre Truck Stop Feb. 12. Segnore’s main route is Quebec City to Cobourg along Hwy. 401. When severe winter weather comes into play, Segnore says that getting off the highway and waiting the storm out is the best way for drivers to avoid accidents.

When weather gets bad drivers advise pulling over

By Matthew Desouza

Recent severe weather has been causing problems for commuters using the 401 series highway.

On Wednesday Feb. 5, a series of collisions crippled the 401, involving nearly 200 vehicles, many of them transportation trucks.

The 401 highway sees endless amounts of big rigs and transport trucks on its surface each day. With recent winter weather conditions covering the highway in massive amounts of snow and ice, safety and precautions

must come first.

Renee Segnore of Montreal, Que. has been driving transportation trucks for the last 15 years, and says the best way to avoid an accident is to simply “pull over.”

“The guys that clean (the highways) are a little bit too slow; about one hour late. But that’s what made the mess. But I don’t put blame on them. The people are too fast on the roads,” says Segnore.

Segnore’s delivery route is from Quebec City to Cobourg, and he uses the 401 as his main route. When bad weather comes into play, Segnore knows that driving isn’t worth the risk, and that

getting off the roads is the best way to prevent an accident.

“We aren’t supposed to roll in bad weather. We have our alert radio on our Blackberry. They say if you can’t ride, pull over. That’s it. Just pull over and call the dispatch and say you can’t drive, and don’t take the chance.”

With hazardous road conditions, a single accident can very quickly turn into a massive pileup, much like the one on Feb. 5, which resulted in the 401 being shut down for the majority of the day.

The Ministry of Transportation has some advice regarding safe driving dur-

ing severe weather: slow down gradually and drive at a speed that suits the conditions, avoid passing and changing lanes, increase following distance and try to get off the road if visibility is near zero. If possible, pull into a safe parking area and wait it out.

In case of an accident, the MTO suggests the public to stay with the vehicle for warmth and safety until help arrives, slightly opening a window for ventilation and have the motor run sparingly. It is encouraged to be prepared and carry a winter driving survival kit that includes a change of warm clothing, a flashlight, blanket and shovel.

Valentine...

Continued from Page 1

Reflecting on this Friday’s Valentine’s Day, Ford mused, “Romantic love is beautiful and fun, but talk to those people on Saturday and see how they feel. A lot will feel disappointed.”

Perhaps there can be no consensus on love. In an article published recently in *Aeon*, author Aaron Ben-Zeev concluded: “Love is a trade-off, the prevailing wisdom goes: we can either soar briefly to the highest heights or we can have contentment for many years.”

Maybe the only option is to resign ourselves to this inherent compromise.

And whether a decoy for romantics, or a cure for banality, perhaps the material demonstrations of affection on Valentine’s Day represent the deeper contradictions, anxieties and yearnings at play within the human heart.

Famed columnist Cheryl Strayed’s once wished a reader, “A bit of sully in your sweet. Not perfection, but real love. Not what you imagine, but what you’d never dream.”

Playing on Strayed’s words, Feb. 14., for all its shortcomings, may at the very least offer us all a bit of sweet in our sully.

Liberals happy with Trudeau’s Senate decision

By Taylor Hermiston

Prince Edward-Hastings Liberal Georgina Thompson is reacting positively to Leader Justin Trudeau’s decision to abolish senators from the Liberal caucus.

“I think it was a bold decision Trudeau made and at the same time, it was a good decision. This decision allows the Senate to make decisions and if they make bad choices, then it’s not tied to the party,” said Thompson.

She also explained that there was a good possibility that the members, who were removed from cabinet, were going to be upset about the decision, but most of them were pleased with it. The members will be capable of making decisions on their own, she added.

In addition, the opposing parties might be captivated by his decision. Thompson suggested that the New Democratic Party is going to say that Trudeau decided to do it to free himself of any negative comments that might come at him from the members’ decisions. The Conservative party might feel that they should’ve made the move first, she said.

“They will respond the way their party responds. They are going to say that they knew that there was corruption in there, so he cuts ties before those remarks came out.”

Thompson will be the Liberal candidate for the next federal election. She was also a city councillor from 2003 to 2005.

Female students unhappy with bathroom waste disposal

By Anica James

The purple sanitary napkin bags in the women’s bathrooms have been a hot topic for debate amongst females at Loyalist College.

Emma Peters, 21, a second-year nursing student is not impressed with the women’s bathrooms at Loyalist College. Like many female students, Peters is disappointed with the lack of sanitation, especially in reference to the purple bags women are encouraged to use to dispose of their used sanitary napkins and tampon applicators.

“It would be beneficial to have waste bins in every stall,” Peters said. “I don’t understand why the school wastes money on these purple bags when they are not sanitary or environmentally friendly.”

As a nursing student, Peters is taught that being

sanitary and washing your hands is the number one way to ward off illnesses. The last thing that anyone wants is to struggle with the disposal of their blood-stained waste.

“Everyone in my program complains about the bags and vending machines,” said Peters. “If the school is not going to spend money on bins for individual stalls, they should at least include hand sanitizer in every stall.”

Grant Brummell, manager of Facilities Development and Contract Services, said that the purple bags have been a staple in the women’s bathrooms at Loyalist College for the past ten years.

“It has nothing to do with cost,” Brummell said in reference to the idea of every stall having an individual garbage bin. “The more disposal units you have, the more surface area you have to clean. Our custo-

dians work on contract so we would have to re-write the contract in order to change things, and that’s a lot of paperwork.”

According to Brummell, the school bathrooms used to have bins in every stall but the school found that the individual bins did not get cleaned enough, so now it is up to each individual to dispose of their used products on their own.

“It’s embarrassing,” Peters said. “It’s as if I am letting everyone know ‘Hey world, I am menstruating’”

Lauren Deans, a registered nurse at the Loyalist Student Health Centre, said that she doesn’t see anything wrong with the bags.

“I can understand that girls might be embarrassed,” Deans said. “But we are all women, we all experience our period.”

Loyalist College is currently doing an inventory

on the vending machines in the bathrooms and will make sure that they are restocked and that the contractor who is responsible for refilling the machines does it in a timely and orderly fashion.

“We know that we are following the guidelines,” said Dianne Spencer, executive director of College Advancement and External Relations. “It’s not about cost, it’s about health and sanitation and environmental concerns. We have reduced waste containers from four to one in each bathroom over the past ten years using the purple bags.”

Spencer went on, stating that the school is always open to suggestions and complaints from the students.

“We want students’ feedback,” Spencer said. “If students have any concerns regarding sanitation, they can be addressed to Facility Services or the Student Government.”

Acts of kindness replace drinking games in Neknominations

By Victoria Thoms

Neknominations have gone viral. Originally a drinking game, the nominations have turned into a way for some people to put forward an act of kindness.

The original concept of the game was to drink one drink on video, and then nominate a friend to do the same. Somewhere throughout the game’s history, the lines got blurred and people soon began to try to drink more intensified alcohol, larger amounts of alcohol and perform stunts while drinking or shortly after.

“I think that people are taking it way too far. Just for people to get a good laugh and try to have fun, but it’s not cool at all,” said Alex Fobert, a first-year police foundations student.

