



Photo by Joanna Becket

Storytime fun at the library

After storytime at the Belleville Public Library, Evelyn Shakell, 5, checks out *The Berenstain Bears and the Bad Habit*, a book she'll share with her little sister, Tess, 18 months. The girls come once a week with their grandfather, Doug Graham, to join the other pre-schoolers for the event which includes readings, puppet shows, songs, fingerplay, games, crafts and piles of books to choose from. This Saturday, Jan. 28, as part of the library's Family Literacy Day celebrations. Storytime will focus on books about reading. For more photos and story, see page 2.

Giving local scientist his dues

By Sharon Kallaste

Life-saving insulin has significant ties to Belleville.

Biochemist Dr. James Bertram Collip, who was born in Thurlow Township and received his early education in Belleville was brought in by University of Toronto professor John Macleod in late 1921 to work with Dr. Frederick Banting and Charles Best. They formed the four-member team that discovered insulin.

Collip was given the task of purifying the insulin, so that it could be taken into the instrumental human testing stage.

In 1923, only two of the four-member medical team, Banting and MacLeod,

were nominated and awarded the Nobel Peace Prize for the 'discovery of insulin.'

"I was feeling badly when I realized that there was no commemorative in Belleville for Dr. Bertram Collip," said Dr. George Pearce.

To this day, there has been both debate and controversy, as to why Collip and Best were not recognized for their role in one of medicine's greatest discoveries.

"There has been enough controversy about this and you don't gain anything by polarizing the issue," said Pearce.

Pearce, of Belleville, has made promoting the instrumental work of Collip his personal life mission.

An advocate of the Hastings Historical

Society, Pearce has volunteered his personal time and expense to create an archival exhibit with the hope and plans to memorialize Collip and donate his findings to the Belleville archives. Further, it is his hope that the City of Belleville might one day consider a historical monument.

What I can probably do in my lifetime is organize what I have – several biographical sketches on Collip by librarians and nine banker's boxes filled with books and material that documents Collip's life and work," said Pearce.

Pearce has spent countless hours in his efforts to extrapolate material. Currently The Hastings County Historical Society does not hold a specific archival exhibit

about Collip.

"I just work quietly away – the biggest thing I want to do is to contribute to the existing archives and have them brought to Collip's birthplace," said Pearce.

"What I need to do is to find the appropriate channel, and the right place to present a motion, that will get the process [recognition] into action – it can take up to a hundred years to have a plaque or monument approved," Pearce said with a smile.

Rosalie Spargo, team leader of the Hastings and Prince Edward Diabetes Branch, said Dr. Pearce is a walking encyclopedia when it comes to the history of the insulin discovery.

...See Diabetes, page 2

Poor conditions results in cancellation of ice races

By Rebecca Rempel

Ice racing fans are going to have to wait a bit longer to exercise their need for speed.

The Jan. 28 Brighton Speedway Oval Ice Races have been cancelled because of the lack of ice on the track due to "unseasonably warm temperatures and complications with our ice-making bus," said Brighton Speedway general manager, Angela Rinaldi.

Around six to eight inches of ice is needed for the races. As of Friday, Jan. 20 there was about two inches, "and melting, considering it's freaking warm out today," Rinaldi said.

The track has a retrofitted school bus with 1,000-gallon water tank, a wood-burning stove and a spreader bar attached to the centre of the bus. Staff fill the water tank, open the spreader bar and drive around the 1/3 mile track. It takes about six laps, or 20-30 minutes to empty the tank and is best done in dark, -10C weather.

"We haven't had much of that," Rinaldi said laughing.

The next date for ice races is Feb. 11, weather permitting. Races slotted for that day include snowmobiles and all-terrain vehicles, each with six classes, plus ice bikes and an Enduro Car Race.

Last year's race attracted around 500 people including competitors and spectators. The January race day is part of the Brighton Winterfest.

"It's a great family afternoon," said Rinaldi.

Lack of snow has some of the other Brighton Winterfest activities on the verge of cancellation.

"If you don't get the weather, then you don't get Winterfest outside," said co-chairman Derek Maddier. "Right now it's not looking too good."

Snow events scheduled for the festival—for now—include a snowman-building contest and outdoor skating.

"We have a number of events that are basically inside," Maddier said. "Right now, we're just hoping that the weather's going to be cold enough so that we can start skating."

Winterfest events include the sold-out favourites like the old-fashioned winter supper and youth dance, as well as the introduction of a scavenger hunt downtown, a movie night and a mini curling bonspiel.

"Basically everything that's inside we do quite well," said Maddier. "We usually have a big crowd."

The festival ends with the 8 Wing Trenton Band at Trinity St. Andrew's United Church at 2 p.m. on Sunday.

...See Ice, page 2

Forty kilometre ride doesn't deter cyclist

Sixty-two-year-old's love affair with bikes started at an early age

By Rachel Cohen

At 62 years of age, Gloria Greenfield has been an avid cyclist her entire life.

Greenfield, who rides her bike year-round, can be found gleefully riding everywhere around Prince Edward County and beyond, whether it's with a cargo trailer hauling groceries, or on a 40-km commute to work.

"I can't remember when I wasn't on a bike of some kind. I think it's the freedom it gives you to go wherever you want to go, no matter what age you are," said Greenfield.

Greenfield's love affair with bikes began at an early age. It was never about having the best bike around, it was just simply about the love of riding.

"As very young kids, we were always riding our bicycles. Even around the time when we were going to college we rode our bikes because we needed cheap transportation."

Once Greenfield's work situation changed, she was forced to commute about 40 kms from her home in Demorestville to Belleville.

"I think I'm a motion freak," Greenfield chuckles to herself. "It takes me exactly two hours to commute. As soon as the wheels start to roll, I'm happy."

It wasn't until the 1970s that the revolution in 10-speeds from Europe began appearing across Canada, where Greenfield continued to become interested in the sport, and even more interested in the different bikes available.

"I have four different bikes, but my favourite is the least expensive. I rescued my bicycle from the trash as an experi-



Photo by Rachel Cohen

Sixty-two-year-old Gloria Greenfield is a life-long cyclist. Growing up in Prince Edward County, Greenfield rides her bicycle as a solution to many things including, health, environmental, transport, but most of all she rides simply for the joy for riding. Greenfield commutes 25 miles everyday from her home in Demorestville to Belleville, and it doesn't slow her down. "Most people can ride, from the cradle to the grave. Right from when I was a child, till the day I die, I will ride."

ment. I turned an old Raleigh 10-speed into a Raleigh hybrid," said Greenfield.

Taking a bicycle mechanics course with the help of Rick Willing, owner of the Bloomfield Bicycle Company, Greenfield continued to confidently ride throughout the County.

"The County is one of the best places to learn how to tour by bicycle," said Willing.

As the years went on, Greenfield continued to become proactive in the community to support cycling initiatives through the help of bicycle shops in the

County. Willing has done the same.

"Want to know one of my dreams?" she said. "Enough safe cycle paths in the County so a family can go where they want without getting in the car. If the paths are there, people will use them."

The bicycle community in Prince Ed-

ward County has continued to advocate against the disappointing infrastructure along its major routes, including Belleville.

"The truth is, there is no infrastructure in Belleville," said Greenfield. "We need really simple things, such as bike lanes, and preferred bicycle routes."

Designating bike lanes in the area has continued to be an issue within the bicycle community. According to Greenfield, simply setting up preferred bike routes does two things: It gives a cyclist a safer route to ride on, and second, it's a reminder to the car driver, that the cyclist has a right to be on the road too.

"You'd be amazed at the number of people I still run into that will actually yell at me to get off the road!" said Greenfield.

"Riding through the Bloomfield area, I had a partially eaten apple thrown at me once out of a moving vehicle," explains Greenfield. "That coming out of a speeding car, feels like you've been hit with a rock – you have to be prepared for that."

For many in the community, situations such as these have become discouraging because for cyclists not so confident on the roads, it seems to be very dangerous.

"I hope that within the next five years, change will happen," said Greenfield. "I've always told our own city council, we could be our own Cape Cod of the north."

Greenfield has joined with The Belleville Cyclist Advisory Group, a citizens cycling advocacy group for Belleville and the surrounding municipalities, with a particular focus on the bicycle as a means of transport and recreation.

With the clasp of her helmet, Greenfield smiles, "Most people can ride, from the cradle to the grave. Right from when I was a child, till the day I die, I will ride."



Tara Kennedy, 4, and her two-year-old sister Becca, learn how to follow the leader and count with their fingers as part of Belleville library's Storytime.



In Storytime at the Belleville library, fingerplay helps children develop early numeracy skills. Tara Kennedy, 4, practices counting penguins.

Shhh!...I'm trying to learn



Big sister Tara Kennedy, 4, tries to quiet Becca, 2, in the middle of Storytime at the Belleville library. She shows her how to "button it up."

Families urged to get onboard for National Family Literacy Day

This week, they'll be telling stories all across Canada. Close to home, story lovers of all ages will gather to listen, learn, share and spin a tale or two as part of the Belleville Public Library's Family Literacy Day activities on Saturday, Jan. 28.

Family Literacy Day is a national program created by ABC Life Literacy Canada in 1999 and held every year on Jan. 27.

