

Killing it on the volleyball court

By Marissa Tiel

Sara Piana Yafu was first scouted on a playground in fifth grade. Laurent Lafaury the sixth-grade volleyball coach, approached her and a group of friends and said, “I want you in the gym tomorrow at noon.”

Piana Yafu had no idea that it would be her first introduction to a sport she’d grow to love. But it wasn’t love at first sight.

“I sucked,” she says laughing. “I was the worst player. I was horrible.”

‘Sara is so energetic to play with. She is a huge asset to the team and she is very humble about it. She wants to win and she does everything she can to help the team.’

Teammate Jillian Robinson

That afternoon she almost quit. But Lafaury’s enthusiasm for teaching and the sport kept her around.

“I saw how much he loved it,” she says. She’s never looked back.

Now Piana Yafu, 19, is the leading the Canadian college women’s volleyball scene with 273 kills as of last Saturday with two games still

to go.

At Loyalist she’s one of the dominating forces on the court. As an outside hitter it’s her job to deliver the ball as swiftly and accurately as possible to the hardwood boards on the other side of the net. She’s also not shy about digging for the ball, sacrificing her body on the ground to give the ball a second life.

“It’s an amazing sport. You need your whole team to get a point,” says Piana Yafu, who appreciates the technique involved in volleyball. “You can’t let the ball touch the floor.”

Middle hitter Jillian Robinson shares a lot of her game time on the court with Piana Yafu. She says that her excitement is contagious and they are unstoppable when they play like that.

“Sara is so energetic to play with,” says Robinson. “She is a huge asset to the team and she is very humble about it. She wants to win and she does everything she can to help the team.”

When Piana Yafu steps up to the net, she strikes fear in the heart of opposition blockers, so much so that she sometimes feels like she needs to tell them it’s okay, she’s not that scary.

Last fall she gave one unlucky Georgian player a concussion after hitting the ball squarely in between her eyes.

The next time the two teams met, Piana Yafu says the girl was so scared that she never blocked any of her shots.

By the time Piana Yafu was in high school, she was playing five days a week for the school team and an Ottawa club team. She would leave her house before the sun rose and was back after 11 p.m.

“I was so tired,” she says. “I would be dragging my feet. I was sleeping in class sometimes. It was so bad.”

Piana Yafu is the second oldest of six sibling, and club ball in Ottawa was expensive. Regardless, her parents were incredibly supportive.

“You just do what you gotta do, Sara,” they told her.

Growing up, Piana Yafu says she wasn’t very confident. Volleyball changed everything for her. She says she started to bring the same confidence she felt on the court to the other parts of her life.

Her mother also noticed a change. “The sport gave Sara confidence,” Lola Piana Dimbongi says. “She was a quiet girl, very reserved, but we were so confident in her and volleyball really helped Sara blossom into her personality.”

As a high school junior, she played on the senior team, hand picked by the coach, Eric Germain.

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Photo by Marissa Tiel

Sara Piana Yafu, a 19-year-old rookie on the Lancers volleyball team, has taken the college athletics scene by storm. Off the court, she is a quiet bubbly person, but when she plays, her aggressiveness comes out.

Tim Hortons contest concerns environmentalists

By Nakita Krucker

RRRoll Up the Rim to Win is back in action at Tim Hortons, delighting die-hard Tim Hortons enthusiasts, but making the environmentally conscious cringe.

This year, the main concern for many seems to be how to properly claim the prize printed across the rolled or chewed-up rim of the disposable cup. But what can easily be forgotten during the contest is bringing in a reusable mug.

“It’s a great marketing strategy for Tim Hortons,” said Dr. Franz Hartmann, executive director of the Toronto Environmental Alliance. “But it’s really bad for the environment. It becomes a disincentive for bringing your own mug in.”

Those who bring in reusable mugs are continually offered disposable cups so that they too can have a chance to win.

“It kind of defeats the whole purpose of the exercise,” said Hartmann.

Hailey DeDominicis, senior communi-

cations manager for Tim Hortons, said the company is aware of the concern, pointing out that the contest serves a dual purpose.

“No additional cups are produced for RRRoll Up the Rim to Win,” said DeDominicis in an email. “They would have been printed regardless in the normal course of business.”

“Guests who prefer to drink from china mugs in restaurant can still participate by playing RRRoll Up Replay, our online game, at www.rolluptherimtowin.com for

a chance to win great prizes.”

There are other options for reusable mug users, but what about the now 30-year-old Canadian tradition of rolling up the rim in anticipation? Within Canada, getting rid of this seasonal activity may be a sore spot. It’s up to both the consumer and Tim Hortons to make an effort to be more environmentally conscious, Hartmann explained, emphasizing what he said is the corporation’s responsibility.

“Tim Hortons is a large multinational

company and when they make a decision at the corporate head office, it has implications in every town across the country.” There is nothing stopping Tims from taking responsibility for their packaging waste, because that’s what a refillable coffee cup is, it’s packaging waste.”

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Church congregation representative voices casino concerns

By Phil McLachlan



Photo by Phil McLachlan

(Left) Belleville Mayor Taso Christopher shakes the hand of Rev. David Mundy after Mundy shared his thoughts concerning the potential negative effects of building of a new casino on Bell Boulevard.

As the clock ran half past 5 p.m., Rev. David Mundy stood up to the microphone at Belleville’s city council on Monday to put forward his opinion about the newly proposed casino. Mundy is the voice for over 100 United Church congregations across southern Ontario.

Earlier in the meeting, Coun. Jackie Denyes asked questions about the intent of Mundy’s request to address council. She added that Mundy had not requested a deputation in a timely manner, and that since he was a recent resident of Belleville, he should not have a voice at the podium that evening.

This motion was not supported by other council members. Coun. Mitch Panciuk said he has been contacted by Mundy about his request to address council, and he supported it. The majority of council also supported allowing Mundy to speak.

“I really do believe we are partners in promoting the well-being of the health and well-being of this community, and allowing me to address the council this evening is the right decision, Munday said. “I’m glad you did not penalize me for being a relative newcomer to this community.”

When the council members had no objections, the reverend continued, making comments about the last council meeting.

“I heard the representative from Great Canadian Gaming conceding that the figure for problem gambling is roughly three to four per cent. When we do the rough math for the city of Belleville, that’s 1,500-2,000 people. That doesn’t include family or friends who are negatively affected in a variety of different ways.”

Mundy added that this statistic does not take into account that problem gambling for young adults is approximately twice that percentage.

“In the same way it was your choice to support the casino, and certainly we respect that you were entrusted to make that decision, it’s your responsibility to ensure that it serves the best interest of the community, and all its citizens.

“It’s been suggested council will cross this bridge when they come to it. Surely we would agree together that effective leaders build bridges, they don’t just cross them. You can be leaders in this regard. Put in place a comprehensive, immeasurable plan.”

Mundy finished what he intended to say, thanked the council again for letting him speak and started to walk back to his

seat.

Mayor Taso Christopher quickly but politely called him back to the microphone so that some comments from the council could be made. Several council members thanked him for his opinions, and his service to the community by bringing matters to the front of their minds.

As a close, Christopher responded to Mundy by saying,

“Something good comes from everything.... I have a very, very soft spot in my heart for the churches. I sincerely tell you that.”

In an excited and reassuring tone, Taso added, “I look forward to meeting with you and many other reverends and priests in the community and letting them know how we will roll out this blanket of security for all of our residents in this community.” Mundy smiled, paused, then said, “Well, I’m in the business of not holding grudges, so believe me, the fact that you were willing to hear me this evening was good enough.”

