



Photo by Tuan Minh Nguyen

Darling Darling from the NorthFIRE Circus performs a fire show during the Winter Family Fun Festival at Loyalist College last Sunday. Darling said she was excited to see so many people come to see and support the show she performs. For more photos, see pages 7-8.

Families enjoy a day of winter fun

By Tuan Minh Nguyen

The Belleville Winter Family Fun Fest 2023 was scheduled to begin at a.m. on Sunday, Feb. 12, but from 10:30 a.m. on, a long line of vehicles had already formed along Wallbridge-Loyalist Road to enter Loyalist College to attend the event.

Staff were positioned at every entrance of the campus to guide attendees. This is the first time Loyalist has hosted the festival.

Special events co-ordinator for Belleville Chamber of Commerce Tiffany Young said that there were around

6,000 attendees at this year's festival.

"I'm so grateful. There are so many people here," she said. "Definitely more than we expected this early on in the day, but I think it turned out fabulous."

Young said that the Belleville Chamber of Commerce and Loyalist College had been in discussions for three months to plan for this event.

"We each came up with a wish list of what we wanted to see at a winter festival. We brought all those things together and managed what we could or what we could not do," she said.

"And then, over the course of those three months, it's coming together and seeing what attractions are available, what everyone thought would be the most fun attractions, and what they usually expect at any of these events."

Young said that there were 60 people working, including volunteers from Loyalist, to prepare for this event.

"Loyalist have great facilities indoors and outdoors, so we were able to use all of that," she said. "It's just been a great partnership with Loyalist. It's a big team."

Karan Sharma, staff at Student

Life, who is also a volunteer for the Belleville Winter Family Fun Fest, said that he got information about a big event being held at Loyalist two months ago. He had been preparing for the event for a month.

"It's amazing, it's truly amazing," he said. "I've been here for almost a year, but I haven't seen any kind of event which gives us opportunity to have everyone come together like this."

Attendee Chireg Patel found out about the festival through Loyalist's Facebook page. He said that his children were very excited to attend the event.

"It's very good and it's very exciting. And there's a lot of stuff for small babies," he said. "My kids are very excited to see all the different kinds of activities."

The Belleville Winter Family Fun Fest featured winter-themed arts and crafts and attractions. This year's festival included a variety of activities such as a fire & ice show, appearances by Disney Princesses Anna and Elsa, lumberjack shows, ice sculpture and demonstration, horse-drawn carriage rides, free hot chocolate, free maple candies, free give-aways and food trucks on site.

Time to start thinking about graduation

By Danielle McPherson

With grad photos finishing up last week and the recent e-mails reaching students' inboxes about graduation, there has been a lot of talk about the next steps, plans, and goals for after graduation around campus.

Some students are giddy with excitement while others seem to be panicking over what happens next, whether it is career advice, or checking if you have any missing credits. There is someone on campus who is ready to help and point you in the right direction.

Second-year Filmmaking, Television & Digital Content Creation student Jade Spears says that she is a mix of nerves and excitement as she gets closer to graduating this summer. Spears is excited to continue developing her independence and growth as a young adult but is worried about finding a stable job.

She plans on looking for a job over the summer, but if she cannot find one that is long-term, Spears plans on returning to Loyalist for the optional third year in her program.

When asked about the services available to help her look for a job and/or guidance, Spears said that she knows of the Career Centre and Student Success, but not how to make use of it.

"I am aware of them, but I don't really know how to access them. I see it advertised on the website and social media, but kinda more of a guide on how to get there. I don't even know if I can go in person, or really anything about it."

With the COVID-19 restrictions basically gone on-campus, Paul Smith, director of career services and work-integrated learning, invites students to book an appointment with an advisor, or simply pop



Photo by Danielle McPherson

Loyalist College's Career Centre hosted a career fair in the Shark Tank Pub last Friday. Students in human studies were encouraged to attend the career fair to build their professional connections and hand-out resumes to businesses.

in depending on how busy it is, with any questions they may have.

"If there is anybody who has questions, please come see us, 2H3, Career Centre, we will be more than happy to sit down with you and have a conversation with you."

Smith said that the Career Centre is here for students, graduates, and alumni, helping with everything from first interview jitters to simply brushing up your resume.

"Our services are here for students, graduates, and alumni. We are anxious to help them to achieve their greatest successes so that they can reach their fullest potential," said Smith.

