



Photo by Paulina Uy

Public relations student Laura Voskamp browsed through the books for sale at the Bazaar Affair charity event at Loyalist College on Thursday morning, March 6. All the proceeds raised go to Girls Inc.

Belleville Police Service plan new budget

By Taylor Hermiston

The waiting game begins for the Belleville Police Service as they wait for April, to present their new budget, estimated at 15.7 million, to Belleville. At their last meeting, the Police Services Board approved the new budget, which is up 2.45 per cent, on Feb. 27. The committee was made up of several members of the Belleville Police Service, including Chief of Police Cory McMullan and Deputy Chief Paul VandeGraaf.

“If it is approved at the 2.45 per cent, we have included in the budget several of the capital items that are required for cost-saving initiatives,” said McMullan. Some of the cost-saving initiatives included in the board’s agenda discussed the possibility of reducing the number of officers hired. This has the potential to be the most successful initiative because four recruits will be replacing six of the officers who retired in the past year. The agenda also contained other

initiatives such as sick leave, communications and priority dispatch. “We will also be able to begin the process of making those purchases and implementing that infrastructure and improving the training school,” said McMullan. The board agenda also included a variety of policing techniques, such as additional constables, a permanent downtown policing office and a mobile satellite office. Mayor Neil Ellis submitted the request for enhancing the policing in the downtown core.

Parents and kids learn more about mental health

By Gabrielle Smith

A local school held their first ever bilingual mental health fair on Feb. 20, encouraging parents and children to become more educated on mental health issues and the resources available to treat them. Tanja Morin-Kovacevic, principal of École secondaire publique Marc-Garneau and école élémentaire publique Cité Jeunesse, bilingual kindergarten to Grade 12 school, said mental health is an important topic to address. As the principal of a school with only 350 students, Morin-Kovacevic said mental health issues have a noticeable impact on the students and school community. The fair featured seminars in French and English discussing anxiety, depression, suicidal thoughts, and post-traumatic stress disorder. “I’ve been hearing more and more about PTSD and I know some of our parents are suffering from it,” Morin-Kovacevic said. Since the school is part of the Canadian Forces Trenton Base, a large percentage of students come from military families. Post-traumatic stress in parents and the resulting changes in home dynamics can take a very noticeable toll on children, explained Morin-Kovacevic. “When we see a big difference, we find out what’s going on at home. We dig a

little deeper and see, did mom leave? Did dad leave? Sometimes we know, ‘Oh, dad’s leaving for six months,’ and we see that behaviour change. And sometimes when dad comes back there’s a behaviour change too.” The purpose of the seminars on anxiety and depression was to give parents a better understanding of the signs and symptoms of these mental health issues in youth, as well as appropriate ways of handling them. “It isn’t a taboo subject anymore. You can’t just say to your child, ‘Suck it up,’ ‘Deal with it,’ or ‘Be a man.’” In addition to the seminars, the school’s lobby was occupied by representatives from Children’s Mental Health Services, providing information on resources that are available for children and families. Elisa Palmer, a child and family therapist with CMHS, said she was very excited to be there. “A lot of military families may be familiar with the Military Family Resource Centre, but because we’re not a fully bilingual service, they might not know what we have to offer or have as much information on our services.” The agency offers a wide range of services for the assessment and treatment of mental health issues in children under 18. They serve all of Hastings and Prince Edward County with locations in Bancroft, Belleville, Trenton, Picton, and Madoc.