The silence in the room was broken as people let out a few laughs. It was at this point that Christopher got up out of his seat, and walked up to the reverend saying, “I have to come shake your hand.”

Batawa event combines racing and waiting

By Charles Vilagut

Why wait to ski, when you can Wait N’ Ski!

The Batawa Ski Hill held their second annual Wait N’ Ski race to raise money for the Quinte Children’s Foundation on Sunday.

In association with Cool 100 and 95.5 Hits FM, Batawa Ski Hill held the event to raise money for the Canadian Tire Jumpstart program, which provides money locally for children who can’t afford to participate in activities, such as skiing and snowboarding.

“People start at the top of the hill, and they’re given a tray that has a bowl, a plate, and a cup on it, with a little bit of snow in them to weigh it down,” says Hannah Brown, the communications coordinator of Batawa Ski Hill. “Then they’re skiing or snowboarding down the hill as fast as they can without dropping any of the items.”

The event began last year when local Trenton restaurant, Tomasso’s and Batawa Ski Hill wanted a new way to help the community. They collaborated and combined the acts of skiing and snowboarding along with being a waiter, the end result being the Wait N’ Ski.

“We really wanted a race that would help charity, and people would also have a good time doing it,” says Brown.

The charity they chose to donate to was Jumpstart. Since 2005 Jumpstart has helped over one million kids across Canada between the ages of four and 18 enroll, get equipment, and receive transportation to their desired activities.

The winning team of the race receives two corporate season passes to Batawa Ski Hill for their organization, meaning that 100 per cent of the proceeds go to the charity.

“Registration is \$50 per team, and the ski hill donates your lift ticket, or your rentals if you need them. That way we’re



Photo by Nakita Krucker

Rebecca Frederick breezes by on her skis with a platter full of dishes in hand, making the task look easy. Frederick, with her team of three, competed on Sunday afternoon in Batawa’s Wait N’ Ski contest.

raising more money for the charity,” says Brown. “Really, it brings something fun to the ski hill, that they don’t nor-

mally see, it helps to get people out, trying something different, it really brings people together at the hill as well.”

For more information on Batawa’s Wait N’ Ski, or any other events, contact communications coordinator Hannah

Brown at Batawa Ski Hill. To see the event on video, go to: <https://vimeo.com/154921481>

Environment...

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Tim Hortons’ cups can be recycled but are not accepted in recycling programs everywhere across Canada. At this time, the Bay of Quinte region, currently, does not accept disposable coffee cups in its blue box program and they get put into waste.

“Once you leave Tim Hortons with a disposable coffee cup, it will not be recycled,” said Dan Orr, communications co-ordinator at Quinte Waste Solutions. “If anything, bring your cups back to Tim Hortons and dispose of them there.”

According to Tim Hortons website, the chain does have programs in a number of their restaurants within Canada to capture paper cups for recycling. But for the most part, Hartmann reiterated, coffee cups end up in landfills.

“We’re going to come up with ways that say it’s easily recyclable or we’re going to work with local municipalities and make sure that we will cover the cost of recycling these cups,” is what Hartmann said he wants to hear from the corporation.

“But most importantly ‘We’re going to try to encourage our customers to bring in their own cups.’ They should be doing that. That’s just called being a good corporate citizen.”

According to the company, the issue is on its agenda.

“We will be releasing a sustainability framework encompassing a broad range of sustainability topics later in 2016,” said DeDominicis in her email.

Alternative film group celebrates 20 years

By Nakita Krucker

In January 1996, the Quinte Film Alternative (QFA) made its debut, screening *Blue in the Face*.

Now, 20 years later, the every-second Wednesday alternative film program is still thriving in the heart of downtown Belleville.

One of the QFA founding members, Brenda Flunder, remembers that first freezing cold January night well. She was the one who had to go out into the freezing rain to tell people, who had been waiting in the cold for quite some time, that they were sold out and that they had already surpassed capacity.

“It was a pretty exciting time,” Flunder reminisces. “Bringing something new to Belleville and having such a great response.”

From that night on, it has been a success story and a cultural staple in the Belleville and surrounding community.

“Belleville had its first foreign film at the QFA,” Flunder says. “That was a big deal. To actually show it on a big screen with subtitles, that was monumental but also to broaden people’s horizons. There were a lot of people who lived in Belleville their entire lives who had never seen a foreign film, who became members of QFA.”

QFA is known for offering films that are not

your normal ‘Hollywood blockbusters’, but instead Canadian and French-Canadian films, foreign films, indie films and everything else that is worthy of one of their limited 19 spots within a season.

“We have members that don’t even read this brochure,” says Lynn Braun, QFA board member and former president. “They’ll show up on a Wednesday night and say ‘what are we seeing tonight?’, because they have faith that we are going to bring them something that they are going to enjoy.”

Braun came on as a volunteer, joining the original crew of like-minded movie lovers, about a year after the first showing. She has watched the film program move from venue to venue until they moved the program to its current and ideal home at the Empire Theatre.

Not only has Braun been part of the inner workings, but she has seen how QFA nights have become entwined in downtown Belleville culture.

“I look at it as being able to go all over the world,” says Braun. “Not everybody has the luxury of going to a warm place in the winter so we have something that they can kind of look forward to and meet friends and have meaningful discussions, think about something that you may have otherwise not have thought about. That’s just enriching to peo-

ples’ lives.”

Linda Minty, the principal cellist with the Quinte Symphony, has volunteered as a greeter on Wednesdays since the QFA was moved to the Empire.

“It brings a lot of outside perspective,” Minty says. Many of the films screened deal with current affairs and bring different perspectives to the community from other parts of the world or even a different view from within Canada.

An upcoming Icelandic drama, *Rams*, is lined up for March, set in a remote Icelandic farming valley, involving two brothers who haven’t spoken in 40 years and their endeavour to save their dear sheep. On the other end, *My Internship in Canada*, is being screened in April. It is a Canadian political satire film involving a hapless Member of Parliament and his young Haitian intern navigating the complexities and pitfalls of Parliament Hill.

“In places like Belleville or Picton or Trenton, they would never be bringing these movies to the theatres,” Minty says. “So it just gives those of us in smaller towns a chance to pretend we live in the bigger cities and get the same advantages.”

To celebrate QFA’s 20th season, the board has decided to show an extra film, free and in April, which will make their usual 19-film season into an even and fitting 20.

Piana Yafu breaks OCAA record for most kills this season

Volleyball...

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Piana Yafu is an intense athlete. In high school, she says she would sometimes call out her teammates in the heat of the game.

“I used to be that type of player that would talk,” she says. “It would hurt the girls’ feelings.” She took a step back and asked for help to redirect her negative energy. Now, she says, “If I’m mad, I just take it out on the ball.”

She was scouted by Loyalist coach Dominique Dawes at a Kingston tournament early in 2015. “Dom phoned me that day and said I found a girl that we really need to chase,” says Hoskin. “As soon as I saw her play I was like yep absolutely.”

But Piana Yafu, coming from a French family and studying in French her whole life, was unsure about suddenly going to an English school.

On the same day she was sitting in her English class thinking about dropping the course, there was a knock at the door. Her volleyball coach was in the hallway telling her that Loyalist was interested. He told her he had a good feeling about the coaches and the school.

Piana Yafu first talked about it with her mom. Together they hid the opportunity from her father.

“I was his little girl,” Piana Yafu says. They needed to give him time to warm up to the idea of her moving almost three hours away.

He did warm up to it and when the lady Lancers played at Algonquin College earlier in the season, there was a cheering section for Piana Yafu led by her dad.