Almost half of all Canadian adults (48 per cent) have low literacy skills, and in Ontario 30 per cent of the population (15 years of age and older) have less than a high school education. With the ongoing concern about literacy skills in Canada, ABC Life Literacy Canada and other organizations are focused on the need for action and the action starts at home.

"We encourage family literacy all year round," said Suzanne Humphreys, children's librarian at the Belleville Library.

"Storytimes, rhymes, fingerplay – it's not just about reading a book. There are all kinds of other avenues to encourage children in their early reading skills and literacy."

Jacob Parks, who is almost six, has been coming to the library's Storytime program since he was two.

"Reading was one of the first interactive activities we could do together, before he could even talk," said his mom, Sabrina Chamberlain-Parks. "He learned so much by just sitting on my lap and having me point out pictures. I introduced him to the world through books."

To celebrate Family Literacy Day, this week's Saturday morning Storytime session will focus on reading as a family affair, with books such as *How Rocket Learned to Read*, by Tad Hills, and *Five Little Monkeys Reading*, by Eileen Christelow.

Story and photos by Joanna Becket

Recycling pilot project promotes composting with curbside pickup

By Brynn Campbell

To be green or not to be, that is the question.

A total of 700 residents are involved in Belleville's Curbside Organics Recycling Pilot Project.

The Curbside Organics Recycling Pilot Project was created to help promote curbside composting.

The project began Sept. 8 of last year, when each household was given a green bin for compost pick up. After the first three successful months, Belleville City Council passed a motion to continue the project until June, 2012 for further analysis.

"The project will extend till the end of June, 2012," said Brad Wilson, director of operational and environmental services. "We view it as a great success. The people really like it, whether we take it city wide or to a portion of the city. I think it's the city's intention to extend the project."

The project's intentions are to reduce kitchen waste from landfills. This would help reduce the amount of methane gas released from landfills, and to help turn composting material into nutrient soil.

"Nearly one third of landfills is compost diverting to compost," said Wilson. "The disposed organic material needs to go to a compost facility. Each week the compost is picked up from the 700 different residences, and brought to Norterra Organics, in Kingston.

"The biggest portion (of the costs) of the project is the green bins and the kitchen catchers," said Wilson. "The actual collection doesn't cost as much."

Gerald Boyce, an avid composter is all for Belleville's Organics Recycling Pilot Project. Boyce has been composting since 1991, and admits that the reason he got into composting was it is cheaper to compost your own food then to have garbage pick up or bring your own waste to a landfill.

"At one point, I had three composts," said Boyce.

Boyce said he was optimistic about the pilot project and agreed that it would be successful. "I think the project is working well, so they can extend it," said Boyce. "For people in apartments, it certainly would be easier, and a lot cheaper."

A curbside composting system would not only save money for each household, it could also save money on a bigger scale.

"By getting rid of the waste material from the waste stream, it was saving the city and the municipalities around it, money," said Boyce.

Composting would be more environmentally friendly.

"One of the problems with landfills is the methane gas coming out," said Boyce. "Composting is vital; it can be a money saver. Look at all the good things it can do, it looks to be the way of the future. I think you can say that without any fear of contradiction."



Gerry Boyce demonstrates how to use the compost bin. Boyce, who has been composting since 1991, said he composts to save money and prevent the release of methane gas that landfills produce.

Diabetes...

Continued from Page 1

"He is so passionate about his work and the findings are really intriguing.

"Our branch is dedicated to assisting him with his efforts in anyway we can to increase awareness of diabetes, and bring community recognition to Dr. Collip's role in the discovery of insulin," said Spargo.

Pearce started creating his extensive archive on our hometown 'hero' Collip, in 2009.

"It would be appropriate to recall and retell his story in the community where he was born. It is a matter of pride to this community.

"It will serve to educate and inspire the students of today as to the importance of how Collip's work played in saving millions of lives around the world," said Pearce.

Ice...

Continued from Page 1

"I've been the snowman for 13 years now," said Madder, who stepped up this year as co-chairman with Doug Platt to replace former chairman Claude Thompson. "The kids love it and I try to do my best."

Some out-of-towners are drawn to Brighton for the festival, but it's mainly a community event. Some people come from Trenton, Belleville, Colborne and Campbellford, but most come from with, in the Brighton area, said Madder.

Old Man Winter has not always gotten along with Winterfest.

More information about the Brighton Winterfest, including a schedule of events, can be found at <http://brighton.ca/winterfest-c557.php>



Photo by Sharon Kallaste

Robin MacKinnon, 11, and her brother Nathan, 14, along with their mother Anne MacKinnon and her parents Nora and Rob Barber of Barber's Flower Shop, become the human version of their family business slogan, 'The Picky Petal People.' Anne is the great great granddaughter of Samuel Stanley Potter, the original owner, in 1890. Five generations of Barbers have run the family business and they've been in the same location at 122 Front St. for the past 36 years.

Flower family still blooms after five generations

Great great granddaughter continues tradition of 'flower pot people' dating back to 1890

By Sharon Kallaste

Thirty years ago Anne MacKinnon said, "I'm never going to be a florist."

But she soon gave up thoughts of being a marine biologist, took a two-year course for retail floral culture and joined the family business. She has been arranging flowers at Barber's Flower Shop on Front Street in Belleville ever since.

Anne MacKinnon is the first 'flowerette' of her family, succeeding a long lineage of 'flower pot men' stemming back to 1890. She took over the ownership of the family business in 1976.

MacKinnon is the great great granddaughter of Samuel Stanley Potter, who was affectionately known as S.S., a prominent vegetable grower and cannery owner in Prince Edward County.

In the early 1900's, it was not considered appropriate for women to become business owners. One of Potter's four daughters, Lottie Mae Barber, worked in the store while her son Stanley Barber, MacKinnon's grandfather ran the business.

When Stanley retired, his eldest son took on the greenhouse operations and Rob Barber, MacKinnon's father, came in

to manage the store front.

Approaching 125 years and five generations of operation in 2015, the future succession of Barber's Flower Shop is yet to be determined.

"I have not really thought that far. I guess once my kids are old enough to know whether they do or don't want to be in the business— if they do, I will hang around as long as they need me or want me," MacKinnon, 43, explained with a smile.

"My son Nathan, 14, has his sights set on becoming a pilot. He is involved in the air cadets and has talked and thought about being a pilot for a few years. He keeps the idea of the flower shop in his back pocket for when the time comes to make any sort of decision for his own future. Robin, my daughter, 11 is a go-getter. She will try anything once, the world is going to be her oyster," said MacKinnon.

Since MacKinnon took over Barber's Flower Shop, now 36 years in the same location, she has not worried about being a small business surviving in downtown Belleville.

"I have never had to do that—come in to start up a business. It's always been here. Being a small business owner, you are wearing multiple hats. The flower shop is never boring with no two days a like," said MacKinnon.

Barber's Flowers has a complement of seven staff including MacKinnon, two full-time and one part-time designers, four clerks and delivery staff. At busy times like

Christmas and Valentine's Day, the staff is doubled to meet customers' needs.

When the Barber children were young, Anne and her older brother Paul and sister Lynn, would spend time at the shop while parents Rob and Nora Barber would fill orders during peak business.

"Mom would pop me in a flower box for the day and shuffle me around the store floor. My children spent time in the slings attached to me all day if need be. Our standing family saying is you are not a true florist until you have slept in a flower box."

Constant changing trends within the industry along with global economic barriers challenge small business owners to adapt to new ways of keeping their businesses profitable.

"The Picky Petal People' have an edge within the struggling small business market through their longevity in the downtown area.

By keeping her ear to the ground and finding out what is going on in the community, MacKinnon picks up "tidbits" about what works for other businesses that she had never thought of for her own. She has recently joined the Belleville Chamber of Commerce and will be the supplier of the table centerpieces at their annual meeting.

"Keeping up to date in the constant changing styles, techniques and trends of the flower industry is very important to me. The head designer and I just attended a workshop on wedding bouquets back in

the fall. In the spring, my other designer and I went to a workshop on corsages and boutonnières."

Small business survival today relies heavily on a committed and loyal customer base.

"We really pay attention to quality. If it is not good enough to sit on my table, then it's not going out the door. It has our name on it, so obviously I want us to do our very best for our customers. I want something that's going to be pleasing to their eye aesthetically and give them good value for their money.

"In this business, our customers are ordering something they may never see. They could be in another country sending flowers to someone here in Belleville and they trust us and depend on us to express their sentiment. We don't take that trust lightly and we do our very best."

Old-fashioned basic business practice has certainly stood the test of time in the Barber's family.

If we have any customers that may make a mistake in over-watering one of our flowers, or put it near a heat register or whatever – doesn't matter. We ask them to bring it back or we'll go pick it up if we have delivered it. We will replace it and then go as far as helping the customer get the next one to last longer. "

"We really take care of our customers and over the years they have taken care of us."

Shedding light on local native entrepreneurship

By Kelly Michelle Gagné

The room is small, with a low ceiling and a yellow light hangs above a table cluttered with tools, fabrics, moccasins and dolls. The walls are all shelved, with piles of neatly folded and colourfully arranged patterned fabrics and other craft supplies stored side by side. The room has a fuzzy feeling to it, with the scent of leather and cats.

Seated in her chair that she spends hours working in, is Narda Kathaleen Iulig. Her face is rounded with a beaming smile, and Gui Henri her "sucky-poo" of a cat, is rubbing up against her leg for affection. Iulig is a successful entrepreneur based out of her own home in Tyendinaga, where she has been making authentic native wear since 1993.

