

# Students enjoy four-legged therapy

By Fallan King Hillier

Rosie the basset-hound was just one of the four-legged special guests at Loyalist College Monday as part of the dog therapy program.

Therapy dogs from St. John Ambulance in Belleville were at the Pioneer building at the college on Nov. 24, to help relieve some of the stress and pressure from students during this busy time of the academic year.

Suzie Farrow is the member from St. John Ambulance who has PTSD, or post-traumatic stress disorder. She has a bassethound guide dog named Rosie, who is four years old and will be five years old in two weeks. Farrow has sons and Rosie is "her only girl" in her family.

Rosie always has a rose on her collar to remind people of her name. Rosie has a certificate for therapy dog community service certificate and has successfully completed the child-friendly evaluation. Rosie even has her own Facebook page.

Sandy Gordon is the member from St. John Ambulance and her dog's name is Bella. They usually go to the library for the "paws reading program" in Belleville and in Trenton. They will do it again after Christmas in January.

The paws reading program usually has five children at every Tuesdays. Gordon said it is difficult to get in the public school with Bella because some children are afraid of dogs and some of children are allergic. There is a program for children who are afraid of dogs called Bite Free.

Colleen Ringham, program development officer for continuing education said, "It's the first time for dogs here in Pioneer building."

Meghan Ormerod, a practical nursing student said, "It's my first time come the dog therapy and I think they are cute! I will come back here again."

Rebecca Hammond, also a practical nursing student said, "I miss my dogs at home. I got homesick and they help me feel better."

Sarah Ogden works in mental health



Photo by Fallan King Hillier

Loyalist College students (l-r) Rebecca Hammond, Ashley Parks, and Meghan Ormerod came for a little cuddle time during a dog therapy event in the Pioneer building on Monday. With exams and assignments due, it can be a stressful time for students.

and wellness at Loyalist.

"Students are very stressed at this time of year due to exams that are coming up and many assignments being due," said Ogden.

"I would recommend healthy eating, proper sleep, reducing caffeine like coffee and talking about the stress. Nobody is alone."

The therapy dogs are amazing, she

said, because they can increase endorphins.

"Feeling those good chemicals in the brain helps us feel less stressed and also lowers blood pressure."

There is a picture of a dog from the dog therapy program on her office wall.

The therapy dogs will return to Loyalist on Dec. 12, Dec. 15 and Dec. 18 in the gym.

## Coats...

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Coats can be dropped off at East Northumberland Secondary School's main office until Thursday. The free winter coats will be given away Nov. 27.

Organizers of the fundraiser say buying winter clothing can be a challenge for some people. In a small community, there can be a limited selection of inexpensive good quality coats that people can afford. Some may also find it difficult to travel to larger cities with more of a selection.

"I am very pleased with the positive feedback. So far, many people have already donated and the enthusiasm to help others is exciting," Gilbert said.

She has further inspired students who wanted to help others in some way. Some students are planning to help a community in Africa in January. They will work on various projects such as renovations to schools. Some students will donate clothing and school supplies, because not everyone can go to Africa. A group of students wanted to help their community locally. The winter coats are free to those who need them. Organizers will also continue to collect them after the event finishes.

Some leftover coats will be stored at the school for any student who may need one later this winter. The other coats will be donated to the local clothing depot.



Photo by Emily LaFleur

Volunteer Denise Gilbert checks the donated coats at East Northumberland Secondary School in Brighton last Friday. The child and youth worker started the winter coat drive to help keep people warm in the cold winter months ahead.

## Women...

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Violence against women occurs in every culture, class, race, ethnicity, religion and community throughout the country.

Maire Sinha of the Canadian Centre for Justice, says, "Violence against women in Canada is a serious, pervasive problem that crosses every social boundary and ... remains a significant barrier to women's equality and has devastating impacts on the lives of women, children, families and Canadian society as a whole."

According to Wilson, "more education must be provided to the general public, about gender inequality, sexism and women's rights."

While there are many non-profit organizations working hard to help the women affected, "all levels of government and all sectors of society have to put this issue front and foremost, to ensure there are policies and procedures in place that create safer environments for women," says Wilson.

The Canadian Women's Foundation website states: "It is every woman's fundamental right to live in safety and security in her home and community - free from the threat of violence."

With that in mind, as November comes to a close, those working on this issue suggest that perhaps Canadians should consider every month to be Woman Abuse Prevention Month.

# Bulls in slump after taking a thumping in weekend action

United Way partners with hockey team in fundraising effort at Sunday game

By Kayleen Preston

The Belleville Bulls were overwhelmed by the Barrie Colts Sunday at the Yardmen Arena, losing 9-3 in the last of three weekend games.

The Bulls played a total of three games within 48 hours, losing every game, which has now progressed into a five-game losing streak.

The team began this weekend at the General Motors Centre in Oshawa Friday night losing 6-4. Then returned home to play Owen Sound Saturday night losing 3-2, ending with their game Sunday afternoon against Barrie.

The exhaustion was clearly hitting the Bulls on Sunday. Although they fought hard, a majority of the play was in their end throughout the entire game.

Charlie Graham, the Bulls first string goalie, was in net a majority of Sunday night's game. You could see in Graham's face that his spirit was shot down as every shot went passed him and into the net.

Over the entire game, Graham only took a short break with 7:46 left in the second period after letting in five goals. Connor Hicks replaced him, unfortunately letting two extra goals in the few minutes he was in net.



Photo by Kayleen Preston

The Belleville Bulls were trampled by the Barrie Colts during Sunday's game at the Yardman Arena. During the third period, Bulls goalie Charlie Graham turned in an attempt to grab the puck from the net, as Colts player Michael Webster (24) crashed and tumbled over him. The Bulls lost 9-3, making it the fifth game they've lost in a row.

At the end of the game, Barrie had a total of 39 shots on the Belleville net, and the Bulls only got 28 shots on net. Although his exhaustion was evident, Graham still did a fantastic job keeping a majority of shots out of the net.

There were a total of 2,090 people in attendance on Sunday night's game, and 81 of these contributed to people using vouchers to get a discounted ticket on behalf of United Way. By presenting the voucher at the box office, fans got \$5.50 off their ticket price, and \$5 from every ticket sold with the voucher went to the United Way.

During the pre-game until the end of the second period, the United Way also held a silent auction, which included a Montreal Canadiens autographed P.K. Subban jersey that went for \$850.

In total, the silent auction raised approximately \$1,100 to \$1,200. The money collected from the auction and vouchers helped United Way get closer to their goal of \$2,090,000 that they hope to reach by the end of the year. Before the game, the campaign was just over halfway of achieving that goal.

This is United Way's second year of their partnership with the Bulls.

The Bulls next three games are also one after another and are all out of town. The first game is in Niagara on Thursday, Nov. 27 at 7 p.m., second is in Mississauga on Friday night at 7:30 p.m., and the week finishes off with their third game Saturday night in Erie at 7 p.m.