“They made the gym go wild,” she says. Her father was jumping up and down after every point won.

“My parents were always there for me,” says Piana Yafu.

In high school when she was on crutches after injuring her ankle, her mom drove her to and from school everyday. “Not all



Photo by Marissa Tiel

Piana Yafu, a 19-year-old rookie on the Lancers volleyball team, has taken the college athletics scene by storm. She is leading in the CCAA for most kills and she broke the OCAA record for most kills in a season last Saturday. That game, the Lancers faced-off against the Canadore Panthers. They would lose a close match in a tie-breaker set 3-2.

moms would do that,” she says.

When Piana Yafu steps on the court she becomes a fierce competitor. Her smiling bashful demeanour melts away. When she smashes a ball and it hits the floor with a resounding smack, her face lights up.

“It gives me a high, a rush,” she says. “What really gets me going is a bump, set and smash. Whew, that gets me going.”

But sometimes Piana Yafu feels conflicted about her role on the team.

“I know I’m a rookie and a newbie, but the way I play, it looks like I’m the captain and the leader,” she says. “They look up to me.”

While she feels it’s not always her place as a rookie, she will always act like a leader and offer words of encouragement for her teammates.

The lady Lancers faced off against Canadore College Saturday night. They fought hard but lost in a tiebreaker set. It’s a game Piana Yafu won’t soon forget. During the night she broke the OCAA’s record for most kills in a season, which was set three seasons ago by Cambrian College’s Shawna Metcalf. Hoskin didn’t tell her before the game that she was so close to the record, fearing it might go to her head.

“We didn’t want that to be the focus of the game and we knew that if she knew that and the rest of the girls knew that, they would kind of force things,” says Hoskin. “Once you try to force things, that’s when you tend to break down so we just let Sara play her game.”

On Sunday morning over a quiet home-cooked breakfast of pancakes, bagels and eggs, Piana Yafu told her parents the news. They were ecstatic.

“We jumped for joy. The entire family was so happy,” says Piana Dimbongi. “I knew something like this would happen for her. She’s so good at volleyball and it’s so impressive to see her play and hit those balls.”

With two games left in the season, Piana Yafu will continue chasing the playoff dream with her team one dig, set, smash at a time.

Dream comes true for entrepreneur



Erin Meiklejohn drafts a pattern from scratch, taking a whole series of measurements. Ribcage measurement, body cup depth, and wire size are the three fundamental measurements she needs to take.

**Photos and story
by Nakita Krucker**

In June of 2015, Erin Meiklejohn, a young entrepreneur in the Belleville area, pitched and won her dream business idea.

As a result, Meiklejohn opened Emerald Studio, a custom intimates and swimwear shop in downtown Belleville.

Her business dream was presented at the Small Business Centre's Pitch This Place contest.

The contest awarded the winner a two-year agreement on a retail space with the first year rent-free. Meiklejohn, who has now grown attached to the space, hopes to remain at this location for longer than the two years.

Prior to the grand opening in November, Meiklejohn had already started a mainly online business, where she had an online following, sold swimwear and bra making kits and supplies, and would even travel to teach classes.

Since the opening, Meiklejohn has been learning the ins and outs of running her own shop in downtown Belleville as opposed to an online business from home.

"It's a lot to adjust to and it's that initial push of starting your business where all these little details add up to make it challenging," says Meiklejohn, pointing out the small details such as figuring out how to get an Interac machine.

She is also learning the accounting side of her business. She is trying to stay on top of taxes, filing and inventory. Ordering inventory comes with its own challenges and bra-making supplies are very difficult to come by, says Meiklejohn, who tries her best to buy only high quality

products that are ethically manufactured. "I love when I can get elastics, fabrics and underwires sourced mostly from companies where I know they are going to have very strong policies for workers' rights and environmental regulations," she says.

So in the end, she adds, "the big obstacle is just time management, keeping organized through it, trying to multitask a million little things at once."

With the help of her parents and her own skill and flare for the creative, the store has come to life with a functional and industrial style.

Walking into the store, your eyes are drawn to the bare exposed brick and old circus advertisements still intact from when this space was simply a carriage-way. This long and narrow shop leaves little room for product display which is perfect for Meiklejohn's shop because she does not have any product to display.

Meiklejohn drafts every bra from scratch to fit the individual's unique shape, so no two bras are alike.

"One of the hardest things when fitting a ready-to-wear pattern is they have a standard underwire that is meant to be in a certain size," explains Meiklejohn, "and that's what you'll find in every ready-to-wear bra because that's what they've calculated you should be."

Meiklejohn says she finds that measuring systems in place can have a lot of missing aspects. Not every woman is going to fit into some a pre-designed breast mould.

In store bra-making classes, taught by Meiklejohn, have also recently begun. They too have a focus on individuality and teaching women a functional craft.

"For me, bra-making is where func-



Erin Meiklejohn recently opened up a custom intimates and swimwear shop called Emerald Studio in downtown Belleville. All of her bras are custom-made in store to fit the woman perfectly.

tionality meets fashion," says Meiklejohn. "It's not just making something that's beautiful and makes you feel beautiful when you're wearing it, but also supports you."

Without product to display, the pitch given to each customer who comes through the store is essential.

"It's a bit of an explanation what I do," says Meiklejohn. "It's not immediately obvious and a lot of people don't think you can have custom-made bras or custom-made swimwear or corsets."

The contest has allowed her business to evolve, pushing her to think bigger about her business. Although there is a lot to

figure out, having the space to create, hold inventory and teach classes has been very beneficial for Meiklejohn as well as a huge learning curve.

"You have to take into perspective that your business is growing," says Meiklejohn, "and that it's going to have growing pains."

Donors come out to give the gift of life at Loyalist clinic

By Shawna Petersen

It can take up to 50 units of blood to help someone who requires surgery or has been in a car accident.

Canadian Blood Services was on campus at Loyalist College on Monday for a blood donor clinic.

Canadian Blood Services has been coming to Loyalist for over 10 years now and it's always a good turnout, says Debbi Barfoot, a territory manager for OneMatch, which is a stem cell and marrow network.

OneMatch is a member of an international network of registries in associa-

tion with Canadian Blood Services. It is a registry of donors who have signed up to donate stem cells.

"Finding a match is literally like looking for a needle in a haystack because you have to match up a number of different elements in order to be the perfect match.

"The first place that the doctor will look is in the family of the patient, so if someone is sick with cancer or leukemia and needs stem cells, they are going to test the family first. That's only successful about 25 per cent of the time. From that they will come to our registry and we will look to find the match."

Canadian Blood Services is a donor-based system. There are clinics throughout Canada that collect the blood then it is sent off to labs where it is tested and shipped to hospitals immediately.

"Every time you donate blood, it's going to help hospital patients more than anyone. It will help people that are going through cancer treatments that require transfusions. Its helping sick people throughout Canada," said Barfoot.

Before you give blood, you have to go through a screening process which includes being asked to show proof of identity and then complete a health questionnaire.

"There are tons of questions related to travel. If you left the country and were in a high-risk malaria country, then you will be deferred for one year. There is a 21-day Zika virus deferral right now, as well, if you've travelled outside of Canada."

After that clinic staff will check your hemoglobin levels by pricking your finger to obtain a drop of blood to check your iron levels. If your levels aren't where they are supposed to be, you will not be able to donate. If you move on to the next step, you will answer extensive questions.

The actual donation process can be

anywhere from to eight to 10 minutes. Donors give a unit of blood which is about 450 millilitres. When you are done, you will be sent to the refreshment area where there are cookies and juice to reenergize you.

