



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"