



Photo by Robin Grant

Metropolitan Community Church attendee Greg Gregorovich holds a lit candle at the vigil for the victims of alleged serial killer Bruce McArthur in Toronto's east end. Community members came together on Sunday night to mourn the deaths of the five men in the LGBTQ community killed by the alleged serial killer.

Vigil remembers murdered men

Hundreds gather for candlelight evening to mourn their deaths

By Andrej Ivanov

A few hundred people gathered to mourn the deaths of six murdered men in Toronto's LGBTQ community during a candlelight vigil Sunday evening.

The vigil, at the Metropolitan Community Church of Toronto, was held following the recent charges of first-degree murder laid against Bruce McArthur, a 66-year old landscaper.

McArthur was originally charged on Jan. 18 with the deaths of Selim Esen, 44, and Andrew Kinsman, 49. Additional charges were laid against McArthur on Jan. 29 when Toronto Police Services included the first-degree murder

charges of Majeed Kayhan, 58, Soroush Mahmudi, 50, and Dean Lisowick, 47.

The Toronto Police Services investigation led them to investigate a Quinte-area home north of the village of Madoc, on Cooper Road.

For days, police guarded the house and property, but have since confirmed that it did not belong to McArthur. Local news reports stated the house has now been released back to its owners, but it is unclear whether it will be further investigated for evidence.

The Toronto vigil ceremony consisted of a memorial for the victims, who were commemorated by the deacons and priest at the church. As each victim was remembered, a candle lit in his honour.

Rodney Ruiz, a member of Toronto's LGBTQ community, said that in the four years he's lived in Toronto, he's briefly crossed paths with all the victims. "They are a part of our community,"

The ceremony was followed by a speech by Rev. Jeff Rock, who talked about the importance of community, solidarity, and support to emphasize "that is how love wins."

"Now, more than ever, we need solidarity across the lines that divide us of race or religion, of sex or gender, or sexuality or age, because this isn't a gay tragedy, and this isn't a race tragedy, this isn't a gender tragedy. This is a human tragedy," said Rock during his sermon.

His speech was followed by an anointment for those who wanted it, and a final prayer which ended the candlelight vigil in the darkened church.

After the ceremony, community members were invited to the social room of the church. There, it became apparent that quite a few people knew the victims or had experiences with McArthur.

Asked what brought him to the vigil,

Aubrey Smith's initial reaction was a simple, "Oh, wow."

Smith explained that, in the past, he had a brief acquaintance with McArthur. Smith said he had met McArthur on the patio of O'Grady's Restaurant at Church and Maitland streets in the LGBTQ village of Toronto.

Smith said that someone who knew Smith well counselled him against pursuing anything with McArthur.

"There was an altercation with him and I. He pulled on my arm and I just knew that something was not right. So with my intuition, I extracted myself from the situation," Smith said.

Some of those attending Sunday's vigil did say that they left with a sense of community, and that this was a good way to begin to heal.

Smith's friend, Robert Milkovich, explained he was there to support his friend and help with the grieving and recovery process. Milkovich said the

vigil and service are only the beginning of the healing process, as there will be new developments throughout McArthur's trial.

"We're in the immediate grief stage now, but we need to gird ourselves for more and go through a long process together," said Milkovich.

Smith stressed that more events like these will be necessary in the coming days.

"I'm glad I came, because it does give me a sense of solidarity and looking forward to the future and how we can support each other in these kinds of events," said Smith.

Although it is not an immediate sense of closure, the gathering did seem to offer some solace for the community members, a way to cope with their grief.

"I came here looking for answers. But I realized that there may not be answers and that kind of gives me peace too," Ruiz concluded.

Fighting overdoses with Naloxone

By Raven McCoy

Across the country, people have been scrambling to deal with a health crisis of epidemic proportions.

Ontario saw a 68 per cent spike in opioid related deaths in 2017, according to the Ontario Ministry of Health and long-term care.

Opioids include drugs such as heroin and fentanyl as well as pain relievers available through prescription such as oxycodone, morphine, codeine and many others.

Hastings Prince Edward Public Health's most recent statistics show 12 opioid-related deaths in 2016 within their 7,000 square kilometre catchment area from Bancroft to Prince Edward County, as well as 66 opioid-related emergency room visits.

In 2015 HPEPH only reported five opioid-related deaths.

The surging popularity and availability of fentanyl, an opioid often used as pain medication that is 100 times stronger than morphine, is a driving force in the crisis.

Fentanyl can end up on the streets through legitimate prescriptions or hospital thefts, but the most problematic way is as illicit fentanyl.

According to the RCMP, illicit fentanyl is often manufactured in China and shipped discreetly through the postal system in its pure and most potent form. Then before it is sold on the street, the pure fentanyl is mixed with other drugs to increase their potency, cut with fillers, made into counterfeit heroin or pressed into pills imitating popular opioids such as OxyContin. Counterfeit fentanyl based drugs are especially dangerous because the drug user may come across a part of the batch that is more concentrated with fentanyl and that could



Photo by Raven McCoy

Naloxone kits are available for students to sign up to carry at the Loyalist Student Heather Centre through HSPEPH's Lifesaver program. The kits include the nasal spray form of Naloxone as well as instructions and everything needed to safely administer the lifesaving drug.

lead to an overdose.

Melissa Wyatt is a third year student in the Child and Youth Worker program at Loyalist College. In

October of last year, she lost a close friend to the fentanyl epidemic.

"I was actually one of three people that were

around the same age as me, planning this 22 year old's funeral. That day we were like, 'We're going to the drug store and we're getting naloxone kits,'" she said.

Naloxone, also known by the brand name Narcan, is a drug that blocks the effects of an opioid on the brain and temporarily reverse the effects of an overdose. Naloxone kits contain everything you need to safely administer the drug which can be in an injectable form or in a nasal spray.

Naloxone kits are available for free at many pharmacies, methadone clinics, as well as at Hastings-Prince Edward Public Health, and the Loyalist Student Health Centre through the HPEPH's Lifesaver program.

Lauren Deans, the registered nurse working at the Loyalist Student Health Centre, says the clinic has had naloxone kits available since last spring and she believes about 15 people have signed up to carry the kits but fortunately, she believes none of them have had to be used.

"You can't kill anybody with it. You can only save people with it. So it's a no brainer," says Deans.

Wyatt shares the same sentiment about the Naloxone kit she always has in her purse.

"It's a very, very serious problem right now and if something as easy as this can reverse it, then why not? Why not have it with you?"

Wyatt, as a person beginning to work with teens, and interested in harm reduction, says it is her responsibility to do what she can.