Last Friday's human studies career fair was one of many. Two weeks ago, Loyalist held a fair for police studies, and more are coming. Smith encourages students to come to the centre for help and advice on their resumes and cover letters.

The centre offers a wide variety of sup-

port to both current and former students that can help them in their professional life. Aside from resumes and cover letters, the centre also helps with interview preparation, building a LinkedIn profile and professional social media platforms, portfolio development, job postings, and more.

Even for those who don't have a plan for after graduation, Smith says that he and his team are able to help you find what works for you and your goals. They

do not give you answers but they will ask the questions you didn't know you needed to ask.

"We will never tell you what to do. We will ask you better questions that you can answer yourself."

Depending on what students are looking for, some basic tips and information can even be found on the centre's website.

Aside from the technical aspects of preparing for interviews, the centre also helps and focuses on work-integrated learning and experiential learning before going into the workforce.

According to the college's website, they define work-integrated learning as "a form of curricular experiential education that formally integrates a student's academic studies with quality experiences," and provides students with real-world knowledge of the fields they are going into.

Experiential learning, known as learning, happens during on-campus activities or co-curricular activities, such as clubs, sports, etc.

Smith went on to say that both forms of learning are important in a student's school and professional career.

"Work-integrated, experiential learning are programs that encourage and provide opportunities for students to have quality experiences related to their field...both are about helping students to see what they are learning with their involvement at Loyalist is transferable to the world of work."

Smith says even without a plan in mind, it can still be valuable to have a conversation with one of the advisors and that so many students don't take advantage of these resources, or underestimate their value.

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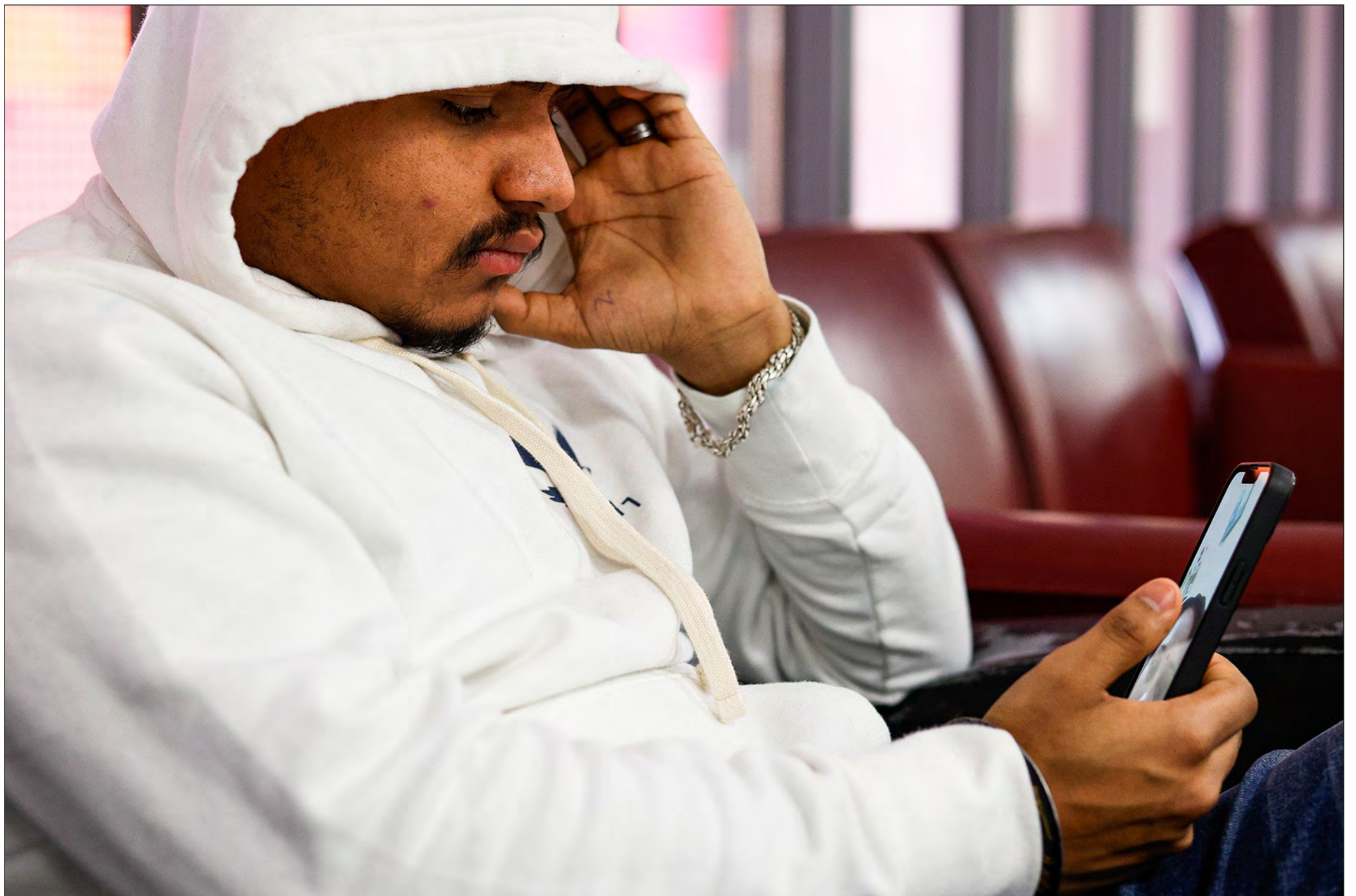


