

Keeping city roads safe

Operation Safe Break focuses on distracted drivers and speeders on the road during the March Break

By Kelly Gagné

With students out on their March break, local OPP officers will be focusing on catching speeders and distracted drivers to help keep roads safe.

“Operation Safe Break” began on March 10 and will run until March 18. Officers will have zero tolerance for those who drive distracted, aggressively or speed during the break. The aim of the operation is to help reduce injuries and deaths on the roads, trails and waterways.

Quinte Region Traffic Coalition (QRTC) is a partnership of the Hastings & Prince Edward Counties Health Unit, Belleville Police Service, Stirling-Rawdon Police Service and the OPP detachments serving Central Hastings, Quinte West, Prince Edward County and Bancroft. With this coalition, officers will be out monitoring local roads and reducing the risk of dangerous drivers according to the QRTC.

Distracted driving has been a problem in Ontario for the last few years. Cellphones and GPS units have become one of the biggest distractions for drivers young and old.

The ban on handheld devices has been in effect since Oct. 26, 2009, making it illegal for drivers to talk, text, type, dial or e-mail using handheld communications, with the exception of emergency calls.

According to the Ministry of Transportation, studies have shown that a driver using a cellphone is four times more likely to be in a collision than a driver focused on the road.

Kaytee Townson, 25, of Trenton, was convicted of distracted driving late last year, when she was caught with her phone in hand while driving near her townhome.

“I was looking for my phone because I dropped it in my car. I didn’t even see the officer parked over by a stop sign, and when I found my phone, it was in my hand and then the cop was pulling me over a minute later,” said Townson.

“I was distracted because I was bent over looking for my phone when I should have been watching the road. I will definitely pay more attention now after paying the \$155 fine.”



Photo by Kelly Gagné

Provincial Constables Ray Lalonde and Dan Wilton are two of Quinte West’s traffic management officers who were taking part in Operation Safe Break, which targets speeding, aggressive and distracted drivers, the program runs until March 18.

Officers don’t need to be parked to catch people for distracted driving. Officers on duty will also catch people when they are stopped at a stoplight, or in parking lots.

“Distracted driving charges are solely based on observation. We have to see it happening. It can be tricky, but as trained police officers, keen observation is a skill of ours,” said Const. Dave Snider of Quinte West OPP.

wConst. Dan Wilton has been a traffic management officer for Quinte West for 31 years, and says that with the new laser radar technology, catching people with distracted driving is becoming easier.

“With the new radars we’ve got-

‘With the new radars we’ve gotten, we can catch speeding motorists from over 300 metres away, and with the zoom on the scope, we can see into their vehicles and see people eating, or talking on cellphones.’

Const. Dan Wilton

ten, we can catch speeding motorists from over 300 metres away, and with the zoom on the scope, we can see into their vehicles and see people eating, or talking on cellphones,” said Wilton.

Cell phones and GPS units aren’t the only causes of distracted driving.

Women who apply makeup while driving, those who adjust the radio or play with CDs, eat or drink, even chat with passengers in their vehicle are distractions. Anything that takes your eyes off the road, or your hands off of the wheel, are distractions and can lead to being charged.

Wilton’s partner, Ray Lalonde, described some stories of his experience of pulling people over who were

speeding and eating, applying makeup, and he even pulled over one man who was driving and doing about 115 km/h while reading a cookbook.

“It was probably one of the most bizarre scenarios I’ve ever seen. It was extremely dangerous for him to be driving at that speed and to not have his full attention on the road,” said Lalonde.

“A lot of the time, the people charged with distracted driving aren’t paying enough attention to even realize that the officer on duty is watching them commit the offence. It just proves how dangerous distracted driving can be, and how much of your attention is taken away from the road when you’re on your phone,” said Snider.

Spring cleaning comes early

Public relations students hold successful event with electronics drop-off on the weekend

By Rebecca Rempel

If it’s no longer in use, recycle it.

Just in time for spring cleaning, the Loyalist College post-grad public relations students, in partnership with Quinte Waste Solutions and Ontario Electronic Stewardship, held an electronic drop-off Saturday.

The event raised money for Camp Trillium. The results are still to come.

Students in bright orange vests directed vehicles to the rear of trailers where more student volunteers unloaded the used electronics, while the drivers never had to leave their vehicles or lift a finger.