"I just think it's really important for somebody like me, in the helping field, and somebody that has these connections with all these people to really be pushing for things like this."

She says the kits are accessible but not as accessible as she would like.



Photo by Mic lasenza

Performer of the Toronto School of Burlesque, Arra Kiss, proudly stands in the spotlight in Belleville while performing a dance with her team on Feb. 2.

Burlesque pays visit to Belleville

By Mic lasenza

As the small city of Belleville, Ontario settled down for another cold, winter weekend, The Toronto Burlesque Academy shows up just in time to shake things up and to stir up some excitement.

The burlesque troupe performed in the heart of downtown Belleville, at Capers restaurant on Saturday, Feb. 3. During the live show, women and men graced the stage with luminous colour schemes, themed, ostentatious dance numbers and of course, attitude, as they managed to

steal the hearts of each audience member while showing off their star potential.

Although the five-year-old Toronto Burlesque Academy is based in the middle of the well-known city, and is the largest burlesque school in North America, the academy chooses to be more involved with the public and enjoys showing off their multiple talents around and outside the province. They perform in small and big communities and help include everyone to understand the art of burlesque/boylesque/drag, while breaking any stereotypes along the way.

"I've been a part of the Academy for 10 years, and then started producing around eight," performer and main producer of Toronto School of Burlesque, Red Herring, said in an interview.

"Since everything behind the scenes is my responsibility, I have a lot to organize, but just like the other dancers, all I want to do is perform."

The two-year strong, troupe named "Femme Diagrams", who performed on the Belleville stage last Saturday, consists of eight members, not including the main hostess and drag queen, Daytona Bitch, to

help keep the show and laughter rolling in between the captivating dance numbers, and main producer and performer, Herring.

Although the troupe originally had 10 members, everyone receives a chance to perform solos, as well as group routines. Femme Diagrams are the largest burlesque troupe doing group choreography that's currently operating in Toronto, and are celebrating their longest running show this week, that has been a main Toronto attraction for six years.

After making a great impact through-

out the province over the last few years, and upgraded their learning environment in the city to go along with their increasing success, the team has made the effort to be fully involved with their surroundings, regardless of size, for example, at local events in Ottawa, Toronto, Montreal or small-town communities like Belleville, Orillia, and Kingston. The troupe has some big plans for the future and wants to continue to make a positive reputation for those who just want to have fun and feel free in their own skin.

Doug Ford launches his leadership run

By Robin Grant

Toronto politician Doug Ford took aim at the Liberal government during the official launch of his bid for leader of the Ontario Progressive Conservative party Saturday night.

"People across Ontario are suffocating under the weight of high taxes and big government," he told a room full of hundreds of supporters at the Toronto Congress Centre.

"Seniors are forced between choosing food, electricity, heating or eating. The people of Ontario have suffered under the Kathleen Wynne Liberal government far, far too long."

Ford entered the room to the *Rocky* theme song *Eye of the Tiger* and a roaring crowd. Speaking to supporters, he promised to tackle issues from heating bills to infrastructure to poor medical services and affordable housing and the loss of manufacturing jobs.

People of all ages chanted, "Doug! Doug! Doug!" as he spoke, and booed and hissed at each mention of Wynne's name.

Ford, the older brother of the late Rob Ford, was the first candidate to announce his run for leadership on Jan. 29 after accusations of sexual misconduct rocked the upper echelon of the Ontario PC party in recent weeks.

Patrick Brown stepped down as PC party leader in late January after two women came forward with allegations of sexual misconduct. Days later, former federal MP and Ontario PC party president Rick

Dykstra resigned when *Maclean's* confronted him about sexual assault allegations during the 2015 federal election.

With the PC party in turmoil, Ford isn't the only interested leadership candidate. Former MPP Christine Elliott tweeted "I'm in!" on Feb. 1. And on Sunday, Caroline Mulroney, a Toronto lawyer and the daughter of former prime minister Brian Mulroney, confirmed she would be running for the party leadership to be announced on March 10.

Despite promising to run a positive campaign, the one-term city councillor called himself the "the only candidate that will save you money and keep taxes low."

To more ecstatic cheers, Ford said he would refuse to introduce the controversial carbon tax, even under federal pressure.

"I'll tell the prime minister, just the same way his father said it, 'Just watch me.'"

Toronto resident Jerry Agyemang, who acted as Rob Ford's driver in 2013, said he liked how the former mayor respected the taxpayer and hopes to see the same from his brother. He called the last decade under the Wynne government "atrocious."

"The hydro, the riffs with the police, the taxes, the Green Energy Act. All these things that are making Ontario less competitive in the global market for jobs and the economy," he said, clutching the blue and white Ford sign supporters could pick up for free.

"People want jobs. People don't want to work part-time. People don't want to be competing with thousands of other people for jobs. I want to hear how he is going to turn it around."



Photo by Robin Grant

Politician Doug Ford officially launched his leadership bid for the Ontario Progressive Conservative party. Ford was the first candidate to announce his run for leadership after sexual assault allegations rocked the upper echelon of the Ontario PC Party in recent weeks.

The Pioneer

Editor, Stefany Harris
Photo editor, Yader Guzman

Faculty advisers: Frank O'Connor, Scott Whalen, Daniel Williams, Linda O'Connor

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

The Pioneer welcomes your letters and comments. Please send material to the editor at the address below before Wednesday. We reserve the right to edit submissions for content and length. All letters must be signed and include a daytime phone number.

Pioneer newsroom, 1N22, Loyalist College, Box 4200, Belleville, ON K8N 5B9 · 613-969-1913, ext. 2828.
E-mail: pioneer@loyalistic.on.ca



Ontario
Community
Newspapers
Association



Photo by Tyson Dusselier

Paul Dinkel stands in the dining room of his downtown Belleville restaurant, Dinkel's, in front of a painting he commissioned of Belleville in the 1800s. Dinkel won a Heritage Revitalization Award for his work on the town's original post office, where his two restaurants Paulo's and Dinkel's have been operating for 40 years.

Belleville heritage honoured

By Tyson Dusselier

The nomination period is coming to a close on Feb. 12, as Heritage Belleville prepares to award the next recipient of the Heritage Revitalization Award.

"The ultimate goal of Heritage Belleville is to identify, acknowledge and protect the heritage structures and landscapes within our community," said Chairwoman Janna Munkittrick-Colton, while speaking about the organization.

Special projects planner for the City of Belleville, Greg Pinchin, who is serving as the staff liaison to Heritage Belleville, described the committee as "a group of volunteers appointed by coun-

cil on two-year terms, and they advise council about heritage matters."