Photo by Tuan Minh Nguyen

Samar Singh Grewal calls his mother back home in Punjab, India before he goes to class. He calls his family at home every day before they go to sleep. Grewal has been in Canada for six months, but says he still feels homesick when he calls home to his family.

Students cope with homesickness

By Tuan Minh Nguyen

Samar Singh Grewal sits on the sofa outside the hallway, with a hoodie hood covering his head. He is video calling his mother back home before starting his class, occasionally sniffing. He was feeling sick.

Not far away, at the end of the hallway, Cynthia Gihozo is quietly walking back to her dorm after a morning class at college. Today her class was running late so she didn't call home. Both of them come from different countries and cultures, but they both share the same feeling. It is homesickness.

"I'm suffering from a fever right now, and I didn't want to do anything. So, I just feel like if my mom were here, she would always treat me in different ways. She would make my favourite food, give me some medicine, and give me a lot of love," Grewal said.

Grewal is currently a first-year student in the construction engineering technician program at Loyalist College. Ever since he came to Canada to study abroad, he calls his family in Punjab, India every day.

"My mom won't go to bed if I'm not called to see her," he said. "Actually, since my childhood, I have never been this far away from my family. I'm here

and I miss my mom a lot."

For Gihozo, the frequency of contact with her family back home is not as frequent. It's difficult for her and her family to communicate because of the time difference.

"They are always busy," she said. "And sometimes, like now, I have time, but back home it's night, and they are sleeping. That's kind of hard."

Gihozo is currently in her final year in the public relations-event management program at Loyalist. When she first came to Canada, she was able to call her family every day. But now, with her busy schedule preparing for graduation from college, combined with her part-time job on the weekends, Gihozo can only manage to call her family in Rwanda a little bit on Saturday or Sunday when she has time off.

In the beginning, adjusting to the new life in Canada was not easy for Grewal.

"In the first three to four months, I felt homesick," he said. "I was also going through depression and a lot of stress."

Gihozo also found it difficult to adjust, especially due to the lack of familiar foods and the harsh winter weather.

"During the winter, there's nothing to do, just going to school and going back home, staying in your

room," she said.

Grewal was lucky to have friends from his home country, who he considered as his brothers in his early days in Canada.

"Most of the time I talk with my friends, my roommates, they also come from my country. We have seven people in our home, and we are all good friends, we talk to each other," he said. "If I feel homesick, they try to make me laugh. They are very kind to me. The atmosphere of our home here makes me feel like my home in India."

Unlike Grewal, Gihozo only has three friends from Rwanda that she knows.

"I just sleep and drink. There's nothing I can do," she said.

But Gihozo finds comfort in her dreams. "Every time I miss home, I sleep. When I'm sleeping, sometimes I dream about my mom, dad, and brother," she shared. "At least you can see people you love. So that's what I do. At least when I'm sleeping, I start to see them. I feel like I'm at home for a little bit of time."

Grewal will complete his course next year, but he has a long-term plan to stay in Canada. Similarly, Gihozo also plans to stay in Canada after graduation from Loyalist to find a job.

"I love home and I miss them. I wish

to go there and see them," she said. "But in Canada, there are a lot of job opportunities here."