Almost as an act of rebellion against the Nek Nominations, some people have started to replace the drinking aspect of the nominations with a good deed.

“I decided to do the nomination, but not drink because I’m in police foundations so that would be kind of silly for me to do, and I am also on the volleyball team,” said Fobert.

“For my Neknomination, I decided to donate \$100 to the Parkinson’s Society of Canada because my dad suffers from the disease. So instead of drinking and possibly harming myself, I decided to put a nomination to good use and help a family member out,” said Fobert.

Fobert posted her final video on Facebook after being nominated by her cousin. She started off her video showing three bottles of alcohol on the

counter, and then said, “I’m not going to drink anything, because I have better things to do with my time than destroy my liver for your entertainment. So I thought I’d do something a little bit different.”

Fobert then tells her father that she is donating to the Parkinson’s Society instead of drinking.

Ryan DeMarco, another police foundations student, chose not to participate at all after being nominated.

“I decided not to participate in that trend because of the peer pressure involved,” said DeMarco. “I believe it is making people feel like they have to fit in by taking part in dangerous activities like the Neknominations.”

“I wrote a status on Facebook saying what was on my mind and decided to break a current trend that is a way of peer pressure. I decided to turn that trend into a generous act of kindness trend,” said DeMarco.

Random Acts of Kindness or RAK nominations are the sequel to Neknominations. Filming a good deed, and then nominating a friend to do the same, has become a growing trend as a way to fight back against Neknominations.

Many students are supporting RAK nominations instead of Neknominations because of the absurdity that is resulting from drinking on video.

“I think they add some fun to Facebook, and people get to challenge each other without being right next to them, which is cool because of how it brings people together. But if you’re snorting crack and drinking motor oil, then you’re just being an idiot,” said Colton Wiens, a student in sports journalism.



Photo by Victoria Thoms

Police foundations student Alex Fobert chose to put her own spin on her recent Neknominations. Instead of drinking, Fobert donated \$100 to the Parkinson’s Society of Canada.

“Once you’re past the original idea of the game, it’s not worth it.”

Many students at Loyalist have been seen on Facebook and YouTube still going through with the nominations, while being careful about it. Some students said they are worried that drinking large amounts of alcohol on video

could be seen by future job prospects. In the end, it’s up to each individual person to decide to participate or not, and how far to go with the nomination.

“I put on a red power ranger morph suit, and then shot gunned a tall boy with the Power Rangers theme in the background,” said Wiens.

“I went back and forth on whether I was actually going to do it or not. I decided to do it, because in its simplest form, it’s just chugging a beer, which is pretty funny. I decided to do the simplest Neknomination and take it off of Facebook after one day,” said Wiens.

Making a living on minimum wage

Single mother has tough time raising daughter on low wages

By Anica James

Funds are tight these days, regardless of which career path you're on.

Amanda Hughes has been bartending at The Duke on Front Street since August 2013. Born and raised in Belleville, the 31-year-old knows how tough it is to raise a child as a single parent while working part-time on less than minimum wage.

"I wasn't planning on having a kid at 16," Hughes said, drying a pint glass with an old dishrag. "But I did, and now I am paying for it."

Before she began bartending at The Duke, Hughes served at The Cabaret Nightclub for almost eight years.

"I was still making below minimum wage, but the tips were better," said Hughes, discussing her previous job experience at the local strip-club.

"I used to walk out of there some nights with over \$400 in tips, but it was hard work, harder than it is here at The Duke. At least here, a lot of the men leave me alone because almost everyone is a regular. I wouldn't come here if I didn't have to work here, but it's a job so it's different for me. I'm just trying to make a living, just trying to survive."

Ontario Liberal leader Kathleen Wynne announced on Jan. 30 that the provincial minimum wage would rise to \$11, effective as of June 1. The 75-cent-an-hour increase— the first of its kind since 2010 — is great news for some, but for many others they will still be just scraping by, living at or around the poverty line.

"Right now, I make \$8.90 an hour, plus tips," said Hughes. "But the tips change every week. Some weeks I can make over \$300, and other weeks I'm lucky if I get \$100. And if I didn't have tips, I would be making less than \$900 a month. That's not enough to live off of."

Hughes and her daughter live in a two-bedroom apartment that costs \$675 a month, plus \$200-300 a month for bills. On top of that, Hughes spends close to \$200 a month on car expenses, and at least \$100 a week on groceries, but the groceries



Photo by Anica James

Amanda Hughes, 31, bartends part-time at The Duke in Belleville, making \$8.90 an hour, which is \$1.35 less than the general provincial minimum wage. A single mother of a 15-year-old, Hughes relies on tips and an Ontario Works stipend in order to make ends meet each month.

ies normally cost more if her daughter wants to have friends over.

"Most of my tip money goes to Cali," Hughes said about her daughter. "She's 15, so she isn't old enough to work yet to pay for the things that she wants, so I have to work extra hard so that way she can have a semi-normal lifestyle."

Although she has been bartending for the past 10 years, Hughes said that her real passion is baking, but that she won't be able to focus on that until her daughter is finished high school.

"I bake cakes and cupcakes on the side for birthdays and events, but I don't do it that often because I don't always have the energy," Hughes said about her under-the-table baking business. "I bring in \$150-200 a month from that, but even then it's just extra cash that is put towards bills and living expenses."

Even with the money that she does make each month, Hughes still has to rely on Ontario Works and other means of income to break even, or close to.

"I only work part-time here," Hughes

said about The Duke. "I work 23 hours a week over three shifts, so I pay out more than I put in. It's tough, but I manage. I wouldn't survive if my boyfriend or mom didn't help out."

Currently, liquor servers earn \$1.35 less than the general minimum wage of \$10.25. Even with the increase beginning in June, bartenders will only see a 65-cent-an-hour raise, which will still put them at \$1.45 less than the general minimum wage. On top of that, all tips that bartenders receive are supposed to

be claimed for income tax. If the tip is left in cash, the Canada Revenue Agency normally does not hear about it, but if the tip is left on a debit or credit card bill and there is a paper trail, not reporting can be risky.

"If minimum wage went up to a reasonable amount so that way I could work a better job and be happier than I would continue with this," Hughes said. "But until then, I have to rely on whatever tips people will give me, and here, most people don't have the money to tip anymore."



Instagram winner

This week's winner of our weekly Instagram contest is Taylor Hermiston @taylorhermiston. Send your submissions to #pioneerpics.

Tuberculosis testing to be done at Loyalist after positive test for disease this fall

By Victoria Thoms

One student at Loyalist College developed tuberculosis disease in late October, bringing the disease to the attention of staff and students across campus.

After the health centre advertised free TB skin testing along with a list of symptoms, the awareness of TB at Loyalist increased.

"Honestly, this is the first time I've ever heard about it being an issue," said Stephanie Stokes, a child & youth worker student. "I took the TB test last year, so I don't think that I would really need it again. I would like to know how the student contracted it. That would be a big interest to me."

"The Quinte Health Unit's website has a fact sheet about tuberculosis, with lots of information," said Shawna Hoskin, a public health nurse for the Hastings & Prince Edward Counties Health Unit. "That will help you with understanding the causes of TB."

Students were informed at the end of October by email that a student at the school was diagnosed with tuberculosis disease. The student was away from school shortly after, meaning there was a low chance of staff and students contracting it.