The committee has been in effect for some time, awarding nine former winners.

"Last year [they] decided it would be helpful to open it up to the public to make nominations as well." Past winners include St. Michael Catholic School, Bridge Street United Church, Sir James Whitney School for the Deaf, city hall, etc.

No one better understands the dedication and honour that is encompassed by this award than past recipient Paul Dinkel, owner of Dinkel's and Paulo's, two side-by-side restaurants in downtown Belleville that have taken the space of the city's original post office.

Dinkel, who is celebrating his 40 years in business on Bridge Street East, has made sacrifices regularly through the years to restore the building he both owns and occupies.

"It's the kind of passion that is not like building anything else... There is a lot of little details to bring these buildings up to the codes of today," Dinkel said about his experience maintaining the structure. He insists that while the process is slow and at times painstaking, "personal gratification has to be a big part of it. There's always so many other things you'd like to do, but it's not possible. Either because of the building laws or because it is far too expensive."

The colonial architecture and rich Loyalist narrative that runs the course of centuries in eastern Ontario has much to do with many of the awarded buildings. However, homesteads and landmarks with significance to prominent local figures and the city's development have been honoured, and as time passes, you will see an increasing variety of projects.

"In the past, the focus for protection was on residential homes that had historical attributes. As buildings in our community become older, the focus will need to broaden to take in commercial and industrial buildings that need to be recognized," said Munkittrick-Colton.

The focus is creeping towards the

townships as well as they too encompass much of the area's architectural history. "We need to broaden our horizons to look at places in Thurlow Township which is part of Belleville and has been for awhile," said Munkittrick-Colton.

The public generally offers a few nominations and the committee will often fill in the rest, finally awarding the lucky candidate on Feb. 22.

The evening will feature an address by Richard Hughes, president of the Hastings County Historical Society, and will be followed by discussion regarding Doors Open Belleville in the fall.

This event will be open to the public and held at the Core Arts and Culture Centre, from 6 p.m. to 8 p.m.

Child and youth care student works hard to help homeless

Melissa Wyatt took on project after seeing campaign on social media

By Abigail Paquin

Third-year Loyalist College child and youth care student Melissa Wyatt saw a Freeblanketz campaign on social media and took interest in it immediately.

The Freeblanketz project aims to collect donated blankets and give them to those in need throughout the winter.

The campaign started with an American rock band wanting to help people who don't have homes or warm clothes over the winter. Because Canada has some extremely cold winters, Wyatt wanted to take on the project here in Ontario.

"It launched in the States and it was originated by somebody in the band Never Shout Never and I sent him an email asking if I could do it and that's pretty much how I started," Wyatt said.

There is a bin to drop off warm blankets or clothes located in the child and youth care office on the third floor of Loyalist.

Wyatt has always been interested in donating her stuff and helping out, so this was the perfect project for her to take on.

It just made perfect sense for her to do something so simple like giving to people in need.

"Growing up, my mom, every month, would clean out my clothes with me, and we would go donate them to a bin," Wyatt said. "It's just

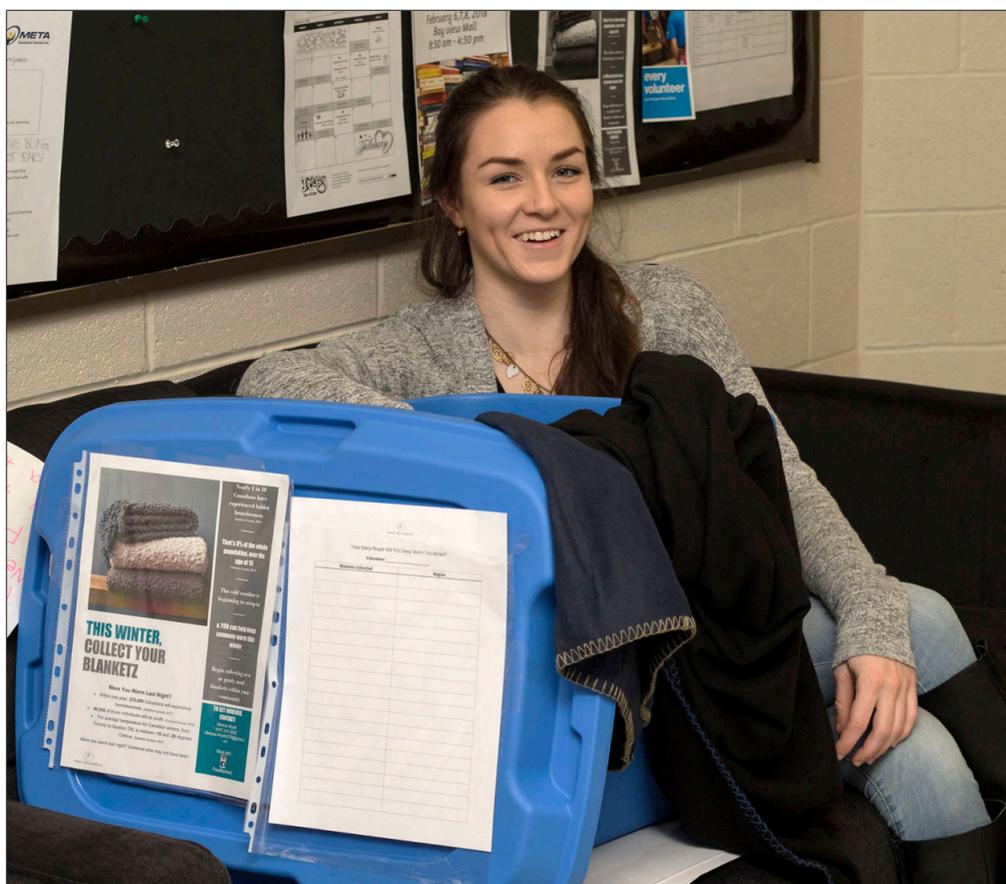


Photo by Abigail Paquin

Melissa Wyatt organized the Freeblanketz project to help the homeless by donating warm blankets for the cold winter days. Wyatt was able to gather 50 blankets and distribute them to different areas, including youth and homeless shelters.

a simple way of giving back and it's something I've always been passionate about."

Through posters and advertisement on social media, Wyatt was able to gather donated items and disperse them to different areas.

Wyatt has connected with organizations throughout the Quinte and Toronto regions that work with individuals living in poverty, people at risk, or people in need of housing. She is working with youth shelters, homeless shelters, and other community organizations to find people who need blankets the most.

Wyatt was able to enlist several people to help her with this project.

"I've had maybe about seven to 10 classmates to help me out with it, collecting their own and donating them to places as well."