There is a very high need for O negative blood right now, Barfoot explained.

O negative blood is a universal blood type so it can help anyone and it's always in high demand. Barfoot encourages anyone who has this blood type to visit clinics in Belleville, such as the Belleville & District Fish & Game Club, which has a monthly clinic at the beginning of each month from 1 p.m. to 7 p.m.

Local author publishes first novel

By Shawna Petersen

Author Anne Shmelzer visited her childhood home of Madoc to do a reading and book signing at the public library, featuring her debut novel *A Marginally Noted Man*, on Tuesday.

It is a fictional story about a man named Will Nicol who suffers from the effects of war. It captures the trauma of war, visits a hilltop scene at a monastery in Flanders, and follows his return to Madoc. Once he returns to Hastings County after the war on the Western Front, he rebuilds his life and finds comfort in a forbidden love.

"I wanted to explore the horrible wars that my father and my uncles would not speak of, and I chose the home and farm I grew up on in Madoc Township as the main setting where my character returns after the Great War," said Shmelzer.

Shmelzer was born in 1940 and grew up in Madoc Township and Toronto as a child.

She attended Lisgar Collegiate Institute for writing, received her Registered Nursing diploma, and then completed her Bachelor of Music from Carleton University.

"I started out as a psychiatric nurse. I think I've always written, I've just never published. I lost my first husband whom I had two children with around 1977, then Saul and I met. After we got settled, I took a music degree, which entailed a lot of academic writing."

Shmelzer is an accomplished writer. She won first prize for her memoir *The Night My Father Came Back from*



Local author Anne Shmelzer, visits the Madoc Public Library for a reading and book signing of her new debut novel, *A Marginally Noted Man*.

the War for The Ottawa Citizen's WriteNow! memoir contest in 1997.

"A number of years ago I started writing a chapter, and it was about this woman on a farm. I think it was about my mother because my father was a veteran. I just wrote a story about my mother waiting for my father, but then it turned into this work of fiction. I kept going. I never gave up."

Shmelzer has pretty much done it all, but writing was one thing that stuck with her. *A Marginally Noted Man* is her first book to be published but she hopes to complete

There were many obstacles along the way, Shmelzer explains. Writing the book was the easy part. Getting it published was a whole other ordeal.

"The challenge today is finding a publisher. You send it in and sometimes you don't even get a reply. All the small publishers have almost gone out of business and the big timers are out for the big names. You have to publish it yourself, which is what I did. I opened up a company called Railway Creek Books Canada and I took it to Humber College and they facilitated it."

When asked what someone may be surprised to know about her, Shmelzer describes herself.

"I have a great imagination. I could imagine myself in many different situations. I would have loved to be a spy, or someone rescuing refugees by whisking them away on airplanes... all for the better good of the world. I don't think people would ever think that I would be like that."

Photo by Shawna Petersen

Therapy dogs share the love at Loyalist

By Ashley Maika

Man's best friend paid a visit to Loyalist Tuesday to help relieve a little stress for students.

The volunteer owners from St. John Ambulance brought in their well-mannered dogs to give students a chance to sit and relax with two chocolate labs named Mocha and Cadbury, and a collie named Leila.

Sophie Maksymick has been bringing Leila, her 10-and-a-half-year-old collie, for therapeutic services at the college and seniors' centres for seven years.

Peter Hodgson, owner of Mocha, says many students who attend are familiar faces.

"We have some repeats who find out where we are going to be in the school and come and find us to pet the dogs."

Melissa Yshikawa, an animation student, is one of the students who seeks out the therapy dogs when she sees they are visiting.

There were also some young people that weren't quite old enough to be in college yet. Student Melissa Bobbette brought her daughter Savannah to pet the dogs.

Although the dogs usually don't have formal training for being a therapy dog visiting schools and seniors' centres, Maksymick said that St John's Ambulance looks for dogs with a good temperament that can handle the occasional ear pull, and do not jump up on people.

Karen Lawson, a student in general arts and science, sat down with the three dogs for about 15 minutes and said that they are relaxing to be around.

When Lawson went to leave, Hodgson and Mocha were in line at the Tim Hortons. Lawson walked up after saying goodbye to the other two dogs and gave Mocha one final pat on the head before heading to class.

Hodgson also bought Mocha some plain timbits for him to eat from the college's Tim Hortons, but had him eat the tasty treats away from the other dogs, 'so they don't get all excited over it too.'

The college requests for the therapy dogs to come out, and the volunteers and their dogs can alternate who comes based on their own schedule. Maksymick says that they usually want the therapy dogs to come during high stress times, like exams and midterms.

Darlene Burosch, owner of 10-year-old Cadbury, said that every time they visit, they are in some other place in the school. Burosch likes the Shark Tank because it's busy and they get plenty of attention as people pass by.

Despite the canine companions being older dogs, they still find the energy to visit at least two permanent care facilities a week, as well as college visits.



Photo by Ashley Maika

Karen Lawson gives Cadbury the therapy dog some attention in the Loyalist Shark Tank. The dogs are brought in to help students during stressful times like exams and assignments deadlines.

Local student places well in contest

Nineteen-year-old places in third-place for his writing in international challenge

By Hannah Lawson

A local young student ranked third in an international essay-writing contest, claiming a substantial cash prize and international acclaim.

Liam Thornback, 19, submitted his essay to the Ayn Rand Institute in October last year, and in January received an e-mail informing him that out of more than 1,600 essay submissions, his, along with four others, was picked for 3rd place.

"I read it, and it said I had won a third-place prize, and it said \$1,000 US. I phoned my mom and read it again, and she was ecstatic," Thornback said.

The Ayn Rand Institute has been offering essay contests to students for 30 years, with essay topics relating to the literature of Rand. Ayn Rand was a Russian-American novelist and philosopher most well-known for developing the objectivism philosophy, which advocates for capitalism and rational self-interest. She wrote bestsellers *The Fountainhead* (1943), and *Atlas Shrugged* (1957), which is the book Thornback wrote his award-winning essay on.

Thornback is a first-year chemical engineer student at Loyalist College, who would say that English class was simply the hour between science classes for him in high school and that English was never really his strong suit. Now, he is entitled to bragging rights for placing third in one of the largest essay contests in the world.

"The first time I heard her (Ayn Rand's) name is when Ron Paul was running for president during his 2008 campaign," Thornback said. "But the only time I read anything by Rand was a couple of years later when I was in high school, and I read *Anthem*. Only about a year ago did I buy *Atlas Shrugged*. So it's been a bit of a slow progression, I guess."

So what makes an award-winning



Photo by Hannah Lawson

Liam Thornback is one of four students to place third in Ayn Rand's international essay contest for the novel *Atlas Shrugged*. The contest is one of the largest essay contests in the world, with more than 1,600 submissions last year. In addition to a great accomplishment to put on his resume, Thornback won \$1,000 USD.

essay, such as Thornback's? According to him, lots of dedication, time and patience with constant rewrites. Thornback had a few extra months before beginning his first year at Loyalist, so he was able to dedicate an entire month to the essay, making small contributions every night.

A strong influence towards Rand's objectivism philosophy for Thornback is his father, who is a businessman. *Atlas Shrugged* is a novel that portrays the supposedly ideal outcome of when businessmen are not weighed down by government-imposed restrictions. Therefore, it would make sense that

does not allow other people's needs destroy what he wants.

"A lot of people have tried to get a little more out of him than they deserve and I could see how if he had acquiesced to serving other people's needs rather than his own, he wouldn't be anywhere," Thornback said.