Loyalist international manager Jodie Russet said that the college does offer support to students before arrival and upon arrival to assist them as they navigate arrival in a new community, country and campus.

"We offer pre-arrival workshops and orientation programs where we specifically discuss homesickness and the many emotions that students may or may not experience," she said.

"We have several student leaders that are hired to support new students and be a friendly face, someone to talk to as we recognize that it is a very big culture change."

"We have staff in the centre who have also been international students and can share their stories and feelings of their own experiences. We have an open-door policy in our office so students can connect with staff quickly and when needed, the team would refer students to Student Success as referenced above."

Student Success director Aaron Doupe said that Loyalist also has a number of plans to support the mental health of international students.

"Our free, confidential on-campus

counselling services are available to all students and we are pleased to see the number of international students accessing our services increasing each year.

"Our counsellors can assist students who may be experiencing homesickness or facing other challenges as they navigate their transition to Loyalist and to Canada," he said.

"Thanks to a grant from the Centre for Innovation in Campus Mental Health, Loyalist College Counselling Services is partnering with the Canadian Mental Health Association of Hastings Prince Edward to develop new supports with the needs of international students in mind."

Currently, Campus Supports provides mental health support to students through the My SSP (Student Support Program). Specifically, My SSP can help students with issues such as health, including stress, sadness, anxiety, depression, wellness; living away; loneliness, confidence, time-management; relationships: family, friends, roommates, culture, communication; and student life: study habits, etc. This program supports students in multiple languages, operates 24/7, and students can also request specific counsellor options.

Graduation...

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"They don't understand the value of sitting down and talking with a career advisor and so they end up spending a lot of time spinning the wheels when sitting down with somebody who knows the right questions to ask that could free them from whatever they are stuck with."

Sometimes all it takes is someone asking a certain question or coming at it by another angle. Rather than racking your brain and coming up empty, Smith added that one of the department's biggest challenges is making students, graduates, and alumni aware that "there are better ways to do it."

Unlike the career centre, Aaron Doupe, director of Student Success, said in an e-mail that they typically serve and work with students who are actively enrolled in a program here at Loyalist. Doupe went on to say that when they do hear from graduates or alumni, it is usually for referrals to support for health and counselling within the community outside of campus.

For the students who do reach out to Student Success for help when preparing to graduate, Doupe said that their team is always ready to help, whether that be with connecting students with the correct resources, or making sure they have everything in order.

"We encourage students preparing to graduate to reach out if they would like to review their credential requirements and progress, access academic supports, or seek guidance and referrals."

No matter what the plan, or if there is even a plan at all, for the class of 2023, the end is near and in sight with only 64 days till the end of the semester.

Stress relief comes in form of art therapy

By Kennedy Babutac

Jodi R. Cooper runs the art therapy sessions that happen every week in the Shark Tank Pub. She holds these sessions to help students de-stress and help get their creative flow back on track.

"I became a student at the Vancouver Art Therapy Institute in July 2022, and I started my first placement in October 2022," says Cooper.

Rebecca Carmen is a friend of Cooper's and comes to these art therapy sessions to support her, as well as loving art.

"Honestly, it's been really neat because I would never do certain things if it wasn't for coming here," says Carmen. Art therapy can "reduce pain, anxiety, and tension, as well as enhance the emotional, spiritual, cognitive, and physical well-being. It is often used to improve the symptoms of anxiety, depression, and trauma," according to the Pasadena Villa website.

A few students arrived at the art therapy session last Thursday and joined in. There was one who was taking up origami and another was colouring. Asked if they'd return to the art therapy sessions, they both agreed to return another time.

"My goals for art therapy are to share it with as many people as possible. I believe everyone is creative and they don't need to be artists to experience reduced levels of stress that happen when engaged in a creative state of flow," says Cooper.

According to the Pasadena Villa website, "Art therapy supports personal and relational treatment goals for clients. It can improve cognitive and sensory-motor functions, foster self-esteem, and



By Kennedy Babutac

Every Thursday down at the Shark Tank pub, Jodi Cooper holds an open art therapy session for those who like to join and every week there is something new to explore.

self-awareness, and reduce and resolve conflicts and distress. Engaging the mind, body, and spirit, art therapy gives clients a voice to experience and empower them as they make an individual transformation."

Cooper is a faculty member of Loyalist College and knows that around this time of year, students tend to work up a lot of stress.