"The student that had TB was away for two weeks. After someone has tuberculosis, they are put on medication for approximately six months," said Hoskin.

After the original case at Loyalist occurred, many students had forgotten about the email, or never read it to begin with. An email from Loyalist President Maureen Piercy was sent out at the beginning of February, indicating that the health centre would be offering multiple time slots to get the testing done.

Students began talking about the symptoms, and what it meant for the college.

"I'm sure a lot of people in our school have different types of diseases, so it doesn't really affect me. All I have to do is stay clean, wash my hands. I've got my testing done already," said Steven Bailey from the police foundations program.

The World Health Organization estimate that two billion people worldwide have latent TB, meaning they are simply carriers.

"That is what the TB skin test is really diagnosing. It's not diagnosing active TB. It's finding latent tuberculosis infection," said Hoskin.

"There's always sickness going around, so it's not really a worry to me. I don't go to the doctors very often," said Mac Matson, a police foundations student.

The symptoms of tuberculosis disease usually take around eight weeks to show up, according to the World Health Organization.

"That's why we're doing the clinics now, instead of in October. It takes at least eight weeks for the bacteria to be able to show up through the TB skin test. So that's why we're doing the clinics at this time. Otherwise, we wouldn't have been able to really alleviate any concerns if we did them earlier."

TB skin testing will be available free of charge by public health nurses at the Loyalist health centre on Tuesday, Feb. 25 with the follow-up reading on Thursday, Feb. 27 and again Monday, March 3 with the follow-up reading on Wednesday, March 5.

"We're doing two more, just so everybody has a better opportunity of getting there," said Hoskin.



Photo by Matt Desouza

Hotel in the making

Bruce Knutson and Rick Selman are just a couple of the many people working on the new TownePlace Suites by Marriott hotel being built on Bell Boulevard. The new hotel will employ at least 30 people, and will have 100 rooms. Belleville will be the third city in Canada to have a TownePlace Suites by Marriott hotel.

What's next for the Memorial?

By Zac Shunock

Many cities across Ontario are taking part in downtown revitalization efforts. Belleville's downtown is no exception. The centre of attention however, surrounds the question of what's next for the historically rich Memorial Arena in downtown Belleville.

In 1929, the Memorial Arena opened its doors for the first time. At that time, it was referred to as the Hume Arena in memory of soldiers of the First and Second World Wars.

The Memorial was home to the Belleville McFarlands, a team that won the World Hockey Championship in Prague, Czechoslovakia in 1959.

According to an Intelligencer article, city council has been told that it would cost around \$7.6 million to renovate the Memorial to current arena code.

Although many continue to ask what is going to happen with the Memorial, the real question lies in what the community wants to see happen.

The decision of what is to happen with the Memorial is not left up to one committee or individual but rather the community at large.

Recreation, Culture and Community Services director Mark Fluhrer says, "It's entirely up to council and this community to decide what direction it

wants to go."

There have been many proposals, rumours and ideas put in front of city council involving the Memorial's fate, but no rash decisions will be made with this project.

The Memorial closed in 2010 after mechanical difficulties resulted in unmanageable ice conditions. Justin Somerville, an arena maintenance worker for the City of Belleville, worked at the Memorial in its last operating season.

"It's unfortunate that the Memorial is sitting empty, taking up valuable space when the city is trying to revamp downtown," says Somerville.

"There have been a lot of ideas, like having an outdoor rink replacing the Memorial," he added.

The history of the Memorial and the McFarland team is an important milestone in the city's past. Not only is the McFarland team a key part in the history of the Memorial, but it was also the home to many individuals both young and old who may have laced up their first pair of skates in one of the dressing rooms.

Although the future of the Memorial remains unclear, what is certain is that whatever decision is made will be in great consideration to the community and history of the Memorial.



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 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 out 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 11th win of their season and they hope they can bring it to a 12th 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.

Living under the maple leaf



Photo by Julia Karpiuk

Sam Barton came to Canada three years ago to study choral conducting at the University of Toronto. Barton grew up in Manchester, England. He enjoys living in Toronto but has not decided if he is going to stay in Canada and attempt to gain citizenship.



(Above) Mark Button and his wife Summer Li pose with the Canadian flag on the step of MacKenzie Building at the Royal Military College in Kingston where both are employed as researchers. Originally from the U.K. but having lived in Canada for the last four years, Button is in the final stage of his permanent residency application, while Li, from China, was granted permanent residency in 2012, after living in the country for eight years. *Photo by Guillaume Nolet*
(Left) Tetiana “Tanya” Volobuieva came to Canada in 2006. She came here while travelling, but stayed because she fell in love. She is waiting to do her citizenship test, and says she is excited about the prospect of becoming a Canadian. She loves maple syrup and is proud when the Canadian hockey teams do well. *Photo by Sarah Vissers*



Photo by Justin Greaves

Anita Sipos, minister at St. Andrew’s Presbyterian Church in Bowmanville, Ont., waves a Canadian flag in the nave of the church. Sipos immigrated to Canada in 2007 from her native Hungary.

By Paulina Uy

Celebrating the 49th anniversary of the National Flag of Canada, recent immigrants are standing proud as Canadians.
Since 1996, Feb. 15 was declared National Flag of Canada Day.
It is in commemoration of the red and white maple leaf flag that was first raised in 1965.
Immigrants have worked hard to live in Canada for various reasons. Whether it’s seeking a better education or desiring to be reunited with loved ones, new citizens are brought together under the umbrella of the Canadian flag.
They are proud to be here and share the same rights and privileges with other Canadians.
Canada has been a very multicultural country and these are some of the new immigrants grateful to be here.

On the street

Jessica Campbell asked people at Loyalist College the following question:

What are your plans for spring break?



Jessica Westbrook, second-year esthetics, “I’ll be drinking with my friends from home and probably going on adventures. I’m very adventurous.”



Rashida Richards, first-year advertising and marketing, “I will be heading back to my home in Toronto to spend time with my friends and family.”



Chris Dalbianco, second-year customs and borders, “I will be going snowboarding in Montreal and I’m pretty pumped about it!”



Aaron Vilaca, first-year sales and marketing, “I will be going back home to Sault Ste Marie to visit family and friends.



Paige Morgan, second-year esthetics, “I will be spending time with my family and my dog. I miss my dog Lilly.”



Charlsie Morrow, first-year art and design foundation, “I will be working, trucking and maybe partying. It’ll be a fun week though.”

Editorial

Canada falling behind on environment issues

Canada is falling behind the rest of the developed world in environmental stewardship. Consistently we win the Fossil of the Day, a prestigious award given by the Climate Action Network, a group of 850 non-governmental organizations, to, in their own words, “the countries that perform the worst at the UN Climate Talks.” Canada has in fact won a lifetime “unachievement award.”

The country’s environmental woes are generally associated with the tar sands, an incredibly environmentally unsound, and likely unsustainable form of oil extraction. Alberta, the driving provincial force behind the tar sands, is a Conservative party bastion, the same Conservative party that rules the nation. Because Canada is a parliamentary democracy, based on the British Westminster model, if the governing party holds more seats than any other party they can do basically anything they want. The Conservatives, under Stephen Harper, have been pushing the tar sands as a major employer, and as a tool to assert Canada’s global geopolitical status as a major energy producer.