In addition to his \$1,000 cash prize, Thornback also won a regional bonus of \$300, for being a winner outside of the U.S. Thornback says that while he has time over the February break, he will figure out what to do with his winnings, and that maybe investing in a business venture would not be such a bad idea.

'I read it, and it said I had won a third-place prize, and it said \$1,000 US. I phoned my mom and read it again, and she was ecstatic.'

Liam Thornback

Thornback recognizes Rand's philosophy in his father, who, Thornback says,

Outdoor fun at Quinte Conservation

By Ashley Maika

Children have the chance to go outside and play at the Quinte Conservation area every Friday from 9:30 a.m to 11:30 a.m.

Although the program is geared towards youngsters who are not yet in school, during Professional Activity (PA) days and in the summer, more children of all ages arrive with their parents for the activities.

The program is relatively new, beginning in October 2015 as a partnership between Quinte Conservation and Family Space Quinte.

Weather also does not deter the program from running. Early years facilitator of Family Space Quinte Julie Hickey says, "There is a famous quote by an outdoor enthusiast: 'there is no such thing as bad weather...just bad clothes.' We play in the snow and the rain. We play on warm days and on cold days."

The program begins on the south side in the parking lot at Potter's Creek, then they pass through the tunnel under Hwy. 2, ending up right next to the Quinte Conservation office building.

Maya Navrot, an education co-ordinator for Quinte Conservation, works at Family Space Quinte and teaches children outdoor skills, such as how to build and be safe around a fire, as well as how to roast the perfect apple slice over the flames. "Nature as our teacher provides a space for curious inquisition, which leads to exploration, which leads to experimentation, which leads to deep learning," says Hickey.

Some other activities for outdoor education are story walks in the woods, and shelter building.

One parent commented that his children love being there and are excited to come back. Approximately 15 children were in attendance last Friday, although the numbers vary from week to week throughout the program.

"We have had as few as two families and as many as 20 families... Because the forest is our playground we invite many more families to join us... no such thing as over crowding in the big outdoors" said Hickey. "Research tells us that learning is enhanced when outdoor play is the focus," states the Family Space website.

Although the children may not care about what the research says yet, they do enjoy playing outside and finding rocks to line the fire pit, as well as dry sticks to light it.

One little girl even brought a plastic bag of birdseed to feed to the birds, although the chickadees took full advantage of the full bag of seed when abandoned and stole some when she put the bag down to build a pile of rocks.



Photo by Marissa Tiel

Funsho Dimeji immigrated to Canada from Nigeria in 2000 when he was nine years old. The now 24-year-old Loyalist College student-athlete says that his father wanted him have a better education and life, so they came to Canada. Since arriving in Canada, Dimeji hasn't been back to visit Nigeria, but he says he is interested in going after graduation. Canadians new and old will celebrate the national flag's 51st birthday on Feb. 15 this year. Photojournalism students were asked to take photos and videos of new Canadians. See some of their stories at: <https://vimeo.com/154919259>

Asbestos continues to be removed from college

By Robyn Hertz

Loyalist College has been undergoing asbestos remediation following yearly audits relating to the condition of the asbestos. Buildings with some disturbance of the asbestos minerals, or sections of areas with construction, are being remediated through an ongoing process. All new materials that are being used will contain no asbestos.

"There is absolutely no danger of asbestos exposure here at the college," says Mark Kirkpatrick, the director of facilities and IT services for Loyalist.

"We have had third party people do

audits on us, annual review of all of our materials, we understand where all of it is and if there is absolutely any concern, we will immediately remediate."

The college buildings constructed in the 1960s up until the 1980s are made up of some asbestos containing materials, known as, ACM. All buildings built after 1980 contain no asbestos.

The Asbestos Products Regulations under the Canada Consumer Product Safety Act are supervised and managed by the Government of Canada.

Asbestos has been used in products since the Stone Age. The origin of the word asbestos relates to its inextinguish-

able characteristics and properties. Asbestos minerals were fabricated into wicks of oil lamps and used as lights. Asbestos became popular during the Industrial Revolution, when infrastructures were built and the invention of cars became prominent.

According to a federal government website on health risks of asbestos, asbestos was commonly used in the commercial industry for the production of "cement, plaster, and furnaces, building insulation such as for heat and noise, tiles, and car parts."

These minerals cause health problems when their environment is disturbed.

This happens when renovations are completed in an area where asbestos has been a component of the construction of the infrastructure and it causes the minerals to become airborne.

"There is no danger unless (the asbestos is) disturbed or deteriorated," says Kirkpatrick.

The remediation process for ACM removal on campus is done annually through a bidding procedure. The companies hired are trained and certified in asbestos proceedings.

All areas are secured and closed off, along with the control of air ventilation for dust particles.

These operational strategies were conducted during Christmas break while students and staff were on holidays. Any open areas from construction have already been remediated and are of no risk to the school population.

Asbestosis is an illness that develops from exposure to asbestos. It can be the cause of respiratory problem of the lungs. Mesothelioma occurs when cancer develops in the walls of the chest region of the body. There is also the risk of lung cancer caused by inhalation of asbestos.

College officials say the asbestos monitoring process will continue annually and remediation will be conducted as required.



Photo by Robyn Hertz

Belleville's Farmers' Market on Feb. 6. Worker Paul McDonald from Jackie's Market Stand has been working at the market for 10 years. They only sell local fruits, vegetable, meats and baked goods that come from a 96.5-km radius in Ontario.

Healthy eating and exercise play important role in health

By Robyn Hertz

Getting adults and children more active and eating better is the goal of the Eat Well and Be Active Every Day program. It was developed to reach the infrastructure of the workplace and school systems, so that adults and children could establish good nutritional and physical activity habits.

It incorporates eating a balanced amount from the four food groups in order to absorb enough nutrients to have a strong body and mind. It also provides information on physical activity that allows for better performance.

According to the Health Canada website, the purpose of the program is to "educate children and adults about key healthy eating and physical activity messages, and encourages individuals to take action to maintain and improve their health."

In a study called *Bringing Health to the Planning Table: A Profile of Promising Practices in Canada and Abroad* done in Ontario on the nutritional health and activity of Ontarians, it was found that the environment of the region must be fitting to the process of physical activity. This includes theories of exercise and the institutions of community centres and the work and school place, to find ways of setting social and physical goals for exercise.

People may find life too busy to eat healthy or have time to exercise. However, this can be overcome by creating a few short-term goals that work into a longer-term goals.

Picking up groceries once a week can be followed by preparing food for the week. Preparing fresh, washed and cut fruits and vegetables offers you healthy ready-made foods for the day. By preparing foods, there is the guarantee of having those nutrients throughout the day.

Prof. Elizabeth Edwards, of the Practical Nursing program at Loyalist College, says good nutrition is important.

"I believe that good nutrition is important to the delivery of health nutrients, including essential vitamins to the human body. Furthermore, research tells us that the human body absorbs and uses essential nutrients, including vitamins, more efficiently from the food that we eat rather than from commercial vitamins."

In order to absorb the right amount of nutrients, the

'I believe that good nutrition is important to the delivery of health nutrients, including essential vitamins to the human body.'

Prof. Elizabeth Edwards

preparation and eating process must be designed for the individual. According to the EatRight Ontario website, kitchen preparation time can affect the amount of nutrients left in the food.

To help save nutrients while cooking, here are some tips from EatRight Ontario.