“It’s been insanely busy. It’s crazy to see how people have come out and supported this,” said Chris Barnim, a post-grad PR student and the Loyalist College student government president.

“We could not predict how this was going to go,” said Barnim. “We decided to take the risk and it’s paid off.”

Twenty students, split into two shifts, volunteered their Saturday to help unload electronics.

John Cowan, a second-year radio broadcasting student, volunteered his time after PR students came to his class asking for help.

“I really love helping out with the PR group,” said Cowan. “They do a lot of cool stuff.”

“It’s like going back through memory lane, like remember when that TV used to be \$10,000 and now it’s like \$500 on Kijiji or something. It’s a bit of nostalgia.”

Quinte Waste Solutions will take the donated electronics to Ontario Electronic Stewardship where they will be purchased by weight.

“Our goal is \$1,000 which will send



Photo by Rebecca Rempel

The Loyalist post-grad public relations students in partnership with Quinte Waste Solutions and Ontario Electronic Stewardship, held an electronic drop off in the Zellers parking lot Marsh 10. Volunteers from left to right; Dustin Mahoney, Chris Thompson, Kurtis Leavitt, Josalyn Hilts and Chris Fleming.

‘Some of (the money raised) goes towards the cost from Quinte Waste Solutions for the trailers but most of it goes to Camp Trillium.’

post-grad PR student Chris Barnim

a kid to camp for 10 days,” Barnim said.

By the end of the day, one of the two 53-foot trailers was filled and the second trailer started.

“Some of (the money raised) goes towards the cost from Quinte Waste Solutions for the trailers but most of it goes to Camp Trillium,” said Barnim.

Camp Trillium, created in 1984, holds camps for children with cancer and other life-threatening conditions.

There are two camps in Ontario, one at Oddfellow and Rebekah Island near Sandbanks Provincial Park and one at Rainbow Lake in Waterford. They also offer day camps across Ontario.

Camp Trillium provides “an environment that normalizes relationships and experiences, helping children and their families in the healing process and enhancing their quality of life.”

The programs are funded by donations.

Forty-four different electronic items are accepted by the Ontario Electronic Stewardship including TVs, computers, scanners, cellphones, stereos, print cartridges, iPods and mp3 players, as well as VCR, DVD and Blu-Ray players.

For the disposal of electronic items, contact 613-394-6266 or visit the website at <http://quinterecycling.org/>.

Ospreys coming back early from winter break

By Melissa Murray

Quinte’s ospreys are expected to cut their winter vacation short because of atypically warm temperatures.

Quinte Conservation will be checking the status of the osprey camera at the Quinte Golf and Country Club later this week.

“We need to make sure it’s working and that nothing happened to it over the winter,” said Sarah Midlane-Jones communication specialist for Conservation Quinte.

The camera will go live on March 26, giving viewers the opportunity to tune into the everyday activities of the osprey and their nesting habits. The birds, which have up to a six-foot wingspan, are expected to arrive back to the area early because of the warm temperatures that have spread across the region.

Usually, ospreys are first sighted around April 1, said Midlane-Jones.

“People are fascinated with the birds,” said Midlane-Jones. “Especially since the birds haven’t always been seen in the area.

“People love watching them.”

There are more than 50 osprey nests in the area, said Mary Gunning a Bay of Quinte Remedial Action Plan environmental technician.

The camera, which was installed last year, increased hits to their website by 300 per cent, said Midlane-Jones.

The osprey population took a huge hit in the 1950s and 1960s because of rampant use of pesticides like DDT.

“Ospreys are a good indicator of a healthy habitat. They wouldn’t be here, if the environment didn’t support them,” Midlane-Jones added.

Gunning agreed.

“They’ve been making a comeback,” she said.

Eggs that are laid hatch at the end of May and the fledglings stay nearby until they fly in October.

“It’s an exciting time of year for us because it is when things are starting to happen,” said Midlane-Jones.



Photo by Andre Lodder

Reaching for spring

Theo and Liam get an early start on the fishing season today. The two were part of a group of friends who spent a foggy morning fishing at South George Park. Balmy weather will continue this week.

Living life close to home

Seventy-eight-year-old hasn't travelled further than 70 kilometres of her home in Marlbank

By Sherry Tompkins

In 78 years, Marguerite McCutcheon has travelled less than 70 kilometres from her home.