Wyatt has her friends helping all the way from the Quinte region to Toronto. She has an expanded team of volunteers.

"I've collected 50 blankets at Loyalist so far. But that's before I've hounded everyone down and collected all the rest of the numbers, so hopefully we're a little bit further up there."

Wyatt plans to keep up with the project within the next few weeks until it gets warmer.

Wyatt also has other upcoming projects.

"I've been thinking about this backpack project which is similar to the blankets; it would just be collecting regular items like soap, toothbrushes, band aids and creating backpacks for homeless youth."

Wyatt wants to go bigger next winter with the Freeblanketz project.

Loyalist launches research centre and medical cannabis testing

New equipment introduced to lab to help in analysis and testing

By Mic lasenza

Although the use of medical cannabis has moved into the mainstream in the last 10 years with its copious amounts of advanced research, and ground-breaking evidence, people are still asking how safe it is – Loyalist College is hoping to give you a part of the answer to that question.

According to a news release, from the college in January, Loyalist received approval from Health Canada for a controlled drugs and substances licence for the purpose of research and analysis using medical cannabis. Earlier this month, Loyalist College introduced four new, large pieces of equipment to the Super Critical CO2 Lab, that allow researchers to analyze, test, and improve the quality of medical cannabis to ensure that patients are receiving their medicine without any harmful components.

The equipment the lab has purchased is primary focused and so far, consists of basic analysis. The largest piece of equipment is a 10-vessel automated CO2 extractor system that will admit researchers to process more cannabis samples and automate that process.

Some of the new analytical pieces the lab purchased involved the new Shimadzu HPLC and also, a mass chromatograph mass spectrometer used for testing cannabis potency analysis, for example; measuring cannabinoids, THC content, CBD content, and other various minor cannabinoids along with testing for residual solvent and terpene components. Another piece of equipment acquired was a freeze dryer. This will allow researchers to use a gentle drying process to dehumidify cannabis or any other plant matter without using extremely high temperatures.

“Loyalist has a highly successful 13-year, industry-driven track record of natural product extraction and analysis-based applied research,” stated Loyalist President & CEO, Ann Marie Vaughan, when the program was announced. “The college has contributed \$950,000 to the ARC to enhance lab extraction and analytical



While chemical engineering technologist Andrew Goulah examines a beaker full of hops for extraction, he makes a mental list for all of the new, unique equipment which will now be used for medical cannabis testing at Loyalist.

Photo by Mic lasenza

The college has contributed \$950,000 to the ARC to enhance lab extraction and analytical equipment, an investment which will truly set Loyalist apart.

Loyalist President Ann Marie Vaughan

equipment, an investment which will truly set Loyalist apart.”

Currently, Loyalist is the only college in Canada and the only Ontario academic institution to have a laboratory approved to conduct research activities with cannabis under the Narcotic Control Regulations.

“We are not set-up yet to do any kind of micro-biology testing” chemical engineering technologist, Andrew Goulah said in an interview. “We are looking towards that in the future. Right now, with the equipment available, we are looking more at the cannabinoids, terpenes, heavy metals and minor pesticides.”

According to the Government of Canada, Health Canada’s new, recent regulations that came into effect on Aug. 24, 2017, require medicinal cannabis to be tested by a third party before it is considered for medical use. Back in late 2016, several companies within the country were producing “medical” cannabis and selling it to the public while using banned pesticides.

The way the previous legislation was set-up by Health Canada; any licensed dealer could test their own product and claim it as medicinal, but after many complaints and issues, Health Canada proposed a new law for advanced third-party testing before it is distributed among medical dispensaries.

Goulah states, “By making this testing available, we are creating a safer reputation for medical cannabis, and making that information accessible to doctors and patients when needed.”

Since Loyalist College has effectively grown and become recognized among the cannabis industry, with hard efforts and patience, the college hopes to become the main testing lab within the country.

Cool Canadians love their winter activities

By Helene Brozowsky-Reinsch

The frigid temperatures of -14 degree Celsius did not scare away the town folk of Batawa, and surrounding area as the slightest.

There were even some people in attendance with quite a noticeable Quebec accent.

The third annual Batawa winter jubilee was held Feb. 3 and was enjoyed by many at the Batawa Community Centre. The Trenton MFRC and PSP teamed up with the CFB Trenton Pond Hockey Classic.

Being an all ages event, there were the young, the old, and many came as a whole family. Upon arrival, you can’t help but notice all the bundled up people getting out of their cars looking all cheery, and ready to join in on the activities (you could also tell who has enjoyed the excitement for a while already by the rosiness of their cheeks). There were well over 150 people outside coming and going, and inside the community centre they were just as many. There were people playing hockey on one rink and people on the other went joy-skating; while drifting along in the path area was the sweet smell of freshly made s’mores. The

wagon ride seemed well liked, and that was evident by the generally large crowd waiting there for their turn. Wagon owner Blaine Way let the passengers take a guess at trying to figure out what the two horses names are (Suzie, and Sarah are half

haflinger, a quarter Welch, and a quarter Belgian; but shh don’t tell anyone).

“Driving my team, and talking to old people who do not know much about horses,” Way said of what he likes most about giving wagon rides.

The horses are very well behaved, and generally galloped along, but when one of them drifted to the right when a vehicle wanted to go in that direction while still in the parking lot, Way called to the other driver, “Sorry; didn’t have my signal on.”

After a long day’s work though the horses started to get tired and a little boy noticed, “Why are they slowing down? They look tired... One just yawned. Oh look, they are speeding up again.”

The atmosphere was light, and people were having a joyous time. In the morning there were guided nature walks, everyone could test their talent at snow art, and sculptures, indoor crafts, and live music by Andie Forgie. Inside there were balloon animals and swords being made by Ivan Demine, and if they would accidentally burst he would just gladly make another.

“This is my first year at the event. I think it’s really cool. They do a lot of really great stuff and help the military families... Next year I want to enjoy using my skates, and go skating,” Demine said of the event, and the cause for it.

Helene Cadotte-Gagnon from the Military Family Resource Centre, says it is the first time this event is with the classic.

“It gets kids involved, and gets people out of their house. It is not expensive, most of it is free, and that is good because there are not that many free things for people to do anymore. It is advertised on Facebook and people seem interested in the event,” said Cadotte – Gagnon.

There was also free hot chocolate being handed out, hot dogs and hamburgers, fruit kabobs and gingerbread men, chocolate bars and more.



Photo by Helene Brozowsky-Reinsch

Families and children especially enjoy the Blaine Way wagon rides at the Batawa Winter Jubilee. “I was riding since I was big enough to hold on to the lines. It has been 54 years,” said Way.