"When I was an art therapy student myself, I thought Loyalist would make

a perfect site, do some of my placement hours, so I ran the open art therapy studio and it really about combing art to self-care," says Cooper.

Art therapists work everywhere -- in hospitals, school crisis centres, community clinics, senior communities, and psychiatric and rehabilitation facilities. Cooper brought this art therapy session to Loyalist because it can be a very stressful place and sometimes you just need a way to let emotions out.

Asked if she would recommend art therapy to everyone, Cooper stated: "Yes! The open studio that I run in the Shark Tank every Thursday from 11:30-1:30 is about having fun, self-expression, camaraderie, and taking a well-deserved break to explore some creativity. Everyone can have fun with this, no art experience is necessary."

For a video look at the story, click on the link:

<https://vimeo.com/798971230>



Photo by Danielle McPherson

Kelsey Adam poses for photos during her boudoir shoot. Adam scheduled the session to have photos to submit to Inked magazine's 2023 Covergirl competition. This will be Adam's second time in the competition. Adam is currently in the first of six rounds. The first round closes at the end of this week.

Model dreams to become cover girl

By Danielle McPherson

Seen as a hobby by some, and a career by others, working as a model is more than sitting still and looking pretty for the camera.

And what started as a fluke eventually turned into a passion for Kelsey Adam.

The soon-to-be 36-year-old, who was raised in the Brantford/Toronto area and is now living in Bracebridge, is in the first of six rounds to be Inked Magazine's 2023 cover girl.

Founded in 2004, Inked Magazine calls itself as "the outsiders' insider media." The magazine covers a variety of topics, including tattoos, but also music, fashion and sports.

The winner of this year's cover girl competition will have an exclusive tattoo session with Ryan Ashley, photo session with Christopher Kolk, and win \$25,000.

This is Adam's second time competing in the competition and she says she believes this is her year.

"I'm going for it again, I'm taking the chance." During last year's competition, she finished in the quarter-finals in third

place.

If Adam wins, this will be her first time on the cover of a magazine but will be a return to the familiar life of posing in front of a camera.

While at a club in Toronto with a friend in 2006, Adam says that an agent with the model agency called Corestone Management approached her, claiming that she could be a model. Adam thought that it was just a joke or an overused pick-up line, and wasn't taking it seriously, but she took a business card, and later, started a passion she never knew she had.

Taking her mom along for support, Adam went to her first audition expecting a two-hour shoot, but that quickly turned into an all-day affair.

In a flurry of private hair and make-up artists, flashing lights and all attention on Adam, she says that her first shoot was a day she will never forget, and that by the end of the day she didn't even feel like it was work.

"It was only supposed to be two hours and two outfit changes, and it ended up being eight hours, eight outfit changes, just because they said they loved my look.

They said I could look 16 or I could look 25."

Adam signed immediately with Corestone Management for a year and afterwards, moved on to other agencies such as Icon Model Management.

Before modelling, Adam described herself as shy and quiet, and now credits her years as a model for turning her into the outspoken and confident woman she is today.

"Modelling just got me out of my shell and now I'm just a super outgoing person. I love modelling because it made me into the person that I am today."

Although Adam's parents saw her modelling as a hobby rather than a career, they were always there getting her to auditions and bringing her portfolio book every time they left the house.

"They thought it was just a hobby, even though they took me to every audition, and every single acting class and every shoot," said Adam.

Adam said that at the time she was not driving and had to rely on her parents to drive her from their home in Brantford to Toronto weekly for her modelling.

In the car, her mom or dad would wait, sitting and reading a book to pass the time. "Just waiting for me to do my thing," Adam said.

Ultimately, Adam listened to her parents and slowly started booking less and fewer gigs, picking up more hours at jobs that could be "careers," as her parents said.

While Adam may not have gotten to be one of Victoria's Secret Angels, she is still hopeful that some day she can earn her wings and walk the stage with the other angels.

"I would love to walk that runway, I think it would be such a cool experience. The girls are so happy, they look beautiful, they've got wings; it's just so fun!"

Although she is still waiting for her wings to come, Adam has since reached other goals in her life such as becoming a homeowner before she turned thirty, moving to a new town and loving her independence.

Ten years ago, Adam moved from Brantford to Bracebridge, Ont., at 29, she became a homeowner, and Adam is now a dog-mom of two dalmatians, Milo and Cooper, who will be six this year. Ever

since she was a child, Adam has wanted a dalmatian, she purchased Milo as a puppy, then later rescued his brother Cooper, saying she didn't know how anyone couldn't love him as he is the sweetest thing.