Lying on the table in front of Iulig, is her published book that she wrote called, *Are You Ready To Mind Your Own Business?* The book is Iulig's guide to helping those interested in starting their own businesses, and although it was originally meant to help those interested in the aboriginal community, the book is full of information and tips that can work for anyone interested in starting an entrepreneurial business.

"Before the book was published, I actually used my ideas to teach workshops around the province for about three or four years, and then one day, one of the girls in my workshop said, 'Narda, why don't you turn this into a book? It's really good.' And I thought to myself, 'You know, maybe I should.' So, it took me a few months, and then I converted the workshop into what the book is now," said Iulig.

Reaching across the table after giving Gui a nice scratch, Iulig begins to speak about her doll collections that she crafts and sells. The first collection is called "Standing Proud" a series of dolls, a grandmother and her six granddaughters, each with its own name and story, all dressed in their own unique, traditional Iroquois outfits. The second collection is called "Wrapped in Love" which has six individual dolls, each with a different name and story, all Aboriginal baby dolls.

"It was actually a dear friend of mine, Jim, who nagged at me and nagged at me to get into doll making, until about four years ago when I actually tried to make one. I just copied a model of one that my mother had made, but instead dressed mine in traditional Mohawk clothing, and kept her face blank, like the dolls we had when I grew up, leaving it up to a child's imagination for the faces," said Iulig.

Setting down the "Seesfar" doll, Iulig gets up and walks over to the beautiful light brown patterned jacket hanging on the shelf, it's the jacket she made herself years ago and it still looks as if it's brand new.

"This is my jacket," Iulig said with pride. "It's gotten a lot of attention over the years, and it has definitely helped me get business just by having random people stop to ask me where I got it. They are always so surprised when I tell them I made it myself," chuckles Iulig.

Iulig has been making jackets, ribbon shirts, casual men's and women's clothing and you name it, for years. Every piece of clothing that is requested online, Iulig likes to add the pieces own personal touch too, to add a one of a kind feel to it.

Everything that Iulig crafts can be ordered and seen online on her website, www.nkjinativeoriginals.com. "Entrepreneurship for native people is almost an ingrained skill, because we had too many years before where we sustained ourselves from the land. It almost seems to flow naturally into the fact, that if we have something that we can do, even in modern times we can turn it into some kind of a business. It's when we have to learn how we're going to go about offering and selling our business or services, that the stumbling blocks occur," said Iulig.

Gui Henri and Sir Giles Mudmore are weaving around her legs, both looking for attention as Iulig clears the table of the doll parts and clothing she has under way, for a doll she is currently making. She sits up, and walks back over to the wall to hang up her favorite jacket, smiling.

Catering business expands to include downtown café

By Carlee Schmidt

Once again, 240 Front St. in Belleville is home to a new venue.

The building, located in Belleville's downtown core, was owned by Shoppers Drug Mart. In November of 2008, it was taken over by Glenn Mifsud who did some renovations and opened up a yoga studio called The Tenth Ox, a centre for wellness and spirituality.

In March 2011, The Tenth Ox closed and the building was purchased by award-winning caterer Greg Sheridan. During renovations to the building, the ceiling and bathrooms were redone, a back entrance and commercial kitchen were built, the electrical work was upgraded and everything was painted.

Spiffed up and ready to go, the doors to Café Sans Souci and Sans Souci Special Occasion Centre opened up Jan. 18. The café, open from Monday to Saturday, offers breakfast and lunch and will soon be offering wireless Internet.

There are a couple of cafés on Front Street. The only difference is that this café has a triple threat. Ninety per cent of the food sold at the café is homemade, including fresh sandwiches, family recipe mustard and more.

Café Sans Souci is not only a spacious café for people to hang out, but it is also host to a 150-person banquet hall in the back. Sheridan is going to be a busy man running the new café, the banquet centre and continuing with his well-known cater-

ing service.

"Running a catering business is more profitable because you know how many people you are cooking for, whereas with a restaurant, you have to estimate the amount needed for the day," said Sheridan.

"The fact that it is three businesses in one is what separates this café from others and makes it unique," said Sheridan.

He wants this new location to help take care of his clients so they can be carefree, hence the name of his company, Sans Souci, which is French for "carefree or without worry."

Sheridan has gone from working out of a garage packed with equipment for the past 13 years to this new location. It is a big change.

"My legs are very tired," said Sheridan. "The kitchen is three times the size of the one I was working out of in my garage and things that used to be two feet away are now farther away. It's a lot more moving around at work."

He studied hotel restaurant management at Loyalist College as well as advanced chef training at George Brown College. In 1994, Sheridan opened his own catering business.

He has worked as a chef at various hotels and has won the *Intelligencer's* Readers' Choice Award for best caterer numerous times, including 2011.

After 17 years of business, Sheridan said his catering business "has been a long evolution."



Photo by Brynn Campbell

Proud new owner, Greg Sheridan of Café Sans Souci, opened the doors to his cafe on Jan. 18. This locally owned business offers catering, a banquet hall for 150 people, and the café.

Better Business Belleville



Small business owners talk about the benefits and challenges of what they do

By Megan Voss

Over the past few years, small businesses have come and gone. Thriving and flourishing or fading and crumbling, the Belleville and Quinte region has seen it all. Businesses that have been around for years go out of business, only to have the rental space be replaced by a new one, and have that one die out as well, only sooner. Newer ones accompany the old, classic favourite stores in the downtown core, some having more success than others. One thing that connects them all is their love for what they do, what they sell, and being able to run their business how they please.

There are several businesses that have been a fixture in the downtown core for many years. Scalliwag Toys, run by Richard and Karin Belanger, opened the doors to their toys and games shop in 1985. Over on Bridge Street, Paulo's Italian Trattoria has been open since 1995. The owner of the restaurant, Paul Dinkle, says that he has always been attracted to the historical atmosphere of downtown.

On the other hand, new businesses also have their place in the Belleville area. Kris Daji has been running Your Shoe Store & Repairs for

about three years and says that he likes being able to set his own rules.

"It means that my success is my own, and my failures are my own."

Like Daji, Andrew Goodsell is a young business owner. He has owned Goodsell Collectables for almost a year, and says he enjoys the freedom to come in late, be his own boss and provide an atmosphere for his customers to come and hang out.

Further out in Stirling and on the other end of the age bracket, Mandy Webb is a 46-year-old business owner of A Little Taste of Paradise. On a whim, she opened the bakery and café at the beginning of November. The motivation for starting a business varies from person to person, and for Webb, it was the need for a change from her regular job and wanting to move up.

At the end of the day, business owners wouldn't change a thing about what they do.

"It is hard work," Colin Conroy, owner of The Grind Café, says.

"Sometimes I think I would like to have a job where someone else paid me, but I like the flexibility and pride of ownership that comes with owning your business."

Top left: Rick MacDonald and Jeff MacDonald, a father and son duo take a break during their day at Campbell's Auto Shop that they run together in Belleville. Someday, Rick hopes to take the business over from his dad, Jeff. Photo by Jessica Corriveau.
Middle left: Shane Tyrer is the owner of Shane's Auto Service in Belleville. Photo by Michelle Cochrane.
Bottom left: Paul Dinkle is the owner of Paulo's Italian Trattoria in Trenton. Photo by Rachel Cohen.

Centre: Andrew Goodsell is the owner of Goodsell Collectables in downtown Belleville. Photo by Sarah Schofield.
Top right: Monique Addy is the owner of Pure Honey in downtown Belleville. Photo by Sarah O. Swenson.
Middle right: Kris Daji is the owner of Your Shoe Store & Repairs in downtown Belleville. Photo by Rachel Psutka.
Bottom right: Sheila Fernley is the owner of RoseHips Weddings Events Studio in Trenton. Photo by Kristen Haveman.





Photo by Meagan Pecjak

Down with Webster rocks the Empire

Bucky is a rapper in the Toronto -based band Down With Webster. They performed Tuesday night to an enthusiastic crowd at the Empire Theatre, with opening acts of OCD, and USS. The band is touring across Canada and the U.S. to promote their new album, *Time to Win Volume II*. The band is headed to Quebec and then Virginia.

Flu shot number one for prevention

Only one lab-confirmed case of influenza appeared so far

By Jessica Corriveau

The annual flu shot clinics are over, but with winter finally making an appearance, the flu season is far from done.

So far this year, there has only been one lab-confirmed case of influenza in a local resident. It was not considered severe.

The Hastings and Prince Edward Counties Health Unit offered dedicated flu shot clinics from October through December, and administered approximately 6,598 doses of this year's vaccine. The trivalent formula is based on predictions on what three strains of influenza makers of the vaccine believe will spread. Targeting two types of influenza A and one type of influenza B, it has been fairly accurate and the strains reported across the country so far this year have mostly matched which strains were used in the vaccine, according to Stephanie McFaul, communicable disease program manager at the health unit.

"Getting the flu shot is the number one preventative," says McFaul. "While there are no tell-tale signs, if you're running a fever, feel very unwell or if you have no energy, are coughing and sneezing and spreading the flu, you should stay home and get some rest."

The Ministry of Health and Long-Term Care offers a flu self-assessment tool on its website to help decide when to seek medical care.