But it is not just the tar sands themselves that are the problem. The more insidious issue is that publicly funded environmental and climatological scientists’ funding and resources are being gutted, and what research is left is being obfuscated by draconian governmental censorship rarely seen recently in the industrialized world. It has got to the point where in 2012, thousands of scientists from across the nation marched in Ottawa, chanting, “What do we want? Evidence. When do we want it? After peer-review.” Harper’s measures to silence evidence have been so drastic that he has managed to politicize the impartial.

The politicization of the academics started in earnest at the end of March 2012, when the Conservative government passed their omnibus budget bill, Bill C-38. The bill did not just outline the year’s fiscal budget, but also contained a plethora of new policies, and extensive amendments to existing legislation. The Conservatives were very clever in doing this, as MPs cannot vote down single attributes of the bill. Since a Conservative majority controls the house, C-38 was passed with minimal hassle.

However, once the bill’s 420 pages were examined thoroughly, scientists, the political opposition, and members of the public were outraged at the deep cuts the government had inflicted on environmental research. The outrage was after the fact. The bill had been passed, and no one had any power to do much about it. That’s been the model for all of the Conservative government’s attacks on science: a quiet passing of a seemingly innocuous piece of legislation. Less than a third of Canadians voted for the Conservatives, yet we are under their thumbs. Thank god Harper has pushed scientists to politics, because the public wasn’t standing up for them, and the official opposition in parliament is impotent. Despite this collective outrage, nothing much is being done. The politicization of scientists was enough to make them march, but it is still to be seen if they will have the political will to make any lasting change to Harper’s iron will to silence them.

Duncan Cairns-Brenner

Value of motherhood being dismissed by young adults

If someone chooses to place motherhood over a career in her life’s list, there’s nothing wrong with that.

Conversations about motherhood are inevitable, especially at places like Loyalist where young adults often discuss their own future plans with peers.

Many opinions circulate around the topic of young motherhood, some of which point towards the thought that women are either incapable or foolish for choosing such a path while still considered young by society.

Statements such as, “They’re throwing their lives away,” or “All you’re going to be is a baby-maker?” are commonly heard on the bus, in the cafeteria, or even in Wal-Mart.

While everyone is entitled to his or her own opinion, there is a problem in the way these thoughts are formed. There is an ignorance about the importance of motherhood.

If someone chooses to pursue the parenting path in their early twenties, why should they be scorned?

We seem to have this ideal that major success comes in the form of career goals or wealth.

There are various things that we might prioritize over our career: travelling, hobbies, religion. These may change and shift in priority as our own life circumstances do, just as they do for young mothers.

That’s not to say that parenting isn’t a big deal or that it’s easy to do. It’s a new realm of responsibility and arguably the most time-consuming role one could have.

It is an unfortunate reality that there are children being born into living situations that are unsafe and it’s important to realize that this is an issue. At the same time, we can’t mentally place all young mothers into the “unfit” category. It is incredibly wise to prepare mentally, emotionally, and financially before having children. If a young person is able to have the time and resources to prepare to the best of their abilities, then great.

However, not all cases are granted the luxury of perfect planning. Unforeseen events can result in unplanned parenthood which call for even more support from our communities. This ushers another reason to carefully consider the phrases we choose when we talk about those who choose to be young parents.

Before we talk about others parenting choices or our own plans, let’s not forget that motherhood is a great mission as well. Young mothers are not “throwing their lives away” or “taking the easy way out.”

They have dreams and priorities that change as life changes--just like we all do.

Mandy Larade



Opinion

Celebrating the true meaning of Valentine’s Day

Meant to celebrate true love and not to spend huge amounts of money

By Michelle Heshka

Valentine’s Day: a day filled with chocolate, roses and oftentimes disappointment. It is the one day of the year when people shower their significant others in gifts in an attempt to prove their love. And why do they do this? Because the commercial industry encourages them to.

People have become so wrapped up in roses, chocolates and extravagant gifts that they have lost sight of the true meaning of Valentine’s Day.

Valentine’s Day is a religious date known as the feast of Saint Valentine. Saint Valentine secretly — and illegally — wedded soldiers to their brides before battle. Saint Valentine died on Feb. 14 and it became a marked date to celebrate love and passion.

Valentine’s Day is meant to celebrate true love, not to spend obscene amounts of cash on meaningless gifts.

Couples shouldn’t feel the need to prove their love to one another one day of the year. It’s not necessary to shower each other with gifts and spend absurd amounts of money for a holiday that many people don’t even understand.

According to studies at MarketLine Advantage, the average Canadian spends \$116 on Valentine’s Day gifts. People are so busy overcompensating, trying to prove

their love through money and objects, that they often ignore the flaws in their relationship. After Valentine’s Day is said and done, the truth comes out.

Avvo.com, a site that offers profiles and information for lawyers, completed a study in 2010 that found divorce rates skyrocket by 40 per cent at this time of year. On top of that, the study reports that unmarried couples are two times more likely to break up around Valentine’s Day. And why? Because of pressures and expectations that nobody ever meets.

Couples put so much pressure on one day of the year that it becomes unbearable. We do not need one day to mark when we celebrate our love for our significant other. We should be celebrating this love every day of the year.

Russian human rights issues have huge impact on Olympics

By Dawn Barger

I am personally not watching the Olympics this year – although I still support our Canadian athletes and wish them the best of luck.

I feel that attention should be on the human rights issues that Russia faces and not the Olympics.

This is an opportunity to help people who are being abused because of their sexual orientation and help them fight for their rights.

Then there is the huge topic of gay rights in Russia and the terrible abuses that happen to the LGBT community.

After watching videos posted up on YouTube by the HumanRightsWatch, the abuses and humiliation that the LGBT people have to endure are appalling.

These people have their heads shaved,

painted, beaten and in one instance, made a young man assault himself with a bottle.

The vigilantes record the abuses, and then post them on YouTube to further humiliate their victims.

The primary excuse these vigilantes called “Occupy Pedophilia” use for this abuse is because the victims are gay, they are pedophiles.

This is an unacceptable stereotypical excuse to harm the LGBT community because of their sexual orientation.

I feel that people need to educate themselves and learn the facts before harming an individual with such a terrible label.

The LGBT community is in constant terror and worry about their safety in the community.

The new law in Russia, which prohibits “propaganda of homosexuals”, is banned among minors. Under the statue, it is illegal to have gay pride events, speak in de-

fence of gay rights, or say gay relationships are equal to heterosexual relationships.

So with this new law, certain groups have used this as means to abuse and discriminate against the gay community.

Russia is not the only country where the LGBT community is harassed. There is an ongoing problem in other parts of the world. But the attention has been on Russia and with everyone looking on, why not stop and help when it’s in our faces.

Russia is not a bad place, but its human rights issues are in a bad place. We live in a world now where we know so much is going on because of social media and its in our faces but we still choose to ignore the facts.

We as a human race need to pay attention to the issues that our fellow human beings face, and the awful discrimination they endure, rather than cheering for sports.