In today's fast-paced world, it may be hard to imagine a life without travel. However, some people have mastered being content with where they are and McCutcheon is one of them.

McCutcheon has lived her entire life in Marlbank, a community of less than 300 people, northeast of Belleville.

She was born and raised in a house just up the road from the Marlbank Phoenix Tavern, a local centennial landmark and basically the centre of the town.

"People didn't go to the hospital back then," says McCutcheon. Of course, this was back in the day when doctors still made house calls.

McCutcheon's parents, Clara and Perry Young, both lived and worked in Marlbank as well. Her father worked at the local ironworks and at the Marlbank cement plant. McCutcheon's mother cleaned the local school.

Being born at home seems to have set the boundary for McCutcheon's life. As a young girl, she attended church and school in Marlbank, both a stone's throw from where she now lives.

The high school back then was in Tweed, a slightly larger community located 25 kilometres away, but McCutcheon didn't make it there.

"I never went to high school," said McCutcheon. "When I turned 16, I walked down the road and went to work."

That is when she started working at what is now the Marlbank Phoenix Tavern, then known as Marlbank House. It was a stop for the hydro and telephone trucks that were working in the area.

"I waited on tables. I got a dollar a day," Marguerite met Roy McCutcheon, a man from Roslin, 23 kilometres away. She was 18 when they were married in Selby, less than 20 kilometres away.

Asked whether she and her husband travelled for their honeymoon, she stops and looks up.

"You just got married and come home," Home was a small house across from the hotel where she worked. "We had to pay four dollars a month for rent, but we had no hydro and no water." They would have to carry water for whatever needs they had.

The McCutcheons had four children, two boys and two girls. Two of the four, like their mother, were born at home, and two were born in Kingston, which is the farthest point that Marguerite has ever travelled, 68 kilometres away.

All four of her children live within the same 70-km circle of McCutcheon's life.

It's been a life full of friendship and joy. She and her family socialized with nearby friends. Card playing was the popular activity of the time. Euchre parties were held at the local school and at the church hall.

Children were often left to their own imaginations for their entertainment and McCutcheon added, "They'd get in hellery sometimes!"

McCutcheon's son Terry commented, "We had the farm behind us and we always found something to do. We kept fairly busy as kids; we never got too bored. I know I never. I was there until I was 17."

All the necessities of life were right at McCutcheon's fingertips and she ventured farther out only to go to the bank and pay



Photo by Sherry Tompkins

Seventy-seven-year-old Marguerite McCutcheon has lived in Marlbank for her whole life. She has never even travelled outside a 100-kilometre radius from home.

her bills.

"We used to go, when my husband was alive, up to Tweed. Up to the Montreal bank."

Asked why she didn't venture out any farther than Marlbank, McCutcheon simply pointed out that there was no need. She was content where she was.

"My brother Neil back there is the very same way. It's just what they get used to,

so I guess it runs in the family," said Terry.

McCutcheon's children have travelled to various places around the world and returned with photographs and tales of excitement and adventure.

Although she enjoys hearing about their experiences, it has never inspired her to want to go herself.

"I'm not very good at travelling. I like to be around in my home."

Outdoor enthusiasts come to show

By Zachary Greco

Spring was in the air and the arenas were packed with boats and RVs last weekend for the 14th Annual Quinte Sportsman, Boat and RV Show.

From Friday to Sunday, the Quinte Sports and Wellness Centre was filled with everything to do with the outdoors for the biggest sportsman show between Toronto and Ottawa.

The new renovations and expansion of the Quinte Sports and Wellness Centre have allowed for more room for the show. This year's show was the biggest yet, with more than 80 vendors showcasing and selling outdoor goods, giving showgoers a chance to shop around and get the best deals they could find.

"There's pretty much anything you can fit into the place from one end to the other," said show organizer Jeff Cox.

"This year has been the best show ever," said showgoer Steve Hannah. "There's lots of displays, trailers, everything."

"There is something here for everybody and everyone should take it in. It gets you into the spring feeling," he added.

Rifles, shotguns, bows and crossbows were available for hunters along with a plethora of fishing tackle and rods for anglers at the show.

For the non-hunters and anglers, there were enough trailers, RVs, Argos, ATVs and boats to keep people busy looking for hours.

"We started the show so we could have a place of our own to show trailers instead of going to Toronto or Ottawa," said Cox, whose family owns Carl Cox RVs.