After the dedicated clinics are over, the vaccine from the health unit is available at the regular year-round immunization clinics, along with a variety of vaccines also offered, according to Carol Snell, spokesperson for the health unit. Residents can also get flu shots from their doctors, schools and some workplaces, which are supplied through a program run by the health unit. Loyalist College's health services held

several flu shot clinics before Christmas, with a good turnout. Students and staff turned out to get their yearly vaccine against the potentially deadly influenza virus, an illness many confuse with the less severe common cold and respiratory infections.

In the new year, while the college no longer has dedicated clinics, students and staff who missed them can come in to health services at any time with their health card to get their flu shot.

"There are programs in the college where students are required to have their flu shot. If they're going into a nursing home or out into the community, the agencies want them to have had their flu shot before they start placement," said Lauren Deans, the college's registered nurse.

After the H1N1 outbreak, the college installed hand sanitizing stations. Placed in high traffic points around the school, these hand-sanitizer solution dispensers help staff and students keep up with regular hand-washing to help prevent an influenza outbreak.

Deans also had some tips for students in residence, should someone close to them get sick.

"It's the same stuff you would do at home. Wash your hands often, wash your dishes separately, and don't wash them all together. Clean the bathroom more often; wipe doorknobs and handles."

The Quinte Naturopathic Centre offers an all-natural alternative to the vaccines.

"We use something called pascolecyn, by a company called Pascoe Canada. It's administered by either drops diluted in water, or a shot," said Jessica Ruttan, at the centre.

Pascolecyn, made of the plants bone-set and baptisia (blue wild indigo), a type of coniferous tree known as thuja, echinacea, and the venom of the bushmaster snake, is used both as a preventative and a treatment. It is non-prescription and registered with Health Canada, according to Pascoe.



Photo by Jessica Corriveau

The Hastings and Prince Edward Counties Health Unit offers flu shots year-round at their regular immunization clinics, according to communicable disease program manager Stephanie McFaul, pictured.

Fishing on thin ice

By Liam Kavanagh-Bradette

Ice fishing on the Bay of Quinte starts as soon as the ice is safe, which varies from year to year, but all ice huts must be removed by March 1.

With only 34 days now left in the season, this year has left many out in the cold.

"About 70 per cent of the ice on the Bay of Quinte isn't safe," said Jeff Chisholm, a guide with Quinte Ice Fishing Team. "That leaves only about 30 per cent with safe ice."

"A mild winter does hurt local industry since the ice can be unsafe," explained Belleville Chamber of Commerce membership director Wayne Zybala.

With safety a primary concern for the ice fishing industry, many pre-booked fishing trips have had to be cancelled. For safety, the ice should be more than six inches thick for snowmobiles and ATVs to drag the ice huts out onto the ice.

"We go out scouting regularly, which is where we go out and look for safe ice," said Chisholm. "But even earlier this month, we were out in the boat, fishing in open water."

Chisholm says that they are still taking bookings for later in the season. "I think the winter might be a bigger industry. We probably have thousands every weekend once the ice is on the bay, including people during the week."

This influx of visitors to the region is a benefit to a range of local businesses, which depend on tourism for much of their income.

"We see about 1,500 ice fishermen visit the Quinte region on a given season, including Napanee, Brighton, Picton, Trenton and Belleville. It represents close to \$400,000 for the local economy. I would say that so far this year, because of the weather, this number is slightly down. February, however, looks like it will be a great month," said Ryan Williams, President of Bay Of Quinte Tourism.

The driving force for these numbers is that the Bay of Quinte is world famous for its walleye fishing.

"The fishery is one of the best places to catch a trophy walleye," which is a fish over 10 pounds, said Chisholm. "We get people travelling from all over. Most of our customers are from out of town. We get a lot of Americans, as well as people in from Toronto, Ottawa, and Montreal."

Thriller part of Pinnacle Playhouse 60th anniversary

By Liam Kavanagh-Bradette

Something dark is happening at the Pinnacle playhouse.

In its 60th anniversary season, the Belleville Theatre Guild is bringing back Frederick Knot's *Wait Until Dark*, a terrifying thriller, which has not been performed in Belleville since 1971.

Taking place in 1960's Greenwich Village, New York City, Knott pits Suzy, a vulnerable young blind woman at the mercy of three murderous drug dealing con men who are searching for a doll, filled with heroin, that was smuggled in from Canada by Suzy's unknowing husband.

Directed by Steve Forrester, *Wait Until Dark* opens on Feb. 2 and runs through the 18, 2012.

"So far anyone who's sat through a rehearsal has really enjoyed it, they're very taken by the last act," said Forrester. "When they made it into a movie, it was rated as one of the scariest endings of any film ever made."

Forrester explained that the play was originally written at the end of the 1950s, prior to the feminist movement, and he felt that it was important to give the play a more contemporary ending.

Performer sets the bar at Acoustic Grill in Picton

Cozy restaurant/bar perfect environment for independent musicians

By Zachary Greco

The lights are dimmed, candles are lit and Terry Tufts takes to the small stage in the corner of the little bar.

The performance began, with Tufts singing into the pick-up of his acoustic guitar, producing an eerie echo through the amplifier.

With a hummingbird tattooed on his right hand in a traditional Native Canadian art style with the beak leading up the index finger, Tufts plucks away flawlessly. This leaves the crowd completely enthralled.

Tufts was at the Acoustic Grill in Picton, Ont., Jan. 22. For this performance, a local sound engineer and videographers were on hand to record Tufts' performance for a possible live record release.

"It's British based finger style acoustic guitar for the most part," said Tufts about his playing style.

Tufts plays at the Acoustic Grill about every six weeks. "He's one of the best that play this room and he's kind of what inspires this room," says bar owner Steve Purtelle. "We set the bar at Terry Tufts."

Tucked away behind two large buildings at the corner of Main and Elizabeth Streets in Picton, the Acoustic Grill is a small and cozy restaurant/bar that is the perfect environment for independent musicians.

"We have been here for almost six years now and have live music three nights a week, sometimes four of five nights a week. We are a big supporter of independent Ca-

nadian musicians and Terry is one of the finest," said Purtelle.

To try and describe Tufts music is hard to do because of the multitude of influences present in each song.

"A lot of the influences that I was first exposed to was the Beatles," explains Tufts. "When I got older a lot of the Canadian folk artists were starting to get popular all over the world, so the stuff that came out on record at that point was easy to emulate with little instrumentation."

His introduction to playing an instrument came about when his father's job as a Foreign Service Officer had them move to the United States.

"My dad had a hunting buddy who had a corner in his house filled with musical instruments, just all kinds of stuff," said Tufts. "When my dad got reposted to the United States in 1964 his friend gave me a banjo mandolin. So I started out playing the mandolin, taking a few lessons and just fiddled around with that for awhile."

When the Beatles came out in North America, Tufts switched to the guitar.

"I found it easier to carry around an acoustic guitar, everybody was doing it so around '67 I started to play the guitar."

With his father working as a Foreign Service Officer, Tufts moved around a lot as a child. He had a brief stay in Belleville while attending Albert College.

"I completed Grade 12 American in the high school course that was offered when my dad was posted in Italy," said Tufts. "I had to come home and repeat Grade 12 and do 13, so for two years I was in residence at Albert College."

"I was 15 or 16 years old and away from my parents. I haven't lived with an adult



Photo by Zachary Greco

Terry Tufts performs for Picton residents Sunday night at the Acoustic Grill for a live recording. Tufts is considered one of Canada's best finger style guitarists, and was once a resident of Belleville while attending Albert College.

like a parent as of 16 onward."

"They had a really nice musical system there," said Tufts of Albert College. "They got us all singing in harmony and learning the ins and outs about how to structure

choral work."

At 57, Tufts currently lives with his wife and daughter in North Frontenac, Ont. On 129 acres of bush, they live off the grid, growing there own food in the summer

and using renewable sources of energy for their home.

"I live on the old K&P rail line and have been there since 2007," explains Tufts. "It's just the nicest place I have ever lived"



Photo by Cole Breiland

A sport for all ages

School principal Robert McFadden instructs a student in parrying technique at fencing night class on Jan. 25 at Harmony Public School. McFadden started the class after getting back into the sport three years ago, after a 18-year hiatus. McFadden said the sport is for all ages, where a quick mind can compensate for an opponent's fast reflexes. The class has a wide array of ages in attendance, and roughly a third of the adult class is female. McFadden purchased all the equipment for the club to make it possible for anyone to try the sport. Classes run on Wednesday nights, beginning at 5:30 p.m. for youth and 7 p.m. for teens and adults. Those interested in attending can find out more at <http://loyalistfencingclub.wordpress.com>

Junior curlers sweep their way to Napanee

District Curling Club site of tournament starting next week

By Cole Breiland

Over 100 of the best Canadian junior curlers will be in the house in Napanee just over a week from now for the M&M Meat Shop Junior National Curling tournament.

The curlers and an estimated 6,000 fans will fill the Strathcona Paper Centre and Napanee District Curling Club over two weeks, beginning Feb. 4.

"I'm looking forward to seeing the first rock thrown," says Stephen Paul, tournament chairperson and manager of economic development of Lennox and Addington County.

Paul is excited about the level of competition showcased at the tournament. "To get here is not an easy task. This is the cream of the crop for junior curling."