The Pioneer

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THE
DEFINING
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ISTIC

...B8

LIVING
WITH
TOURETTE’S
...B2





Ethan Zaichick has a tic while outside doing yard work with his family. Zaichick's tics vary from simply tugging on his clothing to involuntary muscular tics seen in the photograph where he blinks or stretches his neck.

Living With Tourette's

By Zachary Shunock

All of us may have experienced some form of uncontrollability at some point, but not to the same extent as 15-year-old Ethan Zaichick, who suffers from Tourette's syndrome, Obsessive-compulsive disorder, asthma and a number of other minor disorders.

All of Zaichick's disorders affect one another, making them worse than they would be on their own. Tourette's syndrome is a neurological disorder characterized by involuntary tics or involuntary muscular function and often the compulsive utterance of obscenities.

"Even just going to the mall is kind of awkward because people will look at you and say 'why is he blinking?' 'why is he stretching his neck?' and stuff like that. I just do my best and forget the rest. I don't listen to what anyone has to say because I know if I told them they would be like 'oh I'm sorry,'" said Zaichick, explaining the struggles of living with Tourette's syndrome.

Zaichick attends Centennial Secondary School and is currently in the tenth grade. Zaichick says that interacting and making friends is easy, once they understand what it is he is affected by.

"I don't think anybody will one hundred percent understand unless they go through it, but, they are understanding... they know that what I do is part of the Tourette's and they don't make fun of me or anything," said Zaichick.

Adjusting to new environments and meeting new people can be challenging for anyone, however, it is quite a bit more challenging for Zaichick.

"It's really weird going into new schools or new places where you have to explain to everyone after they say 'oh why are you doing this?' or 'why do you have that?' Being in new places can be stressful, which affects my OCD, which also affects my anxiety and so on," Zaichick said.

Zaichick's immediate family consists of his mother Tania, stepfather Oliver, sister Abby and newborn baby sister Liv.

"I love her a lot, she's awesome. I'm more excited for when she gets a little bit older though," said Zaichick.

Zaichick's extended family however is much larger, consisting of nine cousins and six aunts and uncles on his mother's side.

"We're all very close, our family. Everyone in our family really understands. Obviously my younger relatives are not as aware of my Tourette's. They might make some comments or make fun of me, but I know it's only because they might not have seen something like Tourette's before or be used to it like my older relatives are," explained Zaichick.

To Zaichick, family support is very important and provides a safe and comfortable environment, even when not at home. Zaichick's biological father, Rob, whose last name he shares, holds the Tourette's gene that was passed down to Zaichick.

Since he was young, Zaichick has had an interest in gymnastics. He currently works at the Quinte Bay Gymnastics Centre as an instructor for children entering into gymnastics.

"Work really distracts me, I'm always running around finding someone or doing something so I don't really think about my Tourette's. Sometimes it's awkward because I'll notice some of the parents giving me a funny look or something," said Zaichick demonstrating one of his tics being that he pulls his shirt into his armpit.

"It's part of my Tourette's and my OCD, a lot of the time I don't even notice I'm doing it, but when I do it's really uncomfortable," he said.

Aside from taking his daily doses of medication for Tourette's and OCD, many of his coping methods are habitual.

"At home if I'm stressed a lot, I like to find something I like to do such as play keyboard. Sometimes I like to knit," he said laughing. "Just anything that can take my mind off of the tics."

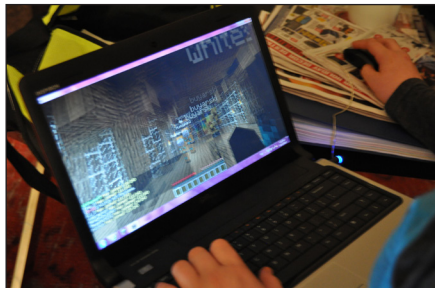


Zaichick feeds his newborn baby sister after arriving home from a long day at school. All day, he looks forward to returning home to see the people he loves.

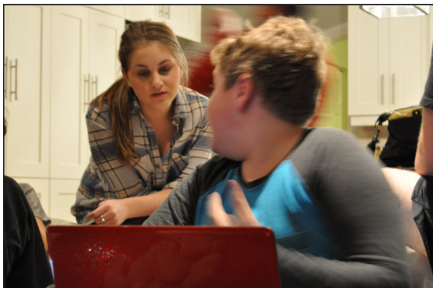
“I don’t think anybody will one hundred percent understand unless they go through it. But they are understanding...”



Zaichick gets picked up from Centennial Secondary school after choir practice, excited to see his mom tania and new born baby sister Liv.



Zaichick bounces back and forth between his laptop and iphone playing the game Mine Craft with his friends from school in an online portal.



Zaichick explains an element of his game to his older sister Abby, who came to visit from attending school in Ottawa.

“I love her, she’s awesome. I’m more excited for when she gets a little bit older though.”



Zaichick gives his baby sister Liv a kiss on the nose making her laugh, as harsh fall sunset blares through the windows.



Charo Estomo revisits her “first home” in Canada in the neighbourhood of Diamond Crescent. She was reunited with the Layman family again on Oct. 29, 2013.



Estomo snuggles and plays with the youngest son in the Layman family, Xavier. They certainly missed each other very much.



Estomo revisits the back porch where she used to spend time playing with the children and cooking at times. She said she always finds this area beautiful.



Estomo re-reads the goodbye notes from Jeramie and Abby on Oct. 29, 2013.

“First Home” in Canada

By Paulina Uy

On a cloudy day in the neighbourhood of Diamond Crescent on the east side of Belleville, Charo Estomo revisited her “first home” in Canada where she used to be a live-in caregiver for the Layman family.

Fallen leaves of different colours, ranging from the lightest green to crimson red, covered the ground and some parts of the road.

Out in the dark, it felt like winter was coming. Estomo came to Canada during winter of 2009.

Prior to that, she worked in Taiwan for five years before she decided to find a better future for herself and her family in Canada.

Similar to her job in Taiwan, she was able to work as a live-in caregiver for the Layman family.

On Dec. 2, 2009, Sarah and two of her four children, Abby and Jeramie, fetched Estomo from Toronto Pearson International Centre under a light snow and waving a name card stating “Charo Welcome to Canada!”

Most of her days back then were spent taking the children to the park, taking them swimming with other playmates, going to the mall, and buying groceries.

Reminiscing, she talked about how she particularly enjoyed winter with the children.

“The Laymans are a very generous, religious, loving, and understanding family. They are everything great you can imagine.”

Sarah and Tyler Layman accommodated her very well.

“I felt like they treated me like a part of their family. I didn’t have any fear then.”

Estomo stayed with the family for two years and eight months. She was then eligible to apply for permanent residency in Canada, which enabled her (after three months) a permit to take a different job.

When she was leaving, many tears were shed as the children expressed their missing her so much – in person and in writing.

During the fall of 2012, Estomo took a job as a line-worker at Gunther Huettlin Manufacturing Inc.

As a second source of income, she worked at Tim Hortons at Loyalist College for several months.

After her contracts ended, she found another two jobs – one at Highline Mushrooms where she was also a line-worker and the other at Vantage Foods where she worked in the packaging department.

Comparing her nanny life and her life now, she admitted both are great but totally different experiences.

As a nanny, her focus was primarily on the children.

“It was not physically demanding.”