Adam bounces between working at Bracebridge Boston Pizza as a bartender and waitress, and at the local bank.

Although being very busy in her new life, she says "I would do it again in a heartbeat if I could still do it. I mean maybe one day."

The former model hopes to use the Inked Covergirl competition as a potential stepping stone back into the world of modelling and adds that family and friends are constantly asking if this is her going back to the industry.

Everyday Adam asks and encourages voters to vote for her on her Inked Magazine Covergirl, adding that while she doesn't have as many tattoos as the other women in the competition, each of her tattoos has a story.

<https://coverinkedmag.com/2023/kelsey-adam?fbclid=IwAR26waGblF3-WwKq16-4xGJMYT7e9ddkuw->



Sarah Routhier-Clark, one of the owners of My Sister's Boutique, searches through the dresses in the store.

Photo by Shelby Holmes

Prom Project makes return for upcoming dances and other social events

By Shelby Holmes

Prom Project is returning after a brief hiatus during COVID. Hastings and Prince Edward Learning Foundation no longer organizing the project, and it is instead being run by other groups.

During COVID, schools were either doing online learning or in-person learning while following rules, and most formal events were cancelled as students either weren't in person at the time or the event wouldn't be safe and follow regulations.

This year, however, formal events for students are back and many students are going to need formal wear.

Prom Project is where formal clothes are donated and given to those who need them. This year, My Sister's Boutique, a shop in Quinte Mall, got involved with the project and is working alongside the Quinte Mall and The Children's Foundation to make it possible.

"We had heard about it a couple years ago through the learning foundation, and we contacted them to say we wanted to be involved. We weren't really sure how we could help out, and then they decided that they didn't want to be involved in it anymore, so we offered to take it over," said Sarah Routhier-Clark, one of the owners of My Sister's Boutique.

Donations are currently being accepted and the giveaways will happen on April 20 to 23. All the donated items will be set up and the people who need formal wear can take what they need.

"The locations are here at the store and the old La Senza by the food court," said Pam Taylor, another owner of My Sister's Boutique.

"We'll have all the donated items set up, and

'We'll have all the donated items set up, and then the youth that need stuff for free for their events can just come and take what they need!'

Sarah Routhier-Clark

then the youth that need stuff for free for their events can just come and take what they need," said Routhier-Clark.

My Sister's Boutique is a family-owned business that opened in October 2022. They are a dress rental store with the goal of offering people an affordable option and to be sustainable.

A lot of clothing goes to landfills every year, so the boutique focuses on renting and reusing dresses to try and reduce the amount of clothes in landfills.

Some of the clothing in the store are new items, while some are used. Donations are accepted, and in return the boutique would give 10 percent off any rentals or future purchases.

To rent a dress from the boutique, you would go pick out your dress, pick the date of your event, and book it.

"They say about 800,000 pounds of clothing goes to landfill every year, so by reusing dresses and renting them and not going to landfills, then we're helping with the environment," said Routhier-Clark.

Alongside wanting to provide an affordable option and being sustainable, the boutique wants people to feel empowered for their events.



Photo by Louis Oliver

A Valentine interlude

Tara and Dougie Plummer share a kiss in front of the Belleville's bay bridge on a Valentine's day date. Many couples celebrated the special day with a special dinner, flowers or chocolates.

Fishing store in Madoc owner's dream come true

By Shelby Holmes

The line gets cast out, and patience is needed while waiting for a fish to take the bait. Waiting to feel the pull of a fish biting, the rush as the fish gets pulled in, the triumph as the fish comes out of the water with a hook in its mouth.

As all of this happens, it's as silent as possible, for fear that a loud noise may scare away what is being fished for. The sound of waves, a line being casted, and perhaps voices may be heard while waiting, and the smell of the lake might fill the air.

To some, fishing may provide a sense of peace, and Hannah Salt is one of those people. Salt has gone fishing for years, and owning her own business is something Salt has always wanted to do. During the COVID pandemic, Salt needed a new job, which ended up with her opening up a fishing store in Madoc called Fish & Co.

"Nowhere was really hiring that I could see that I liked, and I always wanted to own my own store, and the two store fronts that I always loved came open at the same time. It was kind of

like the perfect time for me to jump in and do it," said Salt.