'It is a bit of a rarity, a lot of teams are first timers, so it's been hard to get a handle on who are the teams to watch.

tournament chairperson Stephen Paul

The winner will be difficult to predict, he said. "It is a bit of a rarity, a lot of teams are first timers, so it's been hard to get a handle on who are the teams to watch."

The calibre of players attending is high. Yukon skip Thomas Scoffin and Manitoba second Derek Oryniak claimed bronze Jan. 18 as part of the Canadian team at the youth Olympic games in Innsbruck, Austria.

Paul said the community has been very supportive, and that the tournament has a chance to show off the community to the attendees, and to the wider curling world.

The semi-final and final matches will be televised on TSN.

He said he has no hard numbers on the economic benefit of the tournament to the community, but estimates the tournament is responsible for 1,500 hotel reservations, filling the town's hotels and motels to capacity, as well as reservations in other communities, including Belleville.

To prepare for the guests, the Napanee District Curling Club had a \$72,000 renovation, paid for through a \$32,000 Trillium grant and proceeds from the Ontario men's championship which Napanee hosted two years ago.

Volunteer co-ordinator Sandy Eastlake has recruited 190 volunteers, largely from curling clubs in the area, to handle functions as varying as ice maintenance, game scoring, hospitality, security and transportation.

The Strathcona Paper Centre will be converted from a hockey rink to five curling sheets, a process that ice technician Frank Dunham explained will take

an estimated 40 consecutive hours to complete, after a Napanee Raiders' game on Jan. 30. A team of more than 12 will flood, paint and pebble the ice, as well as set up walkways and equipment for the teams.

Dunham, a curler for 15 years and ice technician for 14 years at the Napanee club, will be one of the crew pebbling the ice between games and making sure it is in top shape to play on.

Dunham explained the temperature of the building, temperature of the ice, number of spectators and even the particular set of curling rocks affects the way the ice must be prepared. "It's quite technical; it looks easy because you throw water on a cold spot and it freezes, but the technicalities are very involved."

The tournament begins on Feb. 4. Women's finals will be held on Feb. 11. Men's finals will be held on Sun. 12. Tickets are available from the Strathcona Paper Centre box office at 16 McPherson Drive or by calling 613-354-4423.

Stirling-Rawdon vying for Hockeyville title

By Sarah O. Swenson

"Everyone in the town, whether they be an 80-year-old person or a five-year-old kid, they all live for hockey."

It is that simple reason why Adam Haley believes Stirling-Rawdon should win the title of Kraft Hockeyville 2012.

The local Hockeyville movement began in spring 2011, after the passing of Barry Wilson, the longtime arena manager of the Stirling-Rawdon & District Recreation Centre. With more than 1,000 people attending the funeral, Wilson's passing served to clearly illustrate how important hockey and the arena are to the community.

Wilson had begun planning the expansion of an addition to the Stirling arena and winning the Hockeyville competition would help to make those plans a reality. Stirling is vying for the chance to win \$100,000 in arena upgrades and the opportunity to host an NHL pre-season game. So far, there are 144 communities that have qualified for the competition.

Stirling is using the motto 'Play together, stay together' as the centerpiece of their campaign.

"We used to go to church, take them to Sunday school, pack a picnic lunch, then go from the church to the arena," recalls Haley's mother, Bev, unconsciously referencing Roch Carrier's most famous line from *The Hockey Sweater*.

"If you're not playing hockey, you're at the arena, watching."

"The whole community, everyone's supports hockey," agrees Haley, who played in the Stirling Blues Minor Hockey League Association until he was 20 and now plays in a local recreational league.

The community has embraced the Hockeyville challenge whole-heartedly, hosting fundraisers and events such as hockey-themed scarecrows at Halloween, floats in Christmas parades, toque sales, and a Kraft Dinner luncheon.

Haley's contribution to the cause: painting a large Stirling Hockeyville mural on the side of a 38-foot long tractor-trailer.

In November, the Stirling Hockeyville Facebook page posted a want ad, looking for a local artist to come up with a design for the trailer, and Haley volunteered immediately. He began working on the project over the Christmas holidays and estimates that he has put in more than 40 hours of work. The trailer will display the logos of the Stirling Hockeyville bid and the Stirling Blues, as well as a message seeking public support for their campaign.

The trailer was donated to the Hockeyville cause by Choice Reefer Systems Limited, a local food industry trucking service, and upon completion of the mural, it will be parked for display near the juncture of Walbridge-Loyalist Road and the 401.

For further information on how you can help support Stirling's bid for the Hockeyville title, visit www.stirlinghockeyville.com.

Hockey player makes it to big time

Belleville's Andrew Shaw having great rookie season with Chicago Blackhawks

By Sarah O. Swenson

The new year couldn't have started out better for Belleville's Andrew Shaw. He is currently living out every boy's fantasy: earning a living playing professional sports.

Eleven games into his NHL rookie season with the Chicago Blackhawks, Shaw has tallied up seven points (five goals including one game winner and two assists), a plus/minus rating of one, and nine penalty minutes.

But the climb to the top wasn't easy or swift.

Shaw comes from a sporting family. Parents Doug and Darlene have been involved in coaching local clubs and brothers Josh and Jason both play hockey (Jason is currently playing defence for the Belleville Bulls), while his older sister, Alex, is an accomplished figure skater.

Despite being what many scouts would consider an 'undersized player', Shaw found success in the Quinte Red Devils AAA hockey program before moving up to play with the OHL's Niagara Ice Dogs.

Small stature may have been a contributing factor that led to being drafted so late, but Shaw has never let that hold him back.

"He's not very big but he plays like he's 6'6," says his father, Doug. "He goes to the dirty areas, fights in the corners."

After being traded from the Niagara Ice Dogs to the Owen Sound Attack in 2010, Shaw seemed to take the trade as a wake up call and stepped up his game.

"He just put his head to the grindstone," says Darlene, Shaw's mother. "He just decided he wanted to play a different calibre of hockey."

Shaw was named the 2010 recipient of the Robinson-Kelleher Memorial Award, for being the Belleville athlete of the year. He later went on to lead the Attack to their first OHL Championship and then on to



Photo by Sarah O. Swenson

Alex, Darlene, Doug, and Jason Shaw gather for a quick family portrait in their Belleville home on Jan. 21. Alex is holding a picture of her brother Andrew, taken during his first ever NHL game and gifted to the family from a Chicago fan.

the Memorial Cup, where, despite the Attack being knocked out in a tiebreaker round, Shaw led all skaters in scoring. Shaw was also awarded the OHL's Hardest Working Player Award for 2010-11.

And all of that hard work has finally paid off. Shaw was taken by Chicago in the fifth round of the 2011 NHL Draft, 139th overall.

Shaw started the 2011-12 season with Chicago's AHL affiliate club, the Rockford IceHogs, and had to adjust quickly to the level of play in a professional league. During a phone call after his first game with Rockford, he was advised by his parents that he needed to work on two things: "speed of skating and speed of thought." Shaw took the advice to heart.

"In about a month, we noticed a dif-

ference," says Darlene. "Just playing with that calibre of players, what a difference that made in bringing out his natural abilities."

And as his play improved, Chicago began to take more notice. During the Christmas holidays, with his parents in Rockford taking in a few IceHogs games, Shaw got the call and put pen to paper, signing a three-year entry-level contract and by Jan. 3 it was official: Shaw was finally a Blackhawk.

Shaw debuted Jan. 5 against the Philadelphia Flyers in a blinder of a game. In front of a huge crowd that included 36 family members and friends who had bussed down for the occasion, Shaw became the fifth Belleville-born player to take to the ice this NHL season. Skating

on Chicago's top line with team captain Jonathan Toews and Patrick Kane, he logged 12:29 minutes of ice-time, bagged a goal, and faced off in a wild tilt against the Flyer's Zac Rinaldo, a familiar foe from Shaw's OHL days.

As a reward for his agitating, high-energy style of play, Shaw has continued to see plenty of ice-time and earned his place as a central cog in Coach Joel Quenneville's hockey machine.

And as an unexpected bonus, Shaw has quickly become a fan favourite.

Shortly after his debut game, while on an outing with his folks, Shaw was accosted by an autograph-seeking fan just outside of their hotel, holding glossy 8x10's of his fight with Rinaldo. As an apology for interrupting their day, the fan gave Shaw's

parents a copy of the photo.

"It's a great picture," laughs Doug. "You can see the blood dripping, it's perfect!"

He has become so popular, in fact, that fans have taken to Twitter and created the hashtag #shawfacts, a sort of Blackhawks homage to the Internet meme of the satirical factoids about cult action star Chuck Norris.

Despite the seemingly overnight success, Shaw and his family are taking it all in stride. They say that he's enjoying the fame and the underdog status he has and they hope it continues for years to come.

"He's a crowd pleaser. He likes to entertain the people, that's what the people pay for," says Darlene. "The bonus is that he can put the puck in the net."

On the street

We asked people on the street the following question:

What is your opinion of Tim Hortons new coffee cup sizes?



Phillip Fife, self-employed contractor, “We don’t need to compete with Starbucks or Second Cup. If you want a bigger size, make a bigger size; don’t just change the name and put the price up.”



Sherry Wood, retiree, “I think that the size changes are confusing. I think for the first couple of months, everyone won’t know what they’re ordering.”



Avita Baskin, retiree, “I think Tim Hortons is a well run operation – I wish I had some of their business sense!”