The pepperonis sausages were going fast. Fundraising manager of the pepperonis, Bill Schwartz, said, “It’s been going very well. It’s a beautiful day, and it’s a great Canadian sport. My favourite part is meeting all these lovely people. All the profits from these sausages go towards the wounded warriors. It’s a lot fun; it brings

people together.”

People were laughing, smiling, sipping their warm drinks, and just enjoying the nice atmosphere of a wintery day.

As Schwartz later said, “This year is better because of the weather; the colder the better.”



Photo by Tyson Dusselier

Frazil ice runs down the western bank of the Moira River in the downtown area of Belleville on the morning of Feb. 5. Concerns of flooding come with the fluctuating weather leading into springtime.

Water levels getting higher

By Tyson Dusselier

The crackle and crash of the ice in the Moira River is part of a routine that comes around annually.

Cold fronts that come from behind and deceitfully warm weather are the causes of precipitation and snowmelt that funnel their way down the narrow corridor that is the canal.

This time of the year, the unpredictable Canadian weather will get cold enough to freeze a layer atop the river, later causing chunks of ice to sit like buoys among the rapids. However, it is often warm enough to send the ice

blocks sitting along the banks slithering in. These factors coupled with precipitation make the water levels unpredictable at best.

"Water levels in the Moira are higher than average for this time of the year, however they are still no where near flood conditions," said Quinte Conservation General Manager Terry Murphy in a statement on Feb. 2.

"We have very little snow in the north part of the watershed as of today so runoff is not an issue and based on today's conditions, we are not expecting any spring flooding."

This is good news in the wake of ru-

mours and uncertainty about potentially dangerous conditions.

However, Murphy is reminding Quinte residents that the situation is unstable.

"A sudden storm that dumps several inches of rain in a short period of time could change that prediction. Climate change has changed all weather patterns, so it is hard to predict long term."

The current water levels sit anywhere from 102 per cent to 205 per cent above their monthly mean in as many as six spots along the Moira River, from the northern watershed to the entry point into Lake Ontario.

The highest of these points is where the Moira River meets Hwy. 7 in Deloro and sits at slightly more than double the average February flow.

While precipitation and snow melt can be problematic in the case of warmer temperatures, it is important to stay informed through the month even in the case of extreme cold.

Frazil ice, a slushy ice that forms in moving bodies of water can stick to any materials below the surface, as well as the embankments, causing blockage. This phenomenon takes place below minus 18 degrees Celsius when frazil ice forms and often collects underneath

ice sheets, raising the water level.

This can be particularly dangerous without regular monitoring as frazil ice forms relatively unnoticed, often in areas where people have settled and altered the flow with infrastructure such as bridges.

As spring approaches, the river remains safely distant from flood levels but could still be subject to run-off in the case of extreme cold or warmth coupled with the right conditions. It is best to keep informed.

More information about water levels is available at the Quinte Conservation website, at www.quinteconservation.ca

Tiny homes a housing revolution

Company chooses to do things a little differently

By Cassie Gibbons

Across North America younger generations are bucking societal norms and living alternative lifestyles. In response to rising housing prices, people are turning to tiny homes, prefab homes, and towable homes.

Green Terra Homes, Canada's first and only certified steel home factory, located in Trenton, Ont., is looking to capitalize on this housing revolution.

"We're doing things a little differently. We're the disruptors," says Rob Kameka, director of sales at Green Terra Homes.

Producing a wide range of models, from 100sq/ft tiny homes to multi-tenant commercial apartment buildings, Green Terra Homes offers floor plans for a variety of needs.

Every Green Terra Home is fabricated on site before being shipped anywhere within continental North America. This allows each customer to fully customize their floor plan to suit their own individual needs and requirements during the fabrication process.

"People are moving to smaller footprints," says Kameka of the housing trend. "It's not for everybody," he continues.

In an effort to dispel common misconceptions about living in a tiny home, Green Terra Homes periodically hosts Tiny Home DIY seminars. These seminars explain rules, regulations, and building codes surrounding these alternative homes, as well as offering a few tips of the trade.

People from across the Quinte region attend, including Deb and Terry Richardson, who came to the seminar



Photo by Cassie Gibbons

Rob Kameka, director of sales for Green Terra Homes, stands over the 96 square foot frame of a tiny home his company is constructing.

with a plan in mind for their dream tiny home.

"We're thinking about 26 feet in length, we have a 25-foot trailer that we use now, and we stay in it quite a bit," says Terry Richardson.

"We'll be travelling in our RV and our tiny home would be just for when we need somewhere to park our butts in between travelling times, or if the weather gets too cold," says Deb Richardson.

Although new to the world of tiny homes, the Richardson's have plenty of experience in alternative living.

"In 2016, we liquidated everything. We got rid of our home and all our

'We produce very little waste, and we recycle as much of it as we can. Even the drywall is recycled to create lye for the local farmers.'

Director of sales Rob Kameka

belongings. So now we just sort of go from place to place. I've got a bit of a gypsy soul, so I've always been into that sort of thing but it took a while to talk Terry into it," she explains.

Green Terra Homes attracts a variety of clients, from those looking for adventure like the Richardsons, to those looking for something more affordable and eco-friendly than the traditional timber frame home.

With a focus on maintaining environmentally friendly business practices, Green Terra Homes uses 75 percent recycled steel in production. Where a timber frame home would typically require 40-50 trees to build,

a steel frame home requires only six recycled cars on average.

"In timber homes, it's typical to see at least 25 percent waste material, whereas with steel, waste material at Green Terra Homes goes down to two percent," says Kameka of his company's environmental efforts.

"We produce very little waste, and we recycle as much of it as we can. Even the drywall is recycled to create lye for the local farmers," adds Kameka.

As the housing market continues to change, Green Terra Homes is hoping to continue to build their client base.



Photo by Raven McCoy

Max Valyear, owner of Green Wheel Farms, sits at his dining room table with shelves of young microgreens behind him. The kitchen is where a lot of his work gets done in the winter from filling trays with dirt, to seeding to harvesting.

Farmer grows food organically

By Raven McCoy

Every work day for years, Max Valyear drove his car to a plastics manufacturing factory.

Nestled in Belleville's industrial district among other sprawling concrete buildings, workers came and went at all hours of the day and night. The plant produced countless amounts of automotive parts.

Valyear says he felt that the lifestyle he wanted and his staunch, long-held views on the environment, for him, always clashed with the work that he did to pay the bills.

"All we did was complain," he says. "We were negative; we were sick; we were never happy."