Vincent Van Gogh earmarked in exhibit

By Mandy Larade

It’s Vincent Van Gogh like never before. The John M. Parrott Art Gallery is currently featuring an exhibit called *Unravelling Vincent: The Van Gogh Project* by local artists whose work is based off of the inspiration of Vincent Van Gogh. Brittany Ollerenshaw led the exhibit and created a film featuring the 13 artists and how Van Gogh has influenced their work. Each artist chose either a work of Van Gogh’s or an aspect of his life and created their own interpretation of it. Ollerenshaw said the objective of this particular exhibit is to get viewers to see another side of Van Gogh, veering away from what may be traditional knowledge of him. “I really hope that they stop and look at Van Gogh in other ways, and see past the ‘crazy’... and see just a person that was passionate about what he was doing,” Ollerenshaw said. Ollerenshaw, who has a background

studying film, moved from Toronto to the Quinte area with her husband and is an active member of the Brighton Arts Council. Ollerenshaw said she hopes that through this exhibit and through her work, people will become more passionate about the arts. “You don’t need to stick to the rules to create something beautiful. You can just kind of let go of all that and just throw yourself into a project,” Ollerenshaw said. Ollerenshaw’s documentary premiered this weekend at the Belleville Downtown DocFest. Ollerenshaw introduced the exhibit at the opening gala in Gallery 2 last Thursday. *Unravelling Vincent: The Van Gogh Project* will be available for public viewing until March 26. Ollerenshaw will be leading an Art Talk workshop March 23 from 6 p.m. to 7:30 p.m. at the John M. Parrott Art Gallery. For a look at the the exhibit, go to: <http://www.qnetnews.ca/?p=34980>

Spring forward this weekend

By Mandy Larade

It’s time to spring forward, as the saying goes. This Sunday, March 9, clocks are turned ahead one hour. Daylight Savings Time has been commonly credited to Benjamin Franklin. Benjamin Franklin suggested the idea in the 1784 while he was in Paris. The idea of DST was to promote a more economically sound way of living by adjusting the time to match the pattern of the sun. Canada first followed the trend of DST during the First World War and has kept it ever since. The only exception is Saskatchewan, which stays on Central Standard Time for the whole year. According to a 2011 CBC news report, former Ontario Premier Dalton McGuinty said that following Daylight Savings Time was important in terms of keeping consistency with the United States.

Dogs help students cope with stress

Student success services welcomes back canines for cuddling therapy

By Anna Brown and Michelle Heshka

The Loyalist College student success services has brought back the dogs of St. John Ambulance to help students cope with stress. Student success services and St. John Ambulance brought therapy dogs to Loyalist College in December to help students cope with the stress of mid-terms, exams and the stresses of student life. The therapy dogs continue to visit Loyalist students and faculty to help them deal with the stresses that life brings. Suzie Farrow is a therapy dog trainer and owner of Rosie, a four-year-old baset hound, that is part of St. John Ambulance therapy dog team. Farrow and her dog have been providing therapy to people for a year and a half. Farrow explained that using dogs as a de-stress method has become mainstream with schools across Ontario. There’s a process to select which types of dogs are selected to be therapy dogs. The dogs go through extensive training and tests to be able to become therapy dogs.



Photo by Anna Brown

Security guard Gili Glavalleire of Loyalist College pets Rosie, a therapy dog with the St. John Ambulance therapy dogs program. The dogs come to Loyalist to help students and staff deal with stress.

“The dogs need to go through an evaluation. They need to complete the St. John Ambulance therapy dogs class. They have to be sweet, they have to be kind, and above all, they have to be patient. They go through 19 different tests. It’s quite thorough,” explained Farrow. Loyalist’s mind and wellness practitioner Sarah Michelle Ogden said she’s excited that Loyalist is taking advantage of the program. She is extremely appreciative of the St. John Ambulance therapy dog team’s efforts. The program is run on a volunteer basis to improve the wellbeing of others. “St. John Ambulance Quinte Therapy Dog program is entirely volunteer-run. The program does not receive any funds for any of the work they do,” explained Ogden. Ogden expressed a huge appreciation for the therapy dog program and has received a lot of positive feedback regarding the dogs. “Anecdotally, students, staff and faculty have shared with me that they feel less stressed after visiting with the therapy dogs, more able to focus on school, work, etc., and are in a better mood all-around.” Loyalist College has lots of opportunities for students to take a break and de-stress. The college offers stress management workshops, smudging, yoga, meditation sessions, counseling services, wellness weeks and many more services to help students cope with stress.