Dennis Baskin, retiree, “I think it’s up to the company to do whatever they want to do. If they want to raise the price or increase the size, it’s up to them. And I’ll decide if I want to buy from them!”



Bob Dolan, marina owner, “I don’t have an opinion, because I’ve never seen one, and I probably won’t ever have one – it’s too much! You don’t need 24 ounces of coffee. We drink too much of that stuff.”



Ferdinand Golva, retiree, “I think it’s a good thing – you get more for the same money. Really, I think you’re saving. They have to change to stay competitive.”

Editorial

‘Friendly city’ also known as ‘dangerous’

After the gold rush, Belleville was known as the Gateway to the Golden North.

After a *Belleville Intelligencer* contest, launched in 1914, the slogan for our city became “A Bigger and Better Belleville.”

In 1923, the chamber of commerce started an official search for a slogan. Some of the favourites included: Why not Belleville? The United Empire Loyalist City and the City of Opportunity.

Now, Belleville is known as the friendly city, and is also nationally known by another name.

A dangerous city. More accurately, according to a *Macleans’* annual survey, Canada’s 11th most dangerous, which is up from 15th last year.

But Belleville isn’t the only “friendly” city that made the list. Guelph, also coined a friendly city, ranked 84th.

And Winnipeg beats out Belleville for ninth place because, you are also most likely to be robbed in ‘friendly city’ Winnipeg.

Other friendly cities, however, held true to their names and didn’t appear on the list, including Woodstock, Ont. and Moose Jaw, Man.

Macleans magazine uses a methodology that examines the number of aggravated assaults, robberies, homicide, break and enter, auto thefts and sexual assaults in cities across Canada.

What brought Belleville to its highest ranking was its placing in sexual assaults and break and enters. Although you are “Most likely to be sexually assaulted in St. John, N.B.,” Belleville comes in a close second.

But Belleville does claim the number one spot in break and enters.

The *Belleville Intelligencer* reported last week that police said break and enters are down 25 per cent, bringing them to a five-year low. If break-ins are down 25 per cent, and *Macleans* reported that a Belleville resident has a one in 86 chance of having their home broken into, what does that mean for past crime statistics?

Recent events reported by local media, including two knife-point robberies, aren’t helping matters either.

The friendly city label can give a place the right reputation. It can promote tourism in a community that thrives off of a waterfront location and a vibrant fishing industry. It can also promote a small town feel that welcomes new residents into a neighbourhood.

But what can happen if the dangerous city label is promoted? Tourism drops. People move away. Students choose other colleges.

Belleville may be coined the friendly city, but it needs to promote and live it, so as to not be overtaken by the dangerous city stigma that carries with it statistics and numbers that this community cannot ignore.

Melissa Murray

Downloading battles are far from over

Students, knowledge seekers and fact finders across the globe were in for a surprise on Wednesday when they were unable to access their favourite encyclopedia.

Wikipedia closed their virtual doors to their English content for 24 hours to raise awareness about the online piracy bills being introduced to U.S. Congress. If passed, the bills would effectively censor the internet.

Over 162 million people visited the massively popular website while it was blacked out. Eight million of the visitors took Wikipedia’s suggestion to search for their congressional representative.

Two days later, the bills were withdrawn from Congress.

However, the battle is far from over. Hollywood and the music industry are among the richest and most influential industries in the world, and piracy is putting a major dent in their bottom line.

According to the Institute for Policy Innovation, “more than \$58 billion is lost to the U.S. economy annually due to content theft, including more than 373,000 lost American jobs, \$16 million in lost employee earnings, plus \$3 billion in badly needed federal, state and local governments’ tax revenue.”

The entertainment industry is not about to give up.

Nor should they. With the ease in acquiring copyrighted material, it’s easy to forget that it’s still illegal.

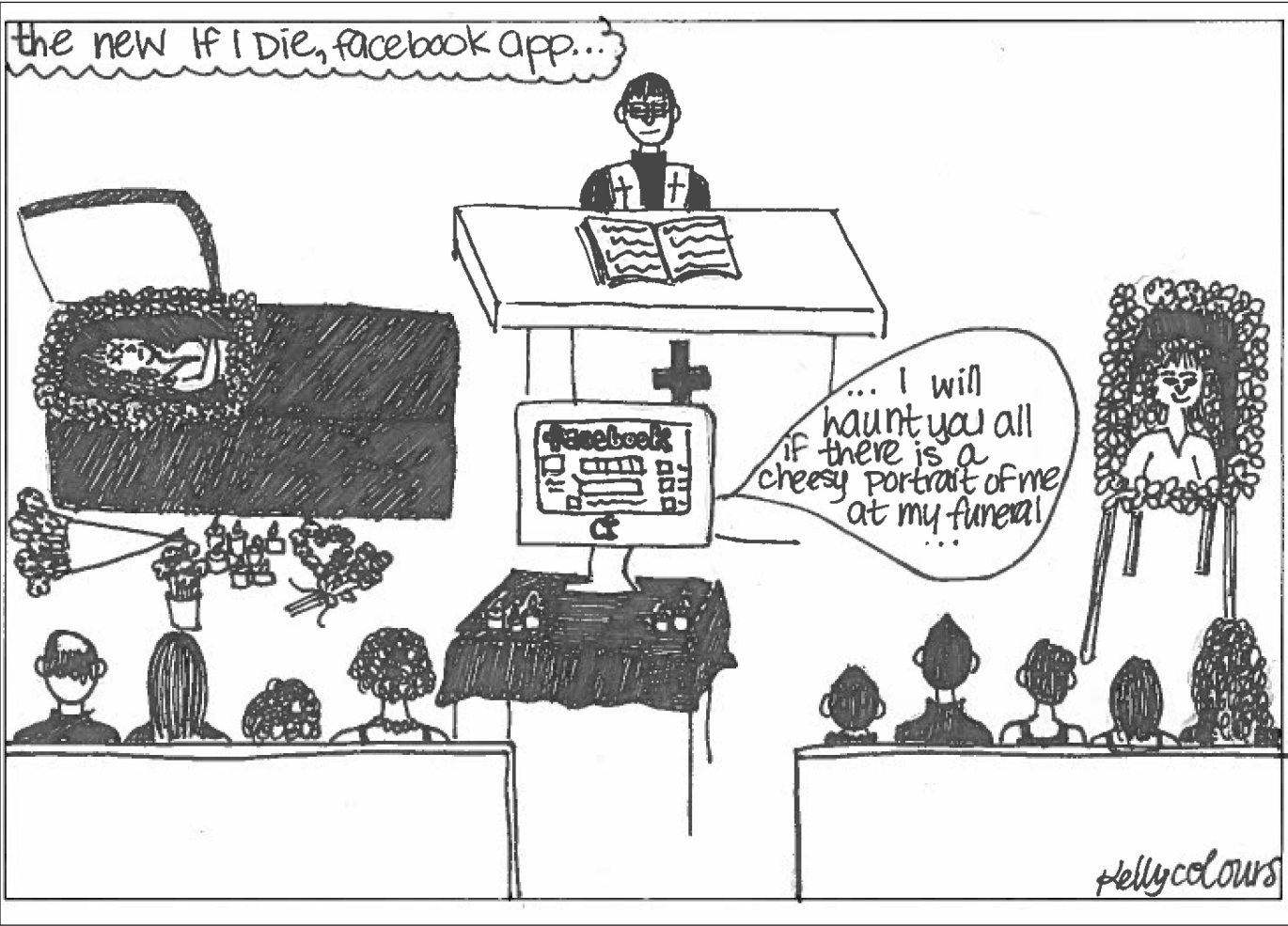
Market research firm Interpret, which focuses on entertainment, media and technology, published the results of a survey on illegal music downloads covering 64 million people. Of this group, 24 million respondents (36 per cent) admitted that they had downloaded music illegally in the past three months.

Congress’ answer to the problem is obviously not the solution. There must be a middle ground between freedom of speech and the prevention of piracy.

The entertainment lobbyists made their move and the tech giants flexed their muscles. Now the question is: are the Googles, Wikipedias and Reddits willing to work with the entertainment industry and Congress to come up with a solution to this problem?

Perhaps Steve Jobs gave us the answer with the iTunes model, where people pay a small fee to download their music. Despite piracy’s popularity, iTunes continues to thrive. One thing is certain, this is their first act in what will be a long and hard fought battle on both sides.

Dan Pearce



Opinion

Sending a message from the beyond

By Megan Voss

“What will you leave behind?”

Most people would like to leave behind a legacy or having contributed to a worthy cause. The header of the new Facebook app, “ifidie,” (if I die) gives you options to leave a video or text message on your Facebook page. The material posted once the three trustees that you appoint through the app confirm your death. It’s the only Facebook app of its kind – a digital afterlife.

The app’s light take on death even prompted a question on the FAQ page, “Is this a joke?”

During the minute and nine-second promo video, a daytimer with various activities sched-

uled throughout the week is shown.

“I don’t remember scheduling an appointment with death,” a man with an English accent says, sounding surprised, “and you’re right, but so is death – right around the corner,” he continues, while you watch as a grim reaper holding a scythe gets crushed by a falling piano.

Despite the over 7,000 “likes” on Facebook, the app released early last week, the general consensus on Twitter is that it is creepy. One person tweeted, “If you’re dead, why would you care?”

Good question.