During his drive to work on the morning that he would be finalizing his resignation, he was full of doubt. He was about to walk away from a good hourly wage, a pension, benefits and a group of people that had become very good friends of his.

But he felt that he had had enough of making auto parts while there were already far too many cars on the road.

"I wanted to have some sort of impact that did some good, and this seemed to be the best way to do it," he said.

In 2014, he started Green Wheel Farms, where he grows food organically using intensive small plot farming methods. His goal is to waste less, make use of underutilized spaces and grow fresh, nutrient packed food for his community.

He plants food at the house he rents on Strachan Street near downtown in Belleville as well as on plots of land loaned to him by community members around the city, sometimes for free, sometimes in exchange for fresh vegetables.

As he says, "It's the first farm on the right," because it's the only farm on the right. Starting in April, you can see all sorts of produce bursting from the beds that line his front and back yard.

In the winter months, the living room

'I wanted to have some sort of impact that did some good, and this seemed to be the best way to do it.'

Max Valyear

and basement of his house are filled with shelves of microgreens growing under bright white lights. Microgreens are the nutrient packed young or baby versions of edible vegetables and herbs that can be eaten raw, in smoothies, in salads or in other, countless ways.

Claire Moore and Ann Earle-Dempsey both recently received their first orders of microgreens at their workplace from Green Wheel Farms.

"Living a healthier lifestyle is really important and I have children, so I

want to have that for them," says Earle-Dempsey.

Both Moore and Earle-Dempsey heard of Green Wheel Farms through word of mouth from their colleagues and look forward to spreading the word themselves.

Valyear grew up among his grandmother's flowers and ever since, he has always enjoyed being around plants. So when he decided he needed a change, it seemed natural to start growing food to combat the broken food system he long had issue with.

He sells his produce at the market, through his community supported agriculture program and to local restaurants.

"It's economical. It's better for the environment and aside from all of that, it creates community. People start talking to people."

Valyear wants Green Wheel Farms to be more than just a collection of garden beds. He envisions a community space

and an educational centre.

When he was Grade 4, on a cold January day, he went on a class trip to the Frink Conservation Area and Outdoor Education Centre, where his class spent the day outside, cooking over a fire and learning about nature. That day stuck with Valyear and now he wants to give other kids those experiences that may plant a seed in their mind like it did for him.

"I can remember in Hillcrest, on McFarland Drive, and Centre Street, where St. Theresa school is. That was a farm. I used to feed a horse a carrot there. That's in town," says Valyear.

He believes we have become very detached from the food we eat but it is possible for us to reclaim and fix our broken food production system.

"It's not going to be fast or easy but it's going to be a lot of people doing a little bit."

For a video look at this story, go to: <https://vimeo.com/254749761>

Snowshoeing under the bright night sky

By Cassie Gibbons

It's a bitter -20 C below as the silence that hangs in the air is broken by the side door of the white panel van sliding open and people begin piling out into the deserted parking lot of Vanderwater conservation area.

At 7 p.m., the sky is dark and full of stars, and the woods are alive with laughter and excitement as Andrew Twigg, along with his wife and co-guide, Lynn Guillemette, hand out pairs of snowshoes to a gaggle of eager hikers.

With snowshoes strapped tightly to their feet, the hikers switch on their headlamps, and are led onto the four kilometre trail by Guillemette, followed up by Twigg at the back.

Upon arriving in a clearing, Guillemette calls from the front, "Headlamps off!" The world goes black for a split second, only to be illuminated by the millions of stars that span across the sky, and off to the side, just barely peeking out from behind the clouds, a full moon.

These weekly snowshoe treks, at the conservation area about 20 kilometres north of Belleville, are organized by Twigg, who operates Cruising Canoes, an all-inclusive adventure company based out of Belleville.

"It's something fun for people to do after work," says Twigg.

"It's hard to get out during the day, and a lot of people are free Friday night," explains Guillemette of the decision to hold the events on Friday nights.

The treks begin by meeting at Signal Brewing Company, a brewery in Corbyville. From there, participants hop into the Cruising Canoes van and travel up to Vanderwater conservation area, before returning to Signal for a nightcap once the hike is complete.

"I wanted to find new ways of enjoying the winter to its fullest extent and realized snowshoeing makes winter hiking so much easier," says Kylie Aucoin, a regular on these snowshoe and nightcap expeditions.

"It's an awesome way to meet people and an awesome excuse to get outside. Especially if you don't want to go out and buy the equipment, it's a great way to sample a new outdoor activity, and the beer at the end is the icing on the cake," she continues.



Photo by Mic Iasenza

A group of participants lead the way through the Vanderwater Conservation trails on Feb. 2.

"The night-time snowshoeing is great because the stars are incredible! Not to mention the forest takes on a completely different vibe at night," finishes Aucoin.

"If you went during the day, it would be a com-

pletely different experience, up at the front, with all the headlamps switched off, you can see, with all the stars," explains Guillemette of the appeal of night time snowshoeing.

"We see new people every week," says Twigg.

No experience is required to attend these events, with the typical age range being 18-65.

The next snowshoe and nightcap event will be held Friday, Feb 9. The cost per person is \$40.



Loyalist Lancer Christopher Asomani, No. 21, jumps out of the crowd of players and reaches up to lay the ball in the net. The Lancers defeated the Fleming Knights on Tuesday night with a 94-46 score.

Photo by Stefany Harris

Lancers take home the win

By Stefany Harris

Loyalist Lancers fans roared from the stands on Tuesday night as the final buzzer to end the men's basketball game blared in the gymnasium. The men's basketball team swept the court with a 94-49 win against the Fleming Knights.

The basketball team took the lead early in their second game against Fleming and managed to maintain their position and power throughout the entire night. The Lancers haven't played the Knights since the first game of the season, but the results from that game mirrored this one. The Lancers were able to defeat the Knights 83-72 back in October on the Knights' court and on Tuesday night, they defeated their opponents again- this time on home court.

You could see the amount of focus, sheer determination, and pure want and need on all their faces as the players ran up and down the court. They played well defensively but dominated in the offense. The beginning lineup started strong with Angelo Sarsonas, No. 9, as point guard, Raymond Yeung, No. 11, as shooting guard, Noah Korovesi, No. 5, as small forward, William Dorelien, No. 15, as power forward, and Christopher Asomani, No. 21, as centre.

At the end of the first quarter, the Lancers were up by seven points. The team continued to grow their lead and by half time, they were 21 points ahead of the Knights. At the end of the third quarter, the home team was up by 29 points, and they ended the game with a hefty 45-point lead. The opponents put up a valiant effort to defend the attack of the Loyalist team, but they were not able to block the team's shots.