Salt had grown up fishing with her dad, and it is something she has always had a passion for and loved. Salt's goal is to have Fish & Co. be a safe place where people can come in and feel comfortable.

You will find the small store on Durham Street in Madoc, tucked in with all the others. Above the door of the store is a black sign that says Fish & Co. in white writing. Banners can be seen hanging from the top of the windows, and various items can also be seen in the windows. Shelves line the walls of the store, each one holding a broad selection of items, and décor is hung on the walls.

Salt studied at Loyalist College, and worked a few other jobs before opening the store. The store sells a variety of items, such as fishing tackle, cottage décor, homemade market items, and apparel. The apparel includes socks with different patterns, hats, shirts, and hoodies. Some of these items are from Fish & Co., Moira Lake, and Pretty Li'l Angler, all of which are clothing lines Salt created.



Photo by Shelby Holmes

Hannah Salt, the owner of Fish & Co., poses at her shop.

College reaches out to students

By Danielle McPherson

What started as a trial in 2021 was made permanent this past August as Loyalist's residence staff introduced the position of residence outreach worker, bridging the gap between students and staff throughout the school.

Tom Crowhurst has been on the Loyalist College residence team since January 2020 and says that while the position is new, he has always tried taking on the responsibilities of being an outreach worker since he started. Crowhurst and his team have always tried to help students in whatever ways they can.

"When people ask me what I do for my role, I always say I triage. I'm able to provide immediate support and help."

Crowhurst added that his job ranges from being a listening ear to connecting students with the resources needed to accomplish their goals. For the few things that are not in Crowhurst's wheelhouse, or if a student needs more support than he can provide it, he says he will get the students to where they need.

"I'm no expert in every field and I'll never claim to be... I leave the experts to the experts, and I make sure I get the students to those said experts."

In a recent e-mail sent out to the students in residence, Crowhurst said that he is here for his students to help in both their personal and professional life. He added there are many reasons why students may reach out to him and reminded students that all conversations remain confidential.

"There are many issues students may bring to the outreach worker, some include, relationship issues, life and academic skills, depression, anxiety, feeling disorganized or falling behind, homesickness, stress, self-esteem, and more."

While Crowhurst does have training in mental health support, such as safe



Photo by Danielle McPherson

Loyalist College's residence outreach worker Tom Crowhurst has recently returned to in-person activities. Crowhurst is excited to be back on-campus and will be returning to Wellness checks shortly as well.

talk, he still advocates and encourages students to use the available resources on campus, such as counselling, campus clinic, and youth hub.

Crowhurst said that it is a part of his job to remind students about these services that are available to them, adding that since they have already been covered students should take advantage of these resources.

Crowhurst believes that meeting basic needs such as sleep, physical activity, socializing, etc., allows students to reach their fullest potential, but Crowhurst refers to these needs as buckets.

"We talk about wellness, there are all the different pillars that need to be aligned. I call them our buckets. If your buckets aren't full, it is really hard to get anything out of them."

Crowhurst added that most commonly the pillars of wellness that he speaks to are intellectual, emotional, physical and social.

Both the outreach worker position and wellness checks are new

Last fall, the residence team retired the name of the room check and has since adopted the term wellness checks instead.

Crowhurst and his team thought that while they were checking the apartments and suites for maintenance problems or safety hazards, they wanted to be able to be there to help students.

The checks usually happen on a bi-weekly basis, giving opportunities for staff to build relationships and learn who each student is.

Crowhurst says that the checks help staff to learn what a baseline behaviour is for every student in the residence and makes it easier for staff to know what might be out of character for one student or another. Staff is aware of each student's traits and allows staff to open a conversation if there is a concern.

If there is a concern for a student, either the student or those concerned can reach out to residence staff or to their Resident Assistant (RA), are now a text or even phone call away.

On Jan. 20, residence staff sent out an e-mail announcing to the resident community that RAs who are scheduled for on-duty night shifts between 5 p.m. to 8 a.m. and will carry the cellphones during evening shifts only.

The e-mail cautioned that the phones (calling or text-messaging) should be for work-related concerns such as noise complaints, unwanted guests, a conflict between roommates, smoking in the buildings, and basic emergencies.

It is recommended that if a student is unsure, it is safest to contact the RA and have them determine the severity of the matter.

The hope is that the cell phones will allow for better communication within the resident community.

As we get further into the semester, and with so many activities happening within the school, Crowhurst encourages students to find time for themselves, to take breaks, and to "be gentle with yourself and others."



Photo by Tuan Minh Nguyen

Chirag Parcha finishes his drawing on the bench behind the Loyalist College campus earlier this month, enjoying a sunny break in the weather.

Student expresses feelings through art

By Tuan Minh Nguyen

A few days after the recent big snowstorm, the sky starts to turn blue again. The sun peaks out by the buildings and trees.

On the long bench behind the Loyalist College campus, the snow is also slowly melting. Chirag Parcha sits there silently, finishing his drawing. Next to him is a pencil set, a box of paints and occasionally, there is a gentle breeze blowing by his ear.

"On weekends, I've been doing art, doing pencil sketches here," Parcha shared.

Parcha is from Hyderabad, India, a place famous for the world-renowned dish biryani. This place is also associated with a rich, long-standing culture and heritage. From the culturally rich land, the way Parcha views the world around

him is reflected in every stroke of his drawing, creating a unique character for each of his works.

"People in India and the culture that we have are also represented in not only mine, but many of the artists in the world," he said. "That culture and that sense of belongingness will always be reflected in my artwork too. I have many paintings which literally depict the colours, the culture, and the sense of love that we have in India."

Parcha is the first in his family to pursue an art passion. His parents often say that he was God-gifted with that talent. "I've been drawing and painting since I was a child," Parcha says without taking his eyes off the painting he is working on.

"I don't remember the exact date when I picked up a pencil or a paintbrush. I

just have something inside of me, the magic of art, and it just grabbed me so hard that till now, it's been 22 years, I am constantly drawing and painting, trying to make something great, trying to make something unique and express myself through art."

Parcha has never attended an art school. He simplifies painting as just drawing on canvas. Parcha also sees painting as a way for him to express his inner feelings whenever he feels bored or stressed.

"Painting and art is something that if you see something, then just take some insights from it," he shared. "It's a mixture of one's feelings, also a mixture of one's passion, one's creativity. It's your own creativity that will be shown in your artwork every time you do it."

Parcha is currently a first-year student

of global business management at Loyalist College. Despite being busy with his studies and adapting to life in Canada, he still finds time on weekends to draw. Parcha also starts a business related to art which is drawing custom designs on clothing and shoes. This work not only earns him extra income, but also helps him develop his art skills, he says.

Parcha usually spends from a few hours up to an entire day completing an artpiece, depending on its size. In a week, he typically has two to three orders, and he spends all his weekend days to complete them.

"It was my niece's birthday, and I ordered a customized painting to give her as a gift because I wanted to give her something special and handmade," shares Renu RajPurohit, a customer who found Parcha's business through Insta-

gram. "His masterpieces demonstrate how much effort he puts into his work. The painting stunned my entire family, and he added even more particular meaning to the day with his work."

As Parcha finishes his painting, the sun is slowly setting behind the trees. He caps his paintbrush, puts the painting in his backpack, and heads to the bus stop to head home.

Parcha has never thought about stopping painting and drawing. To him, art is not just a passion but a companion that follows him throughout life.

"There is no full stop in life. There are only commas," he shares. "Art is something that inspires everyone, brings out their happy sight and makes them believe in life. It's my responsibility to make them believe that there are no full stops in life."

Event puts spotlight on homelessness in Quinte West

By Shelby Holmes

The In Their Shoes fundraiser was hosted in Quinte West on Sunday. The fundraiser was hosted by the Quinte West Community Task Force, with the hope of raising awareness about the unhoused community in Quinte West.

The In Their Shoes fundraiser featured a walk around the area to visit agencies that support the vulnerable population. Participants of the fundraiser met at the Duncan McDonald Memorial Community Gardens.

There were four agencies there, including the Quinte West Youth Centre, Trenton Care and Share Food Bank, Quinte West Community Cupboard, and Belleville and Quinte West Community Health Centre. They each had displays and information to share about who they were and what they did.

The walk was approximately two kilometres, and people were given a map that outlined how to get to the five stops that were made. The stops included Trenton United Church (Quinte West Warming Centre), Community Living, Community Partners for Success, Peer Support South East Ontario, and At the Crossroads Church (Catherine's Kitchen). Participants were also given a page with information about the places they would be visiting, and agencies would tell them about who they were and