"If the city would like to co-operate, I would like to make it larger next year," said Cox. "There's still more of the building not being used."

A skeptic's visit to Belleville's Psychic Expo

Event gives writer fodder for contemplation and new ideas

By Chloë Ellingson

The Belleville Psychic Expo looks much as I thought it would. Deep blue curtains cover the walls, and draped cloth abounds covered in golden suns and moons, tie dye, and oceanic themes. Booths advertising psychic readings line the perimeter, and large tables of stones and salts for sale fill the centre of the room.

This is my first time at such an event, and the trip is out of character. I don't think much about spirits or auras, and while I do strongly believe in self-reflection, I'm prone to turn toward more quantifiable ways of exploring myself. All of this said, I really don't know enough about psychic fairs to dismiss them. Can such conventions have any value to a skeptic? I went to find out.

As I make my way around the room I'm halted by the bright yellow signs surrounding an "Aura Photos" station. "Come have your photo taken with our amazing aura and chakra capturing system," the brochure reads. Baffled, I strike up conversations with a person manning the booth, Stan Mallow, who starts patiently explaining his work in an unmistakably thick New York accent.

Conversation soon turns to our shared love of New York, especially Brooklyn, where he's from. For the duration of our conversation I feel a bond with this person based on shared interests and experience.

"How did you get into this?" I ask. "He won't tell you!" chimes in his business partner, Ray Faucher, from behind the display. Faucher goes on to tell me about how Mallow used to do public relations work for Elizabeth Taylor and Marlene Dietrich, who Faucher says started coming to Mallow for psychic readings because he gave them really good advice.



Photo by Dan Pearce

"Famous Irish Psychic" Mark Lewis waits for customers at his booth during the Psychic Expo at the Travelodge in Belleville on March 11.

After this experience, in combination with having a heart attack, Mallow says he started thinking about his life differently and changed career paths. "I came in through the back door," he admits with a smile. I wonder what the front door looks like.

Asked about how he deals with skeptics, Mallow's answer is delightfully confident. "Being skeptical is good," he says, "if the person is a true skeptic, but there are people who have tunnel vision. They're not skeptics. You should be a skeptic about everything," he advises. "I would

highly recommend it."

Next stop is the "Electric Psychic" booth at the back of the room. I'm greeted by Linda Fulcher, who organized this expo and, along with her husband, has organized 10 to 15 expos annually around the province for the past 23 years. The couple also runs a publishing business.

From Fulcher I find a way to categorize everything that's going on around me, which was formerly all clumped into one in my mind. Fulcher divided the spiritualists' methods into two categories: modality and tool.

"Modality" refers to how spiritualists perceive. One can be clairvoyant (seeing), clairaudiant (hearing), clairsentient (feeling), or clairgustatorial (tasting), which, says Fulcher, is rare. "Tools" are the materials some spiritualists use, such as Tarot cards, crystal balls, or, as I learned, photography. "They amplify energy the same way a mic amplifies sound," she says.

Fulcher voices a need that is obvious throughout the Expo, where tables feature spiritualist coverage in mainstream newspapers: be seen as legitimate.

"We're working to gain credibility," she

says, before suggesting that I Google Russell Targ, a physicist whom she insinuates is a well-regarded academic who studies remote viewing (a psychic ability).

I'm surprised to find that some exhibitors have used their foreign origin in their advertising, as though being a psychic wasn't exotic enough. Sumptuous deep purple material and ornate gold-coloured frames evoke a sense of royalty at the booth of "Maureen Collins, International Psychic." A small British flag stands on her table. Across the room I see a large white sign with green letters reading "Marc Lewis, Famous Irish Psychic."

As I head towards the exit I'm stopped by a man sitting in front of a sign reading "Christena and Peter, Psychic Readings." The man, who I soon learn is Peter Linka, asks me if I've ever had a psychic reading before, and I say that I haven't.

He explains that Christena Linka, the woman with whom he works, who is currently doing a reading behind him, only takes on clients whom she knows she'll be able to read, and that I would certainly be readable. He goes on to say that I am emotional, sensitive, and passionate, and that gets me into trouble. Fair.

After probing a bit further, he tells me I need a saying to live by, something to keep things in perspective. He writes "How important is it?" on a brochure and hands it to me. In spite of myself, after this mini-reading I notice that I've got the same bewildered and bashful smile on my face as so many of the people around me.