Imagine that you found out that a classmate had passed away. A few weeks later back in school, you are hanging out with your class-

mates. Suddenly the voice of your deceased classmate can be heard. Imagine the thoughts swirling through your head – the sudden hope that it was all just a horrible joke. But no, it’s just a pre-recorded video, uploaded to their Facebook page.

Or maybe take it the other way. The app has a page where people can post comments. Among the blog posts of “How to stage your death in six easy steps,” one posts reads, “This app might be more fun if my ‘trustees’ were actually trustworthy.”

What will I leave behind? Will it be a pre-recorded Facebook video (who knows how old – I mean, how often do you update those kinds of things?), or a message?

Only Facebook will know.

Hockey changes aren’t always for the best

By Kayla Allen

Canada’s national game is getting warped into a total replica of Europe’s take on the sport.

When the NHL announced that they had created the new ‘Head Shot Rule’ or made huge changes to the rule governing hits to the head (Rule 48) at the beginning of the 2011 hockey season, Canadian hockey fans didn’t know how to react. The thoughts going through my head were that I really hope this doesn’t change the way Canadians play hockey.

The game in North America is becoming ‘soft.’ Good old rough and tough hockey players are now a dying breed in the NHL. Players like Colton Orr from the Toronto Maple Leafs are being sent down to play in the American Hockey League because, “there doesn’t appear to be much need for players like him in today’s game,” said Brian Burke, Maple Leafs general manager, in an interview with TSN.

Sticking up for your teammates is no longer acceptable in the NHL. Staring at a teammate after they get hit is now the right thing to do. Watching this on TV is absolutely mind-boggling and disappointing. I feel like I’m watching a game between Russia and Sweden, where bailing on a hit is the norm.

Changing this one rule is drastically affecting the flow of the game. It’s cutting down on

the physical play and promoting the fancy hands of the Europeans. Slowly but surely, the ‘fighter’ on every team in the NHL will be sent down to the American Hockey League. “To me, it’s a dangerous turn in our game,” said Burke.

With the game slowly changing in a negative way, the opportunity for chippy play has now become more obvious. While watching a NHL game now, you see more of the cheap shots and dangerous hits that are outrageous. NHL players who support the new style of hockey mostly falls under the category of European-style players.

“These guys that won’t back it up, won’t drop their gloves, run around and elbow people in the head and hit people from behind. They never have to answer for that in the game; they used to have to answer for that in the game. The players (used to) police the game and now it’s Brendan Shanahan,” said Burke.

I fear that behind the play cheap shots are becoming extremely popular and are corrupting not only the NHL’s way of playing, but minor hockey play as well. The new and ‘improved’ head shot rule has also come into play with minor leagues in Ontario such as the Ontario Minor Hockey Association and the Ontario Women’s Hockey Association. While sticking up for yourself or a team-

mate, if your hands are raised and you come in contact with the opposing player, you receive either a penalty for a two-minute non-intentional hit to the head, or a four-minute intentional hit to the head, or you could even be suspended.

While watching both the NHL and minor league hockey you can always point out the ‘rat’ on any team. The rat is the one player that runs around the ice slashing players in the back of the legs behind the play, throwing a quick elbow or trying to start unwanted drama while skating away before they receive a penalty. Rats are becoming more popular since the head shot rule has become more strict. They’re not scared of someone turning around and knocking them out, because if a player did that now, they would be suspended in most cases, which I think is ridiculous.

“I wonder about the accountability in our game and the notion that players would stick up for themselves and for each other. I wonder where we’re going with it, that’s the only lament I have on this. The fear that if we don’t have guys looking after each other that the rats will take this game over. You see guys that run around and start stuff and won’t back it up and it makes me sick to my stomach,” said Burke on TSN.

The Pioneer

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INFOCUS

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Kelly Gagne

Leah is a second year ECE student at Loyalist College, and though she suffers from Cerebral Palsy, she doesn't allow that to stop her from doing what she loves - working with children.

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DisABILITY



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Searching for Normal



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Small but Mighty



"The children in Holland show such respect. It means so much to me that they are interested. They keep the memories alive."

John Jephcote: A Hero Returns

From a vantage point overlooking the Waal River, in Arnhem, Netherlands, he fixed his gaze on the bridge, the bridge too far. "Ten thousand men were sent to take that bridge, only 2,200 got out," he says with heartfelt sorrow, as though he knew personally each man who didn't come home.

"It was a bloody shame," he says, his British accent coming through.

John Herbert Jephcote, commonly known as Jeff, is one of the few remaining veterans of Operation Market Garden, one of the largest airborne assaults in history, which took place in Holland in September 1944. The primary goal of the operation was to gain control of a series of bridges over the main rivers of the German-occupied Netherlands, the Maas, the Waal and the Lower Rhine. This would allow a rapid advance by armoured allied forces. It was the hope of Field Marshall Bernard Montgomery that this would end the war six months ahead of schedule.

Jeff was a hero. He did not assume the title, nor would he have accepted it directly, but it was still the truth. He was a soldier who did his best in the face of danger, under fire and often against all odds. He was a man who lived with the memories of war, often questioning why he lived when others died. He was a strong man who always did what he thought was right.

The people of Holland display such unrestricted admiration and appreciation for the soldiers who freed them from German oppression. It is no wonder that Jeff was eager to return, which he did for the last time just prior to his 87th birthday in May 2011.

As Jeff was pushed down the street in a wheelchair, passersby would stop him to shake his hand and openly express their gratitude, usually with glistening eyes.

On the airplane into Amsterdam, one woman approached him. She was a tall woman with blond hair and an expression of joie du vivre on her face. Although likely a grandmother, youth danced in her eyes. She stopped beside his seat and pointed at the crest on his jacket and said, "I'm from there, thank you." Then with tears in her eyes, she leaned over and kissed him on the cheek. He beamed as she walked back toward her seat. Then he said, in his unpolished British accent, "Well that's alright, isn't it."

Everywhere he went it was the same thing. When he visited the Airborne Museum at the Hotel Hartenstein in Oosterbeek, he was swarmed by patrons. The older ones thanked him with the sincerity of someone whose life had just been saved, not 65 years ago. The younger ones, in displays of such great respect showered him with questions, and all within earshot, sat rapt as he answered. As he spoke to those around him, he looked

them in the eye and gripped both their hands and their hearts. Genuine appreciation was expressed by all who were present, and although the subject was heavy, the atmosphere was light.

Jeff visited places where he had served and fought during Operation Market Garden. He sat on a small stone patio behind Oosterbeek Church, which overlooked a farm field, and then the Lower Rhine River and a bridge that connects Oosterbeek with Driel. As he sat there in this peaceful place, he recounted how this church had been the headquarters of the British, then captured by the Germans and re-captured by the British.

As he described the tanks rolling across the field toward the church stronghold, you could hear metal grinding, engines roaring, guns firing. He recounted the story, and it became real. He told of the battles and the hardships, the wins and the losses, and always the cost.

Jeff visited the cemeteries at Oosterbeek, and Arnhem. As he passed by each grave, he would read many of the names aloud and then their ages, "19, 23, 22, 19, 19, 21, just a boy, he never even got a chance to live."

The hardened soldier in him did his best to hold back the tears that came to his eyes, but the depth of his sorrow over those whose names that he read was impossible to hide.

What is a hero? I suppose the answer may depend on who you ask. Ask a child and it is likely a parent. Ask a teenager and it is likely a musician or an athlete. Ask someone ill and it might be a doctor. Ask someone lonely and it is someone who takes time to speak to them, and if you ask a senior it will be someone who visits or helps them. Ask someone from Holland, and it's one of the soldiers in the cemetery, and the few who remain alive. Ask a soldier or a veteran and it just may be you.....the one who says thank you, the one who remembers.

Yes, we must remember those who gave their lives for ours. Truthfully though, how can we remember something that we didn't live through? How can we understand a sacrifice that we have never had to make? How can we sit in our safe, warm homes and know the cold of the night watch, or the taste of the last ration?

We can, however, remember to be grateful. Grateful for the freedom to choose, thankful to be able to pay for fuel, drive a car, ride a bus, get a job, own a home, read a newspaper, surf the net, have a family, live in a community, wander about any time of the day or night, worship as we choose, be free, be kind, be Canadian.



Top left: Jephcote visits the war cemetery at Oosterbeek, Holland on the anniversary of the Liberation of Holland.
Top right: Jephcote leaves a message for visitors at the Airborne Pub No. 1 in Arnhem. This pub was once restricted to Airborne members exclusively.
Top right below: Jephcote, much decorated veteran of WWII, visits the Airborne Museum in Hotel Hartenstein in Oosterbeek. While there, Jephcote becomes the attraction.
Bottom right: At the Airborne Museum in Hotel Hartenstein in Oosterbeek Jephcote basks in the attention of the youth.
Bottom left: Jephcote visits the Oosterbeek Church, a significant stronghold during Operation Market Garden, the largest airborne assault in WWII. The Airborne insignia, "Pegasus," representing the 101st Airborne Division, rests upon the font.

Photos and story by Sherry Tompkins



DisABILITY

With the biggest smile spread across her face, 21-year-old Leah Bunnett crawls along the floor to her wheelchair at the Little Rascals Daycare.

With toddlers running around everywhere, the scene is hectic and terrifying for the average grownup, but to Bunnett, she can't wait to start her shifts at the daycare. The children all help clean up the toys as Bunnett crawls alongside them to make sure they put their toys away, and they do as they are told.