One of the top scorers of the night, Rijken Vilorina, No. 4, received his fifth foul of the night near the end of the third quarter, and was sent off the court by the referee for swearing. Head coach Patrick Kabeya yelled out, "That was very selfish of you!" and sent him out

of the gym.

Vilorina later said, "A player was throwing elbows at me, and I overreacted because the ref didn't call for a foul." Vilorina scored 18 points for the Lancers, being the second top scorer of the night next to Yeung, who scored 19 points.

A fun-spirited, yet competitive brotherly rivalry boosted the energy on the court and in the stands. Angelo Sarsonas's brother, Miko, played alongside him on the court as shooting guard for the opposing team, and their mother, who drove two and a half hours from downtown Toronto, came to cheer for both of her sons.

Head coach Kabeya laughed as he thought about the pair. "Miko is actually a big supporter of ours, even though he's on the other team."

"He's only 18 years old, but Angelo carries himself like an older guy. So much so that older guys ask him for answers on the court. With him being the way he is, I wouldn't be surprised if he looks at the game like any other game. I grew up with both guys, so it's kind of cool to see them play against each other."

The Sarsonas brothers previously played on a Toronto team in high school which was also coached by Kabeya. Both of them were received scholarships at their corresponding schools, to the chagrin of their mother.

"It was good for her to see her sons playing against one another. She would have wanted us to play on the same team, but we both have our different paths," said Angelo Sarsonas.

"But we're always motivating each other. I mean, that's what brothers are supposed to do."

The Loyalist Lancers are currently sitting at eight wins to eight losses in the season.

"I think as the year has gone on, we've gotten so much better. We've lost some games that I think we should have won, but more than anything, we're more competitive than we were last year," said Kabeya.

Women's volleyball continues to dominate

By Yader Guzman

The Loyalist Lancers women's volleyball team continued their domination of the eastern division of the OOCA over the weekend.

The Lancers added two more victories to their impressive winning streak, defeating division rivals the Algonquin Thunder 3-1 on Friday night before winning again on Saturday over La Cité 3-0. Their streak now sits at nine games while their overall record is a near perfect 15-1. Their one loss came at the hands of these same Algonquin Thunder early in the season, a game that head coach Amy Hoskin thinks her squad should have won.

"I don't believe it's a game that we should have lost, but as a team we weren't at the best place at that point. But it's always good to come back and beat that team. They beat us in five I believe, and we just beat them in four so that's always a good thing," said Hoskin.

The Lancers looked to be in control, when up 2-0, and tempers flared after a controversial call by the referee seemed to spark the visiting Thunder as they closed to gap 2-1.

"There's always a little bit of a rivalry between us and Algonquin. We're both east teams and we're fairly close to each other and we're usually fairly competitive so there's always a little bit there," said Hoskin.

The teams were more evenly matched from that point on, going blow for blow in what can only be described as a playoff atmosphere. In the end, the Lancers pulled through with some big plays defensively from Lorraine Spellman and some clutch offence from the more experienced Lancers squad led by veteran players like Sara Piana Yafu.

"It was a really good performance overall. Our team really executed," said Yafu. "It was super exciting, especially the fact that they're the only team we lost to this year, so winning was a good feeling. Revenge is the best word for this."

It is this veteran presence that coach Hoskin believes has been key to the team's continued success after last season's run into the playoffs and what will hopefully take them even further this year.

"I think the biggest difference for us is we have those veterans on our team now, they've experienced provincials. If you've never been to provincials, it's a hard thing to really understand, just that atmosphere and what it's all about. It's a really exciting venue to be in and



Photo by Yader Guzman

Lorraine Spellman makes a diving play during a match against division rivals Algonquin Thunder. The Lancers won the game 3-1 to improve to 15-1.

an exciting championship to be at and now that we have that experience, and that we have Lorraine with us now, it

makes a big difference," said Hoskin.

With only two games remaining on the regular season schedule against

Durham and second place Centennial, the Lancers have secured top spot in the eastern division. They will be watching

the western division closely as Humber leads that division with a perfect record of 15-0 with three games to play.



Ed Kraus, owner/operator of Ideal Bike Inc. on Front Street eyes the fat-tire bicycle wheel he's just finished hand-spoking. Kraus's Belleville shop specializes in sales and repairs, with a wide selection of bicycles, skateboards, and cycling accessories.

Photo by Cassie Gibbons



Most gardeners have to say goodbye to their hobby during cold winter months, but Robyn Donnelly spends all day tending to her flowers at the Barber's Flowers Ltd. shop in downtown Belleville. "All year round, no matter what the weather is, I can pretend I'm in a garden," she says.

Photo by Vanessa Tignanelli

OPEN FOR BUSINESS

By Cassie Gibbons

On the shores of the Moira River sits Belleville's historic and unique downtown district, affectionately referred to as 'The Village.'

Century old buildings line Front Street, their ornate architecture having been preserved throughout the years, despite the changing storefronts. This busy and vibrant section of the city is home to many businesses, and has been for many years.

"I bought the business to keep it in the family. That was more than 60 years ago. I've been here ever since," says Gerry Bongard, owner of Stephen License Ltd Bicycles and Hobbies located at 288 Front St.

"The Village' has been a hub and a home for hopeful entrepreneurs since Belleville first became a city in 1877. This has really allowed businesses to establish themselves as fixtures of the community, which in turn has helped owners to develop close relationships with their, often repeat, customers.

"You get to know the people you're working with when you're in the same town for this long," says John Irvine, owner of John's Hairquarters, located at 56 Bridge St.

Now in the midst of a downtown revitalization program put in place by the City of Belleville, 'The Village' is proving to be a prime location for small businesses.

"Belleville... it has its challenges, but it's full of opportunities," says Ed Kraus, owner of Ideal Bikes located at 225 Front St.

As Belleville continues to grow and develop, history remains alive in the downtown district, and familiar faces and familiar places can always be found on Front Street.