The heating process in cooking can be mixed with fatty oils that hold nutrients and absorb into the body. This process is effective because the vitamins are fat soluble to aid with digestion. Mixing oils with vitamins such as A, D and K creates nutritional intake that are prolonged in the lipocyte cells of the body naturally. Adding lemon juice to salads can cause the vitamin C to mix with the folate vitamin from salad greens and leads to a healthy intact of the nutrients.

Not everyone feels they have the time or money to exercise. There are ways to overcome this. Walking is free and it gives the chance to be outdoors in nature.

Exercising once a week for 20 minutes to an hour is enough for most people to maintain metabolism due to physical activity and specific eating habits.

If you do not have the motivation to get out and exercise on your own, buddy up with someone. Asking a friend or even a co-worker to go for a walk on the lunch break is a great way to guarantee fitting physical activity into your day.

The Canadian government is looking into ways to keep its population healthy. They are using the Pan-Canadian Healthy Living Strategy, to supervise and guide its citizens.

"The strategy's first areas of emphasis are on physical activity, healthy eating and their relationship to healthy weights, and includes targets to obtain a 20 per cent increase in the proportion of Canadians who are physically active, eat healthy and are at healthy body weights, by 2015" says Health Canada.

Students need to continually nourish themselves throughout the day. Having a healthy breakfast, lunch and dinner plus two snacks throughout the day helps build concentration and benefits the memory.

Food is not the only important way to build health at school. Taking a break during lunch to eat and talk with a friend helps build confidence.

Little nippers delight spectators



Nolan Cox finished with a time of 8.75 seconds in the Little Nippers race at the Marmora SnoFest on Saturday. Thirty-one children at the fair brought smiles to those who watched as the children enjoyed the experience of dog sledding.

Photo by Taylor Bertelink



Liam McFarlane and one of the sled dogs, Toke, push off with speed and strength, finishing second overall in the Little Nippers' Race at Marmora SnoFest.

Photo by Nakita Krucker

Warm weather and no snow didn't stop a weekend of fun at Marmora Snofest

By Nakita Krucker

Despite the unusual warm weather, Marmora's annual SnoFest endured the lack of snow last weekend. The organizers had to get innovative, literally bringing in the impression of winter.

"It actually entailed the Municipality of Marmora and Lake, and myself, starting at 5 o'clock this morning, hauling snow from an external place and placing it to build this track," Tom McFarlane, chairman of SnoFest's board of directors, explains as he looks at their man-made snow track covering half the street in downtown Marmora. "From 5 o'clock this morning until 9:30 this morning, this is what we have created."

A couple of days before the event, the dog races were moved to Feb. 27 and 28, but the rest of the event took place, even one of the smaller dogsled races, the Little Nippers Race. It was a one-dog sled race so that children can also participate in the races.

The track was created so that the Little Nippers Race could go ahead and the sled dogs would still be a part of the festivities.

Luckily, their hard work paid off, with the dog sled races bringing in a good-sized crowd.

"I think it was an amazing turnout," McFarlane says. "To be honest, I've been doing the time-keeping involved with the races for 15 years now and this is the highest turnout of kids we've had enter into a race."

All of the dogs were brought in by Shane Cox, a local musher, and his wife Nicole, who had two children, Charity and Nolan, that

took part in the kids' race.

It is not just any dog that is able to run in the Little Nippers' Race. The dogs are surrounded by children throughout the day, so having dogs that are child friendly is important, but also ones that will get the job done.

"We pick mainly ones that will run," says Cox, "that I know will run by themselves. A lot of them won't run on their own because they are use to having someone beside them."

Cox tends to run his dogs in teams, so when deciding which ones to bring for a solo race he will usually choose his lead dogs, who are trained to set the pace and keep the other dogs on the trail.

Unlike previous years, the Little Nippers Race was held in downtown Marmora.

"We really wanted to have the kids race down here, just to bring a taste of the dogs down onto Forsyth Street and tie it all together," says Jenn Bennett, also on the board of directors for SnoFest.

The dog sled races, artisan market, curling and the hockey tournament have all been held around Marmora's fairgrounds, drawing in large crowds to that area. The focus this year was to bring the crowds right into Marmora's downtown so that the businesses might benefit from the event as well.

"I think it's a good direction for the event to go in," says Bennett. "Hopefully we can build the audience over the years and keep it going. Something the SnoFest board has been working towards is making it a sustainable event even when the weather doesn't work with us."

Shane Cox quickly leads back one of his sled dogs, with his daughter Charity in tow, so the next contestant can run in the Little Nippers' Race at Marmora SnoFest on Sunday afternoon.

Photo by Nakita Krucker

While some were nervous and others were excited, 31 kids lined up for the Little Nippers' Race held at Marmora SnoFest on Sunday afternoon, including Claire Shorey.

Photo by Nakita Krucker





Photo by Marissa Tiel

Ben Scheel manoeuvres around the Hurricanes' net as Dalton Ewing swings a leg out to stop the puck. The Trenton Golden Hawks hosted Newmarket Hurricanes Friday night. They lost the game in overtime 3-2.

Trenton falls to Newmarket in overtime

Loss snapped four-game winning streak

By Marissa Tiel

The Trenton Golden Hawks lost at home on Friday to the Newmarket Hurricanes in overtime, snapping a four-game winning-streak.

Team captain Danny Hanlon said he was a bit heartbroken over the loss. After playing six out of the eight days leading up to the game, he said the team battled well, but didn't think fatigue factored into

the loss.

"For the most part, we are going to be a little tired, but the guys were feeling good and we kind of battled out there," Hanlon said. "I think it was a good hockey game."

In front of a packed crowd of 745 fans at the Duncan McDonald Memorial Arena in Trenton, the Hurricanes scored late in the first period to take the lead. But the Hawks rallied in the second period, with two goals from Lucas Brown and Josh Allan, allowing them to re-take control.

Hurricanes assistant coach Rob Larocque said he was pleased with the game.

"We've had a couple good games lately, so to build on that and keep that

up, not to have the lapse, unfortunately that we did," he said. "You've got to live with that but I thought we bounced back pretty good and even at times we controlled it."

Heading into Friday's match, the Hurricanes were leading their division.

"It puts us a little further ahead," said Larocque. "It gives us a little bit of a cushion, puts a little bit more pressure on the three teams behind us for the final spot in the playoffs."

Late in the third, it looked like Trenton would be heading towards another win, but Newmarket's Blake Coffey scored with 1:51 left in regulation play to tie the

game.

The Hawks couldn't answer in time.

"I thought we played pretty well, but down the stretch you have to hold it together for that last two minutes of the game," said defencemen Chays Ruddy. "So we let that one in and kind of shot ourselves in the foot."

After a short break, the two teams went into the four-on-four five-minute overtime period. While just three shots were taken, it only took one well-placed shot past Hawks goalie Jackson McIntosh with five seconds remaining to win.

"I didn't want to see that go in," Hanlon said. "Obviously we wanted a different outcome."

Newmarket forward Alex Ierullo thought his team executed their game plan well.

"It's a small rink and they're a big team, so we knew we were going to get hit," he said. "We just had to be ready for those hits and get those pucks deep and I think we did that tonight."

The Hawks had a few days break before their Wednesday game against Whitby, which they TK.

There are only four games left in regular season. The Hawks look to remain at the top of the league.

Their next game will be Friday when they face off against the Kingston Voyageurs at home.



Photo by Phil McLachlan

Ron Menchetti of the Napanee Curling Club checks the line of his shot, yelling "Hard!" at his sweepers to help sneak his rock past one of the enemy guards.

Tropical theme for curlers at Trenton fundraiser

Brightly coloured shirts stood in stark contrast on winter event

By Phil McLachlan

When people started showing up at the Trenton Curling Club on Saturday, anyone could have assumed that the Hawaii-bound tour bus took a wrong turn.