Why was I enjoying this? His comments were vague, and could have been describing the person beside me. They're not necessarily proof that he knows who I am, and even if he did, what would that mean?

The only conclusion I can come up with is this: he gave me fodder for contemplation. I leave with a few ideas about myself, be they true or false, significant or irrelevant, which were mine to consider, and to compare to who I think I am, or who I want to be. That, scientific or not, isn't such a bad thing.

Sharks happy with Saturday outcome

Loyalist women's hockey team makes strong showing

By Sarah O. Swenson

Despite having only 10 dressed skaters, the Loyalist Sharks women's hockey club made a strong semi-final showing at the Fleming tournament in Lindsay Saturday.

The Sharks were looking to improve on their quarter-final finish at the University of Toronto tournament held last November.

"I think the team put forth an amazing effort in the tournament today," said Brooke Abbott, a second-year health and fitness promotion student.

"Playing four repetitive, competitive hockey games in a row is extremely strenuous on your body and I feel like as a team we played together and did our absolute best."

The Sharks opened the tournament on the wrong foot, falling to Fleming 3-0, but bounced back in the second game to beat Fanshawe in a closely contested match 2-1, with Sharon Kennedy scoring the game winner in the dying minutes of the third period. The ladies offense continued their scoring ways and pummeled Lakehead Orillia 5-0. Though not called on often, goaltender Kim Van Pelt was solid between the pipes when called upon and earned herself the shutout.

"We have a lot of natural talent and we've really come together as a team," said defenceman Steph Crozier, a second-year journalism student. On the strength of their 1-1-1 round robin record, the Sharks advanced to the semi-final round, where they faced off against Humber. A very even contest, the game ended in a scoreless draw, forcing a shootout to declare the winner. Humber came out on top.

"I feel like we completely deserved



Photo by Rebecca Rempel

Kim Van Pelt of the Loyalist Sharks makes her second save during a three-person shootout in the semi-finals at Fleming College in Lindsay on March 9 against Humber College. Humber scored on their third shooter after a 0-0 game to advance to the finals.

to be in the finals and it hurt that we lost in a shootout," said Abbott. Humber went on to take the tournament, beating Seneca in a 2-1 shootout win.

"I think for our small school, we did very well against the big schools," said coach Pete Williams. "It's kind of nice to go in and beat everyone in their matching uniforms."

In addition to their tournament play, the ladies take part in the college's men's recreational league on Tuesday nights. The Sharks had never even won a game in league action prior to this

year, when they finished second in the standings.

The Sharks will close out this season with a one-day tournament hosted by Seneca College on Friday.

Snowmobile racing gets last-minute approval on weekend

Weather turns in participants' favour for outdoor event

By Sharon Kallaste

The first Snowmobile Ice Drag Racing event organized by the Marmora Fire Fighter's Association got the last-minute green light Saturday.

It was held at Booster Park on Crowe Lake.

Eight inches of water sat on the proposed track just two days earlier.

"We had the event tentatively cancelled on the Thursday before, but

the weather turned in our favour. We were out all day on Friday checking the lake to make sure it was safe and clearing the tracks," said event organizer Josh Morrison.

More than 500 spectators attended, with 120 snowmobiles racing in 35 classes.

Feedback received from racers and fans has the association seriously considering holding the event annually at the same location but moving it into late February.

Bonter Polaris, a dealer in the area since 1930, used to hold races every year until 2006.

"We stopped running events due primarily to escalating insurance costs, and poor weather conditions," said owner Andy Bonter.

"We had to shut down lane one, closest to shore, after a few hours. It started to get mushy and the drivers who race all year indicated that it was unsafe. So we closed the lane down and ran with two lanes — it slowed things down but the drivers were OK with it," said Morrison.

"The day was a big-time success — so much better than we ever expected," he said.

"It has been a long time since we have had drag racing in the area," said Morrison.

It can cost upwards of \$2,300 to insure a one-day event like this. It is cheaper for a non-profit organization than a commercial business.

Morrison who has been with the Marmora fire station for nine years,

and his friends at the fire station, all ride and thought it would be a great idea to hold a race fundraising event.

"We just hired a few rookies at the station and they were great at helping out with the event," said Morrison.

Morrison said racers from New York, and a team of racers who drove for more than four hours from Quebec, all said the event was a lot of fun and hope that it will run again next year.