Bunnett has cerebral palsy, a muscle disease that affects the fine motor skills in the brain, limiting her to what she can do with her limbs. However, she doesn't look at it as a "disability" because in her family, the word "can't" doesn't exist.

Bunnett is a second-year early childhood education student at Loyalist College and has worked on and off for the last two years at Little Rascals Daycare in Belleville.

The connection that Bunnett has with the children is incredible to see. They really are attached to her and if they aren't trying to crawl up onto her lap while she's in her chair, you catch them playing with her seatbelt or the brakes on the chair.

"The one thing that made me want to work in daycare is because children look past the chair," explains Bunnett.

"They forget that it's there and they take me for who I am, not what I'm confined to."

Bunnett is able to get around the room in her chair or by getting down on the ground and crawling, which is how she gets around at home as well. She does everything that the other women who work there do from cleaning up after the toddlers, teaching them sign language, dressing and undressing them for outside playtime, feeding them and getting them ready for nap time.

She is able to do it all, just in her own unique way, which is ultimately what we all do when we are in our own workplace or natural environment.

"It was hard for me to get a job at any of the daycares in Belleville, mostly because a lot of them considered me more of a liability than an asset," Bunnett states.

"They just kept focusing on the negatives and wouldn't give me a chance to prove that I can do what everyone else can. I just get it done in a different way."

Cheryl O'Hara is one of the co-ordinators at Little Rascals and has been one of the key people helping Bunnett in her struggle for independence and equality in the workforce. O'Hara and the other co-ordinator at the daycare, Rachel Cowan, both agree with looking at a person and choosing them to work for them because of what they can gain by having these individuals work for them, which is what they did for Bunnett.

"We didn't look at the wheelchair as a disability or anything negative for that matter," O'Hara explains.

"We look at everyone and we look at what they can offer us. We have many children here at the daycare who have disabilities, and because they are so young, you can't really tell since it's not as obvious. But in adults, it's a lot more obvious and people tend to only focus on their disability. Leah has really been a great addition to our team, her energy and positivity is really felt and seen among the children."

With a strong support system of friends and family backing up Bunnett, she is almost invincible when it comes to the challenges she faces in life. She really does believe in herself personally, which makes her story that much more powerful and inspiring.



Top: "The reason I wanted to do ECE was because I knew that when working with toddlers, they would look past the chair and accept me for who I am."

Top right: Bunnett doesn't allow that to stop her from working with children.

Middle right: Bunnett plays outside with her students at Little Rascal Daycare in Belleville.

Above: "I wish that the daycare would let me handle the toddlers more, but some of the ladies really worry about me dropping them. I understand, but I've been taught how to handle them, and I normally don't have a problem at all. It always makes me feel so happy when they just crawl onto my lap."

Right: "Getting the kids to sit still can be a hassle, I'm always on their level and at times I feel like if I was able to be higher they might listen to me right away. For the most part, they are always listening to me, and I usually don't have a hard time working with them."

Story and Photographs by Kelly Gagné



TORONTO, Ont. - At 1a.m. Feb. 13, 2011 Peter Kallaste, 49 of Lakefield Ont. received the most important call of his life. Kallaste contemplates not only arriving at the University of Alberta Hospital, Edmonton within the 12-hour surgical window, but with the hope of becoming diabetes free.

Searching For Normal

Peter Kallaste, 50, of Lakefield, a recent double islet cell transplant recipient, was diagnosed in 1994 with diabetes type 1.

After 17 years with the disease, Kallaste returned home on April 19, 2011, diabetes free.

The Edmonton Protocol is a relatively new treatment for selected people with type 1 diabetes (brittle diabetics), who are at high risk of hypoglycemia unawareness. Islet cells that produce the hormone insulin are extracted from a deceased donor pancreas and infused into the recipient's liver through the portal vein.

Within hours of the surgery, the islets start producing natural insulin and over a relatively short period of time, the patient's insulin dependency is reduced.

The Edmonton Protocol, developed by Dr. James Shapiro, clinical islet cell transplant program professor, performed the first islet cell transplant in 1999.

Kallaste, patient number 133, and one of 13 from Ontario, received 520,000 islet cells during his first transplant. On March 29, Kallaste received a second infusion of an additional 470,000 viable islet cells.

A normal functioning pancreas will range from a million to million and a half islet cells. Final post surgical results showed that the donor cells were fully grafted and functioning at 100 per cent.

Islet cell recipients are required to stay in Edmonton from a month to two months following the surgery. For the rest of their lives, transplant recipients must follow an intense anti-rejection and immuno-suppressant drug regimen.

Before the transplants, Kallaste was infused with 50 units of insulin daily by an insulin pump. Two weeks following his first procedure on Feb. 14, he was reduced to 14 units a day. Within one week of his second procedure on March 29, he was able to come off the insulin pump and was reduced to four units by injection at breakfast and dinner. By the time he arrived home, he was insulin independent.

"I am really active in sports, at work and around my place at home. I was constantly battling low blood sugars. I feel a great sense of relief knowing that I won't have to face hypoglycemic episodes anymore," Kallaste says.

The transplant procedure is very expensive. Anti-rejection drugs, tacrolimus and celcept, cost upwards of \$24,000 a year. OHIP does not cover this procedure because they consider it experimental. Kallaste's medical benefit program is covering the full post-medication costs.

"I spent three months liaising with both the Trillium Foundation

and my employment medical benefit provider, to attain coverage before I could confirm my participation in the program.

"I had no idea how my other expenses were going to be covered at the time. All I could think about was the opportunity to become diabetes free," Kallaste says.

Kallaste was placed at the top of the organ transplant recipient list on Nov. 1, 2010. Although he only had a three-month wait, before a donor match was confirmed, he said it seemed otherwise.

"It felt like years and certainly took a heavy toll on me.

"I tried not to think too much about being on the list and go about my day-to-day routines. But with this disease, there is not a day that goes by where you don't know you have it," Kallaste says.

"The surgeries went great, but the recovery had been much longer than I anticipated. I was really looking forward to getting back to work and start my new 'normal' life.

"Your hands are kind of tied. I am treated no differently than a heart or lung transplant patient although this procedure is not near as invasive. You have to wait on your medical and rehabilitation team all to concur that it was safe for me to return. I'm back now and I feel great and getting stronger each month," Kallaste says.

Kallaste before the transplants tested his blood 6-8 times daily. Although now insulin independent, he is still required to test 2-4 times a day.



**Link to Multimedia:
Searching for
Normal
One Man's Journey**

Kallaste receives 520,000 viable donor islets cells during his first of two surgeries, infused through the portal vein into the host substitute organ, the liver. He must remain on his right side for a period of four hours. The surgery was performed at the University of Alberta Feb. 14, 2011.



Kallaste takes a moment to reflect on the I.V. bags that contain an intricate anti-rejection and immune suppressant drug concoction that will give his new islet cells a fighting chance for optimum production of insulin hormone.



Six months after two islet cell transplant surgeries, Kallaste was cleared to return to normal activities just in time for the hockey season. "I had to stop playing hockey for the first time in 40 years, but for a really good reason! It was such a great feeling to play the whole game without the fear of having a hypoglycemic episode," Kallaste says after his second game back on the ice Tuesday, Oct. 4, 2011.

Small But Mighty



Pound 4 Pound offers Junior Muay Thai classes in Pickering twice a week, Fridays and Sundays.



Pound 4 Pound instructors enjoy getting involved with the class.



The Junior Muay Thai students do a mantra at the end of their Muay Thai class at Pound 4 Pound. Pound 4 Pound always reminds their students to respect themselves and to respect others.

A Dream In The Works

Photos/Story By: Kayla Allen

The smell of sweat permeates the room and sinks into your pores as you take your first step into Pound 4 Pound Pickering, a multi-purpose gym.

Thirty pairs of children's running shoes are scattered all over the floor. While you're trying to make your way through the pile of shoes, all the colours become noticeable: red, blue, pink, orange, yellow and purple. Grunting and heavy breathing are the dominant sounds you hear coming out of these young children's mouths as they punch the air with more power and determination than a 30-year-old man.

The front desk is covered in flyers promoting local fights and posters highlighting featuring Pound 4 Pound MMA fighters. All the championship belts are shined and on a shelf on the wall above the secretary's desk. In the glass case beside the front desk, there are about 50 UFC bobble head dolls, all looking like they are half asleep. At least they always agree with what you ask them.

An hour passes and the final bell goes off in the main ring. Two older gentlemen climb through the white ropes and take a seat on the edge of the stairs. Finished with their workout, they watch the children's lesson about to end. As they finish, the children chant the motto "I'll be the best I can be!"

All 30 children run towards the exit of the gym like a pack of hyenas. Running shoes fly across the room and jackets are zipped up by parents trying to gather their children.

Ten minutes go by and Pound 4 Pound is as quiet as a meadow during the sunset. The owner of the gym walks out from behind the front desk and turns off all the lights, grabs his jacket and leaves with a sense of accomplishment.

Walking back to my car, I think to myself, now wouldn't that be a great career. Teaching people the skills you've learned to prepare them to become 'the best they can be.'



"Leg raises make your core strong, and if you want to become a champion you need that," 8-year-old student Owen Jennings says.



A trainer moves through the six main offending MMA moves with the students.