And now, working at the mushroom farm and meat production, she has experienced both mental and physical exhaustion.

“I work long hours, make more money for overtime, and it is exciting. I love doing it.”

Her vision for the future is to finally get her permanent residency and go to school for a higher-paying field of work.

She also dreams, one day, to have her entire family reunited together in Canada – her mom, dad, son, brother, sister, and nephew.

“The Laymans are a very generous, religious, loving, and understanding family. They are everything great you can imagine.”



One year later, Estomo has her own place and attends a food festival, spending more time with the Filipino community in Belleville.

LOVE & UNDERSTANDING



Sean Bennett and Jenna Watt signing I love you.

By Jessica Campbell

Jenna Watt, 19, and Sean Bennett, 21, have been together for a year and a half. They met at Loyalist College during a Down With Webster concert at the Loyalist pub. Sean is deaf and Jenna is not.

When Watt met Bennett, she didn't know sign language at all. Bennett actually had a 'thing' for Watt's roommate so she tried to get them together. The more she and Bennett spent time together and got to know one another, the more they fell for each other.

Bennett taught Watt all the sign language she knows. When they first got together, they communicated by using their cell phones and computers. The first thing Watt had to learn was the alphabet because whatever she couldn't sign, she would be able to spell out for Bennett and he would show her the sign for that word.

When they first got together, they communicated by using their cell phones and computers.

Watt and Bennett have overcome many obstacles and challenges in their relationship, with communication being the biggest challenge.

Bennett said the hearing culture is a lot different from deaf culture. In hearing culture, people are more closed when speaking. They don't have to use as much detail because people understand by the sound of their voices. In deaf culture, everyone is a lot more open because they have to give all the details so the person they are talking to can understand what they are talking about.

Bennett was very patient with Watt, but admitted he did get frustrated at times when he couldn't understand why Watt couldn't understand things. He would forget that she didn't know as much as he does.

Jenna and Sean are an amazing couple and they have struggles just like any other couple could have, but they work through it. They're strong, they're understanding, they're patient and most of all, they love each other.



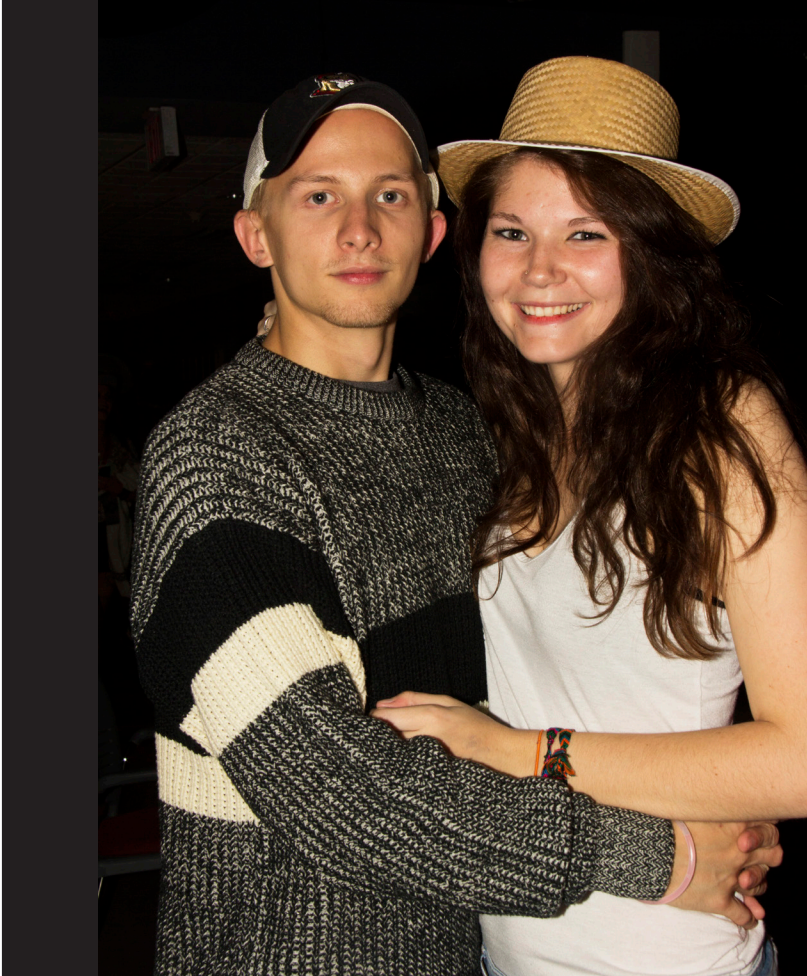
Top: Watt tries to get Bennett's attention by waving at him while he watches the hockey game.

Bottom: In Bennett's spare time, he teaches his roommates, friends, family and girlfriend sign language.



Top: Watt and Bennett make a pasta dinner together.

Bottom: Watt and Bennett at the Shark Tank Pub.





At home, Leah Bunnett gets out of her wheelchair and crawls around.

LIFE AS LEAH

By Suzy Willig



Bunnett reaches from her wheelchair to adjust a cutlery holder in the dishwasher. She straps herself in and then holds on to drawers and counters and reaches to do dishes. Bunnett does some chores from the floor, but for dishes she needs the height of her chair.



Bunnett removes the laundry from the dryer to make room from the clothes that are sitting in the washing machine. Bunnett does her laundry from the floor, instead of using her wheelchair. She sits between the washer and dryer and transfers the laundry that way.

Leah Bunnett is a Loyalist College student, studying social service work. She unfortunately has cerebral palsy, but she doesn't allow that to stop her.

Bunnett originally intended to attend Loyalist for the early childhood education program, and did. Eventually, she and the college mutually agreed that she didn't meet the physical requirements, so she decided to leave the program.

What she didn't do, was give up on what she really wanted to do. Bunnett, although leaving the ECE program, has been working and volunteering in a daycare. While working with the children indoors, Bunnett will park her wheelchair in the hallway and crawl around with them. When working with them outside, she'll just stay in her chair.

In Canada, lack of mobility, pain, and reduced agility were the three most reported disabilities among young adults aged 15 and over.

Adults were more likely to report some limitations due to pain (11.7 per cent) followed closely by a mobility disability (11.5 per cent), and agility (11.1 per cent). Women reported more of these types of disabilities than men (13.4 per cent mobility, 13.3 per cent pain and 12.4 per cent agility for women versus 9.5 per cent, 10.0 per cent, and 9.7 per cent for men).

"My family was very supportive from day one," said Bunnett.

"They raised me to live a very normal life, and helped me overcome my disability from the very beginning."

Bunnett is a very independent person and her independence is very important to her. She does chores like dishes and laundry just like everyone else. She just has her own way of doing it. When doing dishes, she'll strap herself into her wheelchair, and hold on to the counter while reaching into the dishwasher.

She removes everything from the dishwasher and sets it on the counter, and then puts the dishes that she can reach away – her family has modified their kitchen so certain things that would typically be in a top cupboard is instead in the bottom drawers. Whatever dishes go in the top cupboards, Bunnett just leaves them on the counter for the next person to put away.

When doing laundry, as while doing most other things, Bunnett parks her wheelchair in the main entrance to her home, slides out of it, and crawls around. She sits on her legs on the floor and removes the laundry from the washing machine and transfers it into the dryer, and then drags the basket out of the laundry room to her

room to fold it.