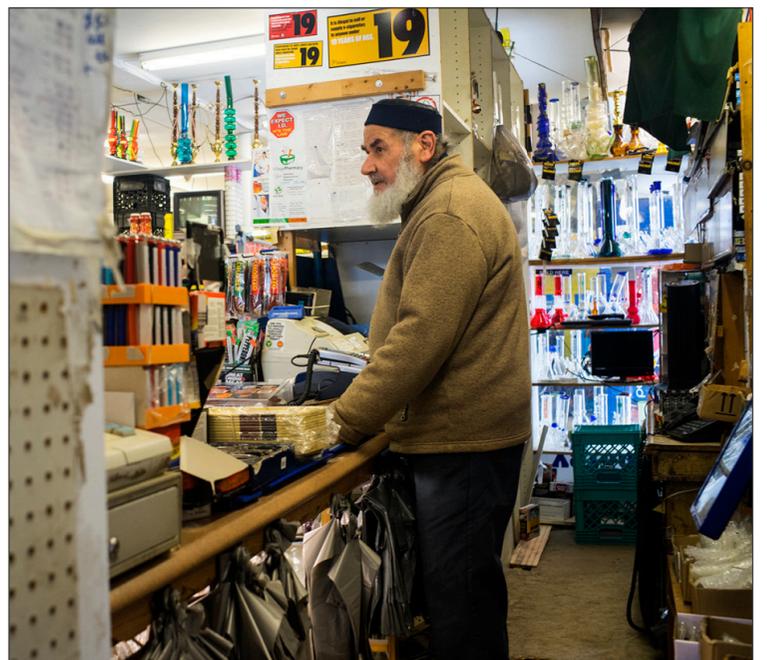


Gerry Bongard has worked at Stephen License bike shop for 62 years. Stephen License marked its 100th year in business on Jan. 9, being the second oldest business in Belleville behind Barber's Flowers, which has been in business for 101 years.

Photo by Hayden Morgan

Adam Tilley, owner/operator of The Brake Room, a combination coffee shop, bike sale and repair shop, says the best part about owning his own business is that 'I am accountable only to myself. My successes are mine and my failures are mine. I don't have to worry about somebody else's perceptions or goals or vision.'

Photo by Yader Guzman



Mohammed Saleh, from the Islamic Society of Belleville, is also the owner of Super Duper Convenience. He is seen here behind the cash.

Photo by Tyson Dussellier



Clockwise from left, Aidan looks to his dad and repeats after him "I got this, I got this" before attempting to swallow the chemotherapy pills to treat the cancer in his brain. Aidan will often struggle for up to an hour to get the three pills down. Often he will become violently ill immediately after swallowing the toxic pills his dad must use gloves to handle.

An MRI of Aidan's brain is displayed on a laptop in his father's basement apartment in Belleville Ont.

Wayne and Aidan have dinner at a restaurant in Toronto before attending a Toronto Raptors game at the Air Canada Centre.

Wayne and Aidan playfight over a box of Timbits while going through the Tim Hortons drive-through on the way home from a rare full day of classes for Aidan.

After struggling through close to an hour to take the chemotherapy pills, Aidan rests in his father's home. Aidan goes through treatment cycles of five days on and 20 off before undergoing an MRI to see how the cancer is responding. During the cycle, he cannot attend school as he himself becomes toxic and would put his classmates and teachers in danger should he become ill. The medications leave him weak and exposed to infection as the chemotherapy takes a toll on his immune system.

Aidan, exhausted, waits for his dad to check them out of their hotel. Aidan had to see a doctor on short notice as Wayne noticed he was having trouble standing or sitting up straight. The doctors informed them that the cancer is now affecting Aidan's spine and he will need to undergo further testing to determine a course of action.

Childhood Cancer - Not Rare Enough

Photos and Text by Yader Guzman

Childhood cancer in Canada is relatively rare. But in a country as rich and as fortunate as this, more should be done to save not only the lives of the children diagnosed, but also those of their families and siblings who also suffer.

Between 2009 and 2014, there were 4,714 new cases of cancer in children up to 14 years old. While this is just one per cent of all new diagnoses each year, that number still represents roughly 1,000 children. Of these, 119 will die prematurely. While over 80 per cent of children diagnosed will survive cancer, that is still a higher mortality rate than asthma, diabetes, cystic fibrosis.

While more children are surviving cancer than ever before, the strain on the health and social welfare system, as well as the family and child themselves, doesn't end when one beats cancer. Two thirds of survivors are left with chronic, long-term side effects as a result of not only the cancer but the treatments to fight the disease with treatments that are usually designed for adults.

Cancer acts and affects children differently than it does adults. Cancers and tumors are found in different organs and the disease spreads throughout the body more quickly in a child than in an adult.

Still, large pharmaceutical companies refuse to invest in research and development of child-specific cancer treatments and governments are unable to force them. So, it is left to private donors and organizations to raise and distribute the funds to the researchers who are targeting childhood cancer.

Currently, only five per cent of all cancer research funds are directed to tackling the specifics of childhood cancer. While some say this number is proportionate with the number of cases seen in this country, others urge governments and big pharma to do more, and point to the fact that despite the lack of funding, survival rates have gone from 60 per cent to 82 per cent in the last four decades.

Aidan

In December 2015, Aidan Reil, 10, of Belleville, Ontario was diagnosed with gliomatosis cerebri. It is a rare form of brain cancer that spreads quickly throughout the brain like a spider web, making it impossible for doctors to remove it.

Prior to diagnosis, Aidan was a normal, healthy 10-year-old boy. It wasn't until Labour Day that same year that he suffered a sudden bout of seizures that landed him in Belleville General Hospital.

Aidan was kept at Belleville General late into the evening. While doctors there were confident it wasn't anything to be overly worried about, they conducted a series of tests and were in contact with Sick Kids in Toronto which eventually led to Aidan being transported to there in an ambulance along with his father Wayne and mother Sarah.

Aidan underwent another two and a half months of testing at Sick Kids, at great expense to his parents due to missed work, hotel rooms, meals out and parking fees. Finally, the diagnosis came and their lives were turned upside down.

Gliomatosis cerebri is an aggressive form of cancer. Children diagnosed with this disease don't usually live past 12 months. No known cases of this form of cancer have ever been cured.

Aidan continues to fight this disease, 25 months post-diagnosis. He has undergone chemotherapy treatments that make him vomit, treatments meant for adults that leave him too weak to attend school and stay in quarantine in his own home.

He has had to withstand numerous doses of radiation, he's lost his hair and grown it back again. For a time, the cancer stopped its deadly spread - nobody seems to know why. However, towards the end of 2017, the cancer had begun to spread again. Aidan ended the year in and out of Ronald McDonald House where he spent weeks at a time while undergoing clinical trials at Sick Kids. The trials are a last-ditch effort to prolong his life with drugs, again, meant for adults, and so new that he needs 24/7 supervision.

On Dec. 31, 2017, Wayne posted to 'Aidan's Journey', a Facebook group started to keep family and friends updated on the status of his little boy that Aidan had again shown great timing, making it out of hospital in time to celebrate the new year at home with his family. That post prompted countless 'likes' and messages of love and encouragement.

On Jan. 12, Sarah posted to the group asking for privacy and patience, as they had received the latest MRI results and they were not what they wanted to hear.