The theme for this year's curling fundraiser was 'Tropical', which explained all the bright colours and floral shirts.

Over 50 members of the Trenton Rowing and Paddling Club came together to enjoy a day of rock smashing fun. This all-day bonspiel, or curling tournament, fundraiser helps to provide TRPC with the funds to build a new boat-house that will be erected in downtown Trenton, on the shores of the Trent River.

Robin Pilon, head co-ordinator for the bonspiel, has been the driving force for many years in putting this event together. "The Trenton curling club is a fabulous sporting organization also in the community of Trenton. We just wanted to support each other," Pilon said.

This is the fourth year that TRPC has joined forces with the Trenton Curling club to host their event. It was

designed as a community fundraising project to purchase equipment for the non-profit rowing club. This equipment includes new rowing shells, kayaks, stand-up paddleboards, and canoes. Everything raised for the club helps further expand their programs for youth and adults in the Quinte region.

Ron Menchetti commuted all the way from Napanee to participate in the event.

"I don't have any connection with TRPC at all, I'm not a rower or a paddler, but I think it's important to raise money for small organizations," said Menchetti.

"They need support, and they need volunteers to help out, they need fundraisers to raise money because they're all struggling to make ends meet for themselves."

In Ontario alone, there is over 220 curling clubs. In Canada, there are over 1,200. Approximately 1.5 million Canadians curl

year-round.

Asked about why the rowing club chose curling as their means of a fundraiser, Pilon responded,

"I was a curler here as well, so we decided we would support the curling club, and they have supported us. That's the cool thing about being in a small community. You get smaller organizations that are supporting each other and helping each other to bring some funds in and to grow."

'The Trenton curling club is a fabulous sporting organization also in the community of Trenton. We just wanted to support each other.'

Co-ordinator Robin Pilon



Larry Kupecz works on Kupecz Family Farm which is a part of Harvest Hastings, a coalition of local farms that promote sustainable living, through maximized green energy efficiency.



A free-roam chicken drinks water draining from a sheep trough, filled with nutrients. Water abounding in minerals helps produce the tastiest eggs.



A newborn lamb rests with its mother away from the 40+ other sheep on Kupecz's farm. "If you ever get tired of seeing a newborn (sheep), you should just stop farming," said Kupecz.

F A R M I N G S M A L L

I remember growing up as a farm boy in BC; waking up to the rooster crowing, officially marking the start of the day. Our family always ate well. Occasionally times were hard. Raccoons were bad one year and we lost half our chickens. In my life, I had four roosters, all of which I chose and named.

My father was always the one to kill the chickens; I wasn't allowed to watch until I was older. This was not my first experience with death, but it resided in me as a necessary part of life, a means to an end. It taught me that everything had a purpose.

In the past couple years, things have gotten harder for beef farmers. First of all, traditional ways of farming have changed; it is becoming increasingly uncommon to see a farmer slaughter his own meat. In fact it is forbidden to slaughter your own meat and sell it. This is both good and bad. As modern knowledge expanded, health standards tightened. Now, in order to sell your meat as a farmer, you are required to send your cattle to a certified butcher who will produce your beef for you.

The question arises as to whether or not rules will crack down so much that traditional farming will become a thing of the past entirely. Meat farming is a massive industry in Canada, as well as a culture that has existed for many generations. It has progressed, but only when it has needed to. Has it come time to change again?

The modernization of the meat industry has significantly changed the procedure in which meat is raised and distributed. The old way of farming your own meat has evolved into something completely different.

A farmer can no longer slaughter his own meat and sell it directly to his customers. A second step has been added in order to regulate the distribution of meat. This step is the abattoir, to which the owner of meat sends his product to be slaughtered and sent back for sales.

According to Stats Canada, "Canada's farm population continued its steady decline in numbers, dropping by 6.2% since 2001 to 684,260 (in 2006)."

Corporatization has played a large roll on how the gears of meat production now turn.

"Over time, farms have moved from growing food largely for themselves and local markets, to producing for large urban areas and for export." – Stats Canada

"FOOD CONTROL IS UNDER THE MASK OF FOOD SAFETY."

- LARRY KUPECZ, OWNER OF A 200 ACRE FARM IN STIRLING, ONT.

Kepecz raises his chickens and lambs in what many would see as an ethical way. Both are free range, not kept in pens. If Kepecz wants to sell his meat, he has to send it away to be slaughtered and packaged in a way that 'meets provincial standards'. Kepecz argues that their way of packaging in loose brown paper is inferior for preservation to his vacuum-sealed plastic packaging.

"It's easy to say that (food safety) protects the consumer," says Kupecz. "In reality, the systems are just there to protect business."

A rumor has spread recently about an individual's business being halted temporarily. This person was a distributor of local meat at small-scale markets and had been doing so for five years. They sold meat from farmers all around the area and were running a very successful business. Because of the organic nature of much of the Bay's meat, the superior taste and quality brought customers from all over. A local grocer submitted a complaint to the municipal food safety council allegedly saying that the person was taking away their business. Soon after this, their small shop was shut down and the individual was fined a substantial amount of money. Times are changing in the production world. With modernization, it is expected that all traditional ways cannot be preserved. The question worth asking is this; should we be changing what has worked for centuries in the past? **Photos and story by Phil McLachlan**



(Left) - Kupecz applies manure to his back field, just passed a river that flows through his sheep and chicken grazing area. The river acts as a natural filtration system due to the dense vegetation found in the water. By the time the flowing water reaches the bottom of his property, it will be transformed from muddy into clear drinking water. This is just one part of Kupecz's natural sustainability that he strives for in his farming.



On the street

Nino Liu asked people at Loyalist College the following question:

What does Black History month mean to you?



Juon Nicholson, fitness and health promotion, “My view is a bit different. I don’t believe that should be a month. I believe we should all do our research in history in general.”



Avery Thickson, police foundations, “We had a bad past before. It is good to show the world is changing for the better. Make everybody more equal.”



Sarah Locke, culinary management, “Black History Month means that making us aware of how much struggle minority community in the past have gone through. Many people don’t realize that colour people affect a lot in history.”



Jordan Shorey, biotechnology, “Black History Month means the celebration of the rights and appreciation towards black people. It is our history. They were treated unfairly.”



Glessie Noriel, high school graduate, “It is a great celebration for African heritage in North America. Any celebration that celebrates a certain race should be important and celebrated.”



Cheryl Griffiths, television and new media production, “It means celebrating minority that have been put down in our history.”

Editorial

Student services takes proactive approach

What if before you even consciously knew you required help, the services you needed were brought to you?

The topic here is the way student services run in colleges, and specifically, here at Loyalist. Beginning in the fall semester, the college implemented a completely new, proactive approach to how student services operate. First-year students were asked to complete a survey as part of an early identification system before they even arrived at Loyalist last summer, and as an incentive, were given prizes for completing the survey. This survey gauges a student’s readiness for college, and pinpoints areas where individuals may struggle and, therefore, require help.

According to the director of student success services at Loyalist, Denyce Diakun, 1,300 out of 1,500 students entering the fall 2015 semester completed the survey.

“What we’ve done is shifted from a reactive approach to a proactive approach. So essentially, we’ve readjusted everything we do. The reason we’ve done that is we are finding the needs of students are becoming greater and greater, and so through an early identification system we can get to students faster,” Diakun said. Student services tries to work with students on physical and mental health, finances, social life and academics.