The Bunnett family home has been modified to be fully accessible. The front entrance is accessible, the drawers in the kitchen are modified, the washer and dryer directly on the floor, the microwave is in a very low cupboard, and the freezer is a bottom drawer type. All of these things contribute to Leah living a normal, capable life. There are some things about her disability, though, that stand out and she can't do anything to change it.

"Sometimes it's frustrating when you travel to Ottawa or Toronto and you're trying to go somewhere and it's not wheelchair accessible."

"One time, my friends planned this whole day for me, and I asked where it was and they wouldn't tell me because they wanted to keep it a secret, so I asked, 'Well does it have stairs?' and they were like 'Oh, yeah it does.' And they had to cancel the whole thing."

Some buildings just aren't wheelchair accessible, which can be frustrating for Bunnett. Her family and friends sometimes forget about her disability and that she needs places to be fully accessible though, because they've made full plans for Bunnett, for a birthday or other special occasion, not even thinking to find a place that's fully accessible because they forgot she couldn't walk.

Bunnett doesn't let things like that get to her. She is an extremely happy, up-beat person who loves watching her favourite television show, loves children and working with them, and hopes to work with them full-time in the future. She loves her family with whom she's very close, and loves her friends, three in particular who are very close to her and she sees quite often.

Bunnett plans on opening a new chapter of her life in the New Year. She plans on moving out of her parents' home and into specialized low-income housing on her own. She's excited to have her own place and have people there for her to help her with the things she can't do on her own.

She's not nervous, because she's had a taste of living on her own when she lived in residence during the early childhood education program. One of her good friends was there with her, and they'd ride the bus together to go to the grocery store, or to the mall, etc.

Bunnett thinks moving out will not only be a relatively new, fun experience for her, but that she's opening the door to the rest of her life, and it's very important to her independence.



Bunnett sits with her friends Katherine Govier (left) and Melodie Matthews (middle) to exchange Christmas gifts early as they're all getting very busy with school and work.



Bunnett removes her leg braces and specialized shoes once she gets home. Bunnett finds them uncomfortable and doesn't like to wear them when she doesn't have to.

"My family was very supportive from day one. They raised me to live a very normal life, and helped me overcome my disability from the very beginning."



“When I go to the gym with people, they’re sometimes surprised at how much I can lift. I’m small but I’m pretty strong. I love that,” said Celina Flores, one of Kim Perras’ clients.

THEIR BEST PACKAGE

By Brianne Ste Marie Lacroix

It’s more than spray tans, bikinis and muscles. Getting your body to a point you never imagined possible, while having fun, is what it’s all about.

Her home, like any other home, looks entirely ordinary from the outside. There are bricks, steps leading to the front door, a big living room window, or at least one would presume it’s the living room. This home belongs to Kimberly Perras.

Perras, 29, graduated with a degree in the fitness and health promotion program at Algonquin College, and furthered her education by becoming a certified nutritionist and personal trainer.

She traded in her big comfy couches for barbells, dumbbells, a squat rack, and all other types of things you would find in a regular gym.

She started with 15 clients and that has grown to 39 over the last few years. She offers a variety of different programs such as boot camps, group workouts, personal training, nutritional planning as well as a package designed specifically targeting those interested in fitness competitions.

Perras began coaching some clients for fitness competitions three years ago. She asked a client if she had ever thought about doing a show and that’s what inspired other clients to get involved as well.

When Perras competed in her first show, she lost 76 centimetres (30 inches) and 29.5 kilograms (65 pounds) over the course of the year in preparation for her competition. She loves competing and sees them as a great accomplishment.

“Some girls come off the stage saying ‘when’s the next one!’ and some come off and are exhausted and are like ‘You know, I might not do this again but I did learn a lot,’ said Perras.

One of Perras’ clients, Christine Goudie, participated in her first competition, the 2013 IDFA Ottawa-Gatineau Classic on Oct. 26, and she placed second in the novice fitness model tall category.

She always found importance in working out and living a healthy lifestyle. The only thing that stopped her from doing competitions was feeling like she would never have the guts to do it and was amazed at the confidence it took.

“You can get the body but then to actually stand on stage and show off your body and pose and put yourself in such a vulnerable position, it’s like how do you do that and not feel incredible self vulnerable and self conscious about my flaws or my this or my that...”

Goudie was in between careers and decided to become a personal trainer. That’s where she met Perras for the first time.

“I remember I went that night and started thinking about how if some girl I just met, who’s done this before is telling me ‘Oh yeah you’ve got some biceps, I can work with this,’ then maybe there’s something to it. Where does anyone else start, right?” said Goudie.

Perras created a personalized diet and workout plan for Goudie and motivated her to stay on track.

She was working out six days a week and ate a high protein diet. There were times where Goudie would think that there was no way she could eat all the food on her meal plan. But she stuck to it to see the results.

Once she made it through the first month, she noticed a few changes in her body and was excited to see what would change over the next month. Once she felt like she knew what she was doing, she was able to turn off her brain and trust the process.

She kept at it and next thing she knew she was on stage and had a trophy in her hand and was already planning her next shows.

“I’m by no means a pro but now I’m getting in the process of giving people confidence and telling them that of course they can do it and of course you can get in shape,” said Goudie.



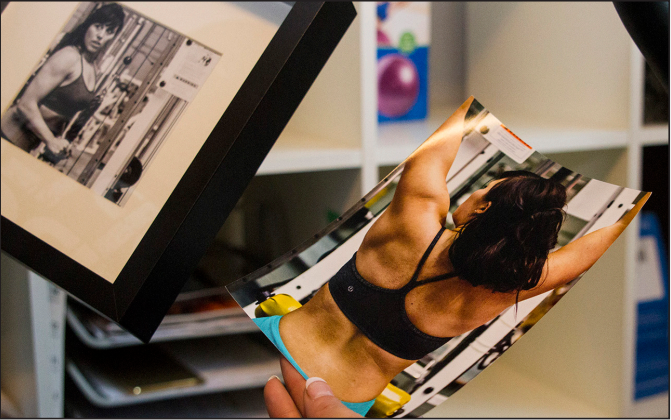
“It’s not about the competitions. it’s about the experience and fun,” said Perras.



Perras held a meeting with her clients who will be competing in fitness competitions in the coming months to go over some of the important details of the process.



Motivational quotes keep Perras inspired.



“I saw it as a huge accomplishment,” said Perras.

I'll Prove You WRONG



Stephen Pokocky, a 21-year-old child and youth work student at Loyalist, has autism and is often stereotyped for it. He says the most common stereotype he receives is that he is “incapable” of completing various tasks in his life. People tell him he’s unable to complete tasks that people without autism complete regularly. He proves his stereotype wrong every day by attending college and studying regularly.



Dylan Geerts, a second-year animation student at Loyalist receives a lot of flack for his facial hair. His most common stereotype is that “guys with facial hair are creepy.” In reality, his friends Mike Mastroianni and Teo Borza describe him as the friendliest guy they know.

The Oxford dictionary describes stereotypes as a widely held and oversimplified idea of a type of person. Stereotypes are assumptions that often hold no truth and are used to make uneducated judgments. What’s the worst part of these stereotypes? We’re guilty of using them every single day.

