



Photo by Sarah Robertson

Girls from the Kelly Irish School of Dance performed a traditional soft shoe Celtic dance at Magic O' the Mist on Saturday at the Stirling Festival Theatre in Stirling.

Music and dancing fills Stirling theatre

By Sarah Robertson

Music and dance filled Stirling Festival Theatre Saturday for their annual St. Patrick's Day celebration.

This year, the theatre featured the Fiddleheads and a local school, the Kelly School of Irish Dance, both based in Belleville.

The audience had a great time watching the young girls dance and singing along with the band.

Both acts started with dancers Anna Richardson, Elizabeth Rutter-Williston, Hanna Hoffman, Erin Rendell, Hanna Smit, Laura O' Kane and Olivia Gorell.

"I always love having dancers on our stage," said David Vanderlip, managing director of Stirling Festival Theatre.

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Following the girls performance were The Fiddleheads. They filled the theatre with their passion for Irish music.

Derek Morris (guitar), Greg Turcotte (bass), Andrew Kyte (fiddle) and Ron Reedy (drums) have been playing together for almost 20 years. The band brings a lot of energy to the stage when they perform.

The theatre was built in 1927 as a

community service building. Since then it has served as a public works office, police station and even a jail.

In 1984, members of the Stirling Performing Arts Committee banded together to stop the council's decision to destroy the theatre.

More than three decades later and after many renovations the Stirling Festival Theatre team is proud of its continual growth and appeal to tourists and residents.

Public funding key to medical breakthrough

By Hannah Eden

A breakthrough in medical research is set to change the way strokes are treated in Canada and around the world.

The Heart and Stroke Foundation announced the breakthrough in medical research earlier this month.

The article on the foundation's website states that a new clinical trial, co-founded by the Heart and Stroke Foundation, could have a major impact on how strokes are treated.

Campaigns and fundraising efforts

such as Heart and Stroke Month are essential to the success of the foundation's missions to fund important research such as the most recent trial.

The Heart and Stroke Foundation does not receive core government or United Way funding.

"Research is at the core of our race to save lives and create more survivors," said David Sculthorpe, CEO of the Heart and Stroke Foundation, via an article on the foundation's website.

"A breakthrough like this will have an immediate impact, and it reminds us why

the foundation is so committed to funding Canada's best researchers – thanks to the generosity of our donors."

A team of Canadian researchers pioneered the new treatment titled ESCAPE, (Endovascular treatment for Small Core and Anterior circulation Proximal occlusion with Emphasis on minimizing CT to recanalization times).

The treatment uses a thin tube inserted through an artery in the patient's groin, guiding it with X-ray imaging through blood vessels to the brain. There, a retrievable stent is used to remove the clot.

The ESCAPE procedure is believed to sharply reduce death and disability from a major stroke. The use of imaging technology speeds the process of diagnosis and allows doctors to see which patients are eligible to receive the ground-breaking procedure.

The trail team was led by Dr. Michael Hill, senior author of the study and a professor at the University of Calgary's Cumming School of Medicine. It was conducted in 22 sites in Canada, Ireland, United States and South Korea.

The Heart and Stroke Foundation will

fast-track this treatment through the Canadian Stroke Best Practice Guidelines. This will make Canada one of the first countries to pioneer stroke research and put findings into practice in its public health system.

"This is the most significant and fundamental change in acute ischemic stroke treatment in the last 20 years," said Dr. Hill, via an article on the foundation's website.

"These results will impact stroke care around the world."

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Students test their culinary skills at competition



Photo by Emily LaFleur

Dakk Sutthajadee is in the second-year student of culinary management program at Loyalist College on Monday.

High school teams prepared foods featuring First Nations community

By Bryan Eneas

Two teams of high school students took over the kitchens of Loyalist College in an epic test of culinary skills last Saturday.

Prince Edward Collegiate Institute (PECI) from Picton came away victorious over La Salle, from Kingston, after the judges' final decision.

The second-year culinary students host the Junior Chef competition, and it is in its 14th year of competition.

"We started planning this event in September, so this is the end of everything for us," said Angeline Pearce, a second-year culinary student.

"We prepare everything the students can use for the appetizer course," said Pearce.

This year's theme was Three Sisters Trio, which featured food that the First Nations community would have traditionally used years ago.

"When the First Nations were growing crops they would use corn for its stalks, and they grew beans with it. They also had squash or ground-covering plants because they kept moisture in the ground so it

kind of created its own eco-system," said Pearce.

This is the first time in the competition's 14-year history that a trio like this has been used to cook with. When it comes to the main course, competitors had to work with pork as their protein.

"We usually go with pork every year because that gets donated to us by the Pork Producers of Canada," said Pearce.

Invitations are sent out by the end of September every year by the second year students in the culinary programs. High school students volunteer, and form teams of four students to compete in the challenge.

This year, the two teams had been prepping their menus since November to prepare a menu that would blow the judges away.

This year, the students had to compete and impress a panel of three judges. PECI managed to walk away with a victory after a long and hard fought battle in the kitchen.

The winners received a gift basket, and bursaries from Loyalist College, which the students could use towards improving their own kitchens at home. Participants are also invited to a semi-finalists dinner, hosted at Loyalist's own Club 213, free of charge.

Until next year, the kitchens at Loyalist College have returned to a less hectic, yet just as high-pressured environment that they were before.