Bonter said he is looking at starting a local circuit and running three to six short events throughout the season.

"Everyone who volunteered braved the cold and stuck it out all day," said Morrison.



For video from this weekend's Snowmobile Ice Drag Racing event in Marmora, scan this code or go to qnetnews.ca.

Loyalist students help Special Olympics

Tournament fundraiser helps basketball team go to provincial finals

By Sherry Tompkins

There was a flurry of activity at Trenton High School Friday, as they played host to a 3 on 3 basketball tournament.

The tournament was a fundraiser to help send the Quinte West Rock Special Olympics basketball team to the provincial finals in Kingston from May 31 to June 3.

The team needs \$3,000 to make the trip.

The fundraiser was organized by four Loyalist College students in the public relations program: Doug Holt, Sean Ashbridge, Beke Martin and Tara MacKinnon. Funds were raised through team entries, a canteen and a raffle table.

Eleven teams showed up for play, held in both gyms at Trenton High. A total of four games were in progress at all times.

The game raised \$600, surpassing the goal of \$500.

Denise Kozlof coach of Special Olympics basketball team for the last three years, said she was happy to see the great turnout.

Kozlof said, the total raised will now be about \$2,600.

"Transportation, lodging and meals are covered, but we need money for registration and uniforms," said Kozlof.

There are 10 players on the team, ranging in age from 10 over 30 years old. Nine of the 10 have never been to a provincial-level tournament before.

"The competition is very tough," said Kozlof, "but we believe they have a real shot."

That shot would mean attending the national competition in 2013.



Photo by Dan Pearce

Cory Jackson does a layup during the three-on-three basketball tournament fundraiser for the Quinte West Rock Special Olympics basketball team on March 9 in Trenton.

Road to the NHL starts here for eight-year-olds

Fans and players alike get caught up in Kingston OMHA championship win

By Kayla Allen

The impatient breaths leave you hesitant as you make your way through the double doors into the cold arena.

Families and friends fill every seat in the Ajax Community Centre rink on March 11. While you're trying to make your way through the crowd, you notice the tense energy filling the hallway. The little sisters of the eight-year-old boys who are about to play the game of their season walk by with their faces painted and homemade signs in their hands.

As I wait patiently for the game to start, two young boys walk into the arena with smiles from ear to ear as big as a rainbow. Both young boys sit in the row in front of me, and start yelling "Let's go Kingston!"

Not long after, "Let's go Ajax!" One side of the arena is filled with white and red Ajax jerseys and the other side is filled with red Kingston jerseys.

On my left is a mother with her two young children, both have hand-clappers and noise-makers ready to cheer on their home team like it's the Olympic gold medal game.

On the right sits an older man holding his coffee and dressed as if he's going for a walk in the arctic. There are two fathers standing beside each other with both their arms crossed, resting on the top of the boards.

As the Zamboni leaves the ice, the crowd gets louder and louder. I can see each team lined up waiting to step on the ice barely able to see over the boards.

They start banging on the glass cheering for their respective team.

One foot steps onto the ice and it looks like a stampede of rhinos racing straight for you. Thirty eight-year-old boys skate around their side of the rink staring at the other team trying to intimidate each other making me feel like I'm on the ice myself.

The buzzer goes off and the first lines get ready to skate their little legs off. The first period finishes and Kingston is up by a couple goals. I can see the exhaustion on every little boy's face as they take a fast five-minute break in between the first and second period.

I can see the parents start to pace back and forth on the Ajax side of the arena. I think to myself, "how does one deal with their eight-year-old child crying because he just lost the OMHA Eastern championship game?"

The emotions start to rush through the young boys; upset looks slowly start filling their face cages as Kingston is still winning after the second period.

As I look around me, I notice that all 11 players on the Kingston bench have tremendously big smiles on their faces and all 17 boys on the Ajax team are straight-faced.

The seconds count down on the time clock at the end of the arena. Everyone on both sides of the arena stands and starts applauding the young boys on a great game and an amazing season.

"Good job boys!" is all you can hear coming from the stands. The whole Kingston bench rushes off their bench to congratulate their goalie. Both teams line up on their blue line and wait for their coaches to hand out the medals.

I think to myself that at the age of 19, I would still be devastated if I lost in the finals.

I don't know how eight-year-old boys can be so restrained and such good sports. It makes me proud.