There are subjective beliefs right here at Loyalist. Students are being affected by the biases and stereotypes made by their peers and teachers. These stereotypes affect student’s success as well as their ability to form new bonds and relationships. When other people reinforce the stereotypes, they become harder to break.

Stephen Pokocky, a child and youth work student with autism, says he’s been stereotyped his entire life.

He says since coming to Loyalist, stereotypes regarding his autism have intensified.

Because autism is a learning disability, teachers and students alike assume that Pokocky will struggle more than other students.

Despite his stereotype, Pokocky is a successful student with a busy social calendar.

“Because I’m autistic, people assume I can’t do things. I am a high functioning person with autism. People hear autism and think ‘incapable,’” says Pokocky.

“To me, stereotypes are things that hold you back. It’s based around a lie so people who don’t know you can judge you. Friends don’t stereotype friends.”

Dylan Geerts, a Loyalist animation student agrees with Pokocky that stereotypes always lead to character misjudgments.

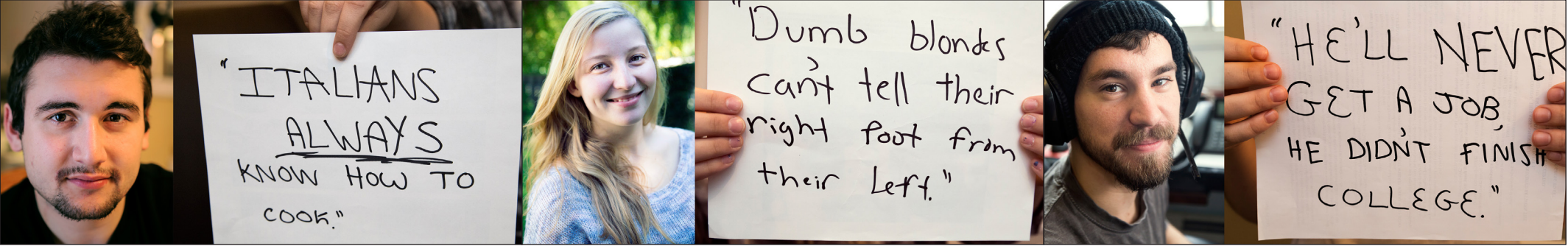
Geerts says he’s constantly stereotyped and misjudged for having facial hair.

“The fact that I have a beard really turns some people off. They associate me with men who rob, mug, and threaten people, just because of my facial hair. None of it is true at all,” says Geerts.

Despite his stereotype, Geerts is a popular person with many friends. Geerts says once people look past their “shallow judgments,” they can have healthy relationships with any type of person. Friends of Geerts Teo Borza and Mike Mastroianni describe him as “the friendliest guy we [they] know.”

Many other students face similar stereotypes. Everyone is affected by these stereotypes and are taught to confront them in different ways. As judgment is part of human nature, stereotyping will remain an intricate part of daily human interaction.

“Stereotypes hold you back. They’re based on a lie so people who don’t know you can judge you.”



Tom Aceti, a 23-year-old Italian, is frequently stereotyped for being Italian. The most stereotypical misconception he receives is that he can cook. In reality, he relies on instant foods and microwave dinners to get by.

Jaclyn Rice, an 18-year-old child and youth work student, is often stereotyped as being a “dumb blonde.” She proves her stereotype wrong by being an award-winning student throughout her academic career.

James Huot, a 23-year-old college dropout, is frequently stereotyped as a loser. People assume he is unsuccessful because he did not complete his post-secondary education. Huot proves his stereotype wrong by having a successful career as Senior Covert Operations for Geek Squad Canada.

Chardonnay Wilman, 19, has been growing her hair since eighth grade and it is now 79 cm long. She says that she only gets her hair cut once a year for religious purposes. “I feel beautiful, but sometimes it get really hot and sweaty, and sometimes it’s really heavy.”



Dylan Hall, 20, keeps his hair to stand out. “it makes me feel awesome at times. Yes, I pose and do wicked hair flips in the mirror. I feel like I stand out more, and am more memorable,” said Hall.



Rastafarian, Franklin Bailey, 44, grows his hair not because of religion but because of his lifestyle. He says that he lets his hair be like this because it’s his “way of stand up in the kingdom of the almighty before I am there with him.”

THE DEFINING CHARACTERISTIC

By Taylor Hermiston

Over time, people have passionately made emotional connections to their hair. It is obvious from the amount of time and money we spend taking care of it, stressing about it, worrying about losing it, coloring it, primping it, and fondling it absentmindedly. But the meaning behind having a full head of hair is more than a passionate love affair. Hair has been classified through time as one of the defining characteristics of people and is often used to indicate a person’s social position, such as age, gender or religion.

“I only get my hair cut once a year for religious purposes,” said Chardonnay Wilman, 19, from Belleville.

“In the old Jewish testament, people would go for long periods of time without cutting their hair to show devotion to god.”

Wilman also said that having long hair is a sign of femininity and good health.

Rastafarian is a social and religious movement that allows peo-

ple to express spiritual beliefs by wearing dreadlocks. Dreadlocks are the most significant indicator of the religion and is a style made up of beeswax that is twisted into the hair. The process can take up to three weeks before a permanent lock is set.

Forty-four-year-old Franklin Bailey of Picton, is apart of the Rastafarian religion and has been growing his hair for over seven years.

He has successfully grown it to a length of almost one meter and will never cut it again. For such a long length of hair and the type of style it is, it takes him more than two hours to wash it. Bailey said that it is more like a lifestyle than a religion now and makes him feel proud.

Pride can carry two connotations, positive or negative, a virtue or vice, and most people take pride in their hair in the most positive way because it is a way to express themselves as an individual to others in society.

Along the way, people will judge anything that isn’t normal in their eyes and people like Dylan Hall, 20, from Cobourg, fights the right to be an individual by keeping his hair long.

“I keep it because cutting it would be giving in to everyone who has ever made fun of it. Not a week goes by where someone isn’t telling me to cut it, laughing at me, or telling me that I look stupid. If I cut it, they win,” he said.

Hall hasn’t cut his hair since 2006 and is now over 45 centimetres long. When he started growing it out, he was very interested in heavy metal and he said that the hair just went along with the stereotype.

Although considered one of the defining characteristics, people have learned to ignore the social norms and do what they please with it. Hair is such a simple entity and we are lucky that it is one of the things that helps us define who and what we are in our own way.



After receiving a bad haircut, Kimberlee Morrissey, 18, has been growing out her hair since August 2012. She says that having long hair makes her feel good except when she has to do something with it cause it’s a pain and takes a lot of time. Her hair is now approximately 50 centimetres.



Corey DeBock-Earhart, 19, has been growing her hair all her life. She says prefers it long because long hair makes her feel beautiful and feminine. Most of the women in her family also have really long hair as well which has swayed her to grow it long.



Kaylea Pham, 13, has no recollection of what short hair feels like and only cuts her hair once a year. Pham says she likes having long hair because it keeps her warm and, in seriousness, it’s the only thing that makes her feel feminine. She doesn’t wear jewelry or make-up. Her hair is now over one meter long.