College can be an extremely stressful time, especially if you are struggling in one or more of the above-mentioned areas, so it follows that a direct approach like the one Loyalist has implemented would allow for more students success during their college experience.

“The challenge we have, and it’s typical of any student services across Canada, is that students often won’t seek help until they are in dire straits... So we’re trying to get ahead of the time, and then teach them how to take care of their wellness,” Diakun said.

There have not yet been any official reports on the success of the restructuring, according to Diakun, but it seems likely to be a prospective accomplishment.

Many people develop mental issues in their younger years, likely during college, so it is greatly beneficial that individuals receive support during this time, to prevent later psychological issues.

Oftentimes, students do not even know there are services easily accessible to them, so the proactive approach of student success services may truly be something to celebrate. In the end, the question of whether the new approach deserves a standing ovation or not must be answered by those who access the services.

Hannah Lawson

Economy hurt by dropping loonie

The Canadian dollar has dropped down to a 13-year low, closing just under 69 cents US in the middle of January. It has been increasing recently just above 72 cents US as of this week.

The last time the loonie was worth less than 69 cents U.S. was nearly 13 years ago, in April 2003.

On the commodity markets, February crude oil prices settled at \$29.42 US a barrel, \$1.78 lower from Thursday’s close. That was oil’s first close below \$30 US a barrel since 2003 as well. The falling price of crude— from more than \$100 US a barrel in the summer of 2014— has been a major reason for the loonies fall.

This market decline will likely damage the entire country’s economy for a while. The daily production for barrels of crude oil is estimated to increase, because the sanctions against Iran have recently been stopped. Iran is estimated to be producing more crude oil day by day.

According to the relationship of supply and demand, Canada is one of the biggest oil-producing countries that will be continuously damaged.

For citizens, everyone should be ready for this economic decline. It may cause many social issues, such as unemployment, more expensive imported products in currency and higher exports with lower profit. That is one of the main reasons that every country wants to stabilize the exchange rate of its currency.

For Canada, it is a somewhat difficult mission, because Canada’s economy relies on exporting crude oil.

A lot of things have changed in the last decade, especially environmental awareness. People are aware that gasoline is not that sustainable for the Earth. There have been treaties signed by countries all over the globe to control the amount of greenhouse gases produced every year.

Technological improvements are actually reducing our reliance on gasoline. Until more recently, batteries were not able to offer enough electricity for electric cars to be capable of long-distance driving. There are more and more electric vehicles being manufactured every year in Europe and Asia because the population numbers in those countries are demanding it.

The Canadian government should support other industries, instead of relying on the oil industry. If the economy is healthy and sustainable in a country, that country should have various industries to support it. Every country’s makeup must be based on education, the economy, technology and a military component.

Canada’s economic and social direction has been steered for too long by the former federal government, along with influence from the United States.

Canada should not only be famous for tourism. It also needs to catch up with the new revolution of technology.

To sum up, Canada’s government needs to stop the decline of the Canadian dollars exchange rate. Otherwise every industry in Canada will fall apart gradually. It will be a long process to enhance everything for the bigger picture. The coming era belongs to internet and mobile devices, but Canada seems to be behind on technological trends.

Nino Liu



Opinion

French public unhappy with emergency state

By Hélène Roth

The people of France disagree with their government and are protesting against the different measures taken since the November attacks. While the government wants to extend the emergency state and the security forces that go along with it, the people of France strongly disagree and are asking for the end of it.

On Jan. 31, thousands of French people took to the street to protest against the emergency state extension and the law that goes with it. French people are worried about their liberty, knowing that the emergency state gives special powers to security services and police to act without judges’ approval or judicial oversight. It forbids gatherings of any sort, including protests, and it includes control of borders and the possible threat of house arrest to people considered dangerous to the government. Since the November attacks, French law enforcement officials have conducted more than 3,200 raids and placed between 350 and 400 people under house arrest.

A lot of cases have been brought up since the attack as being unjustified or abusive. According to an Amnesty International report, of the 3,242 raids carried out over the past few

months only four have been officially investigated relating to terrorism activity, with another 21 alleged of promoting terrorism.

Amnesty called on the French government to suspend the state of emergency, which has also been criticized by the European Council and the United Nations rights experts, for imposing ‘excessive and disproportionate’ restrictions on key rights.

Many French people are upset by the ease at which the French government can exercise power over the population while being able to pass laws that the people of France strongly disagree with, and are legally not allowed to protest.

Since the attacks, the government has mainly focused on altering the constitution, so that, for example, an individual’s citizenship could be revoked if they are considered to be linked with terrorism. This law would only apply to citizens who have two nationalities, even if they were born and raised French, so that one’s French nationality could be taken away if ever they were considered to be dangerous or linked to terrorism.

Well what difference does this really make in the fight against terrorism? Would a terrorist

really care about losing their nationality, if they were intent on carrying out terrorist attacks?

The gravity of this decision and change in the constitution is that it contradicts the values originally written into the exact same constitution. The first thing you learn in grade school about French values is that everyone is born free and equal, meaning everyone should have the same opportunities and laws applied to them the moment they are born in the country or become French. This new change in the constitution would dissociate French people, allowing only those who are dual nationals— including those born in France— to be stripped of their citizenship.

The issue has been and continues to be discussed at length and strongly debated within the government. On Jan. 27, the Minister of Justice Christiane Taubira, who clearly expressed her disagreement with the new law, decided to resign from her position in order to stay faithful to her values.

“I left the government over a major political disagreement,” Taubira said. “I am choosing to be true to myself, to my commitments, my battles and my relationships with other people.”

(Hélène Roth is an exchange student from France.)

Reading week a time to take a breath

By Shawna Petersen

Research suggests that a mid-semester break is vital to relieve student stress and it may even help promote good mental health.

The idea behind a reading week is to prevent stress. It splits up the semester so you can take a break from midterms and finals, but I always find the week leading up to reading week the most hectic.

Reading week is a time for catching up on those late assignments, relaxing, and spending time with your family or friends.

It might seem a little too soon to have a break for a week after only being in school for five weeks. College can be stressful from time to time especially when you have multiple assignments due in one week. It can be hard to manage your time.

Sometimes you just need time to get

caught up on those hours of sleep you’ve missed from late night study sessions.

Whether you use next week’s reading week to catch up on assignments, get a head start on new assignments or even to slow down, catch your breath and take a break... it’s important to students.

When I come back from a reading week, I feel re-energized and ready to take on what ever the remaining semester throws at me. It gives me time to clear my head, catch up on sleep and have fun.

Statistics Canada published a study on sleep patterns of Canadians. It showed high stress levels were one of the highest factors that causes lack of sleep. Half of the participants in the study said that they cut back on sleep to have more time to work. Obviously, reading week won’t cure your sleeping patterns entirely, but it does help.

At Ryerson University, an article looks at the need for schools to address the root problems to help student stress by spreading out midterms and exams.

If you are a student living away from college and get the chance to go home, it’s like Christmas. A week of home-cooked meals, relaxation and my favourite part about going home is hanging out with my dog.

Don’t get me wrong. There is nothing I am looking more forward to than a week off. But the week leading up to it can be stressful at times. There just always seems like there is so much to do like last-minute assignments, studying, packing up to go home, etc. It is totally worth it in the end though. If I have to work twice as hard this week because I have next week off, bring it on.

The Pioneer

The Pioneer is currently produced by photojournalism students for Loyalist College and the surrounding area. In the spirit of the pioneers who settled our community and who were rooted in tradition, these pioneers always had an eye on the future. Our students strive to serve the public interest, seek the truth and uphold the highest standards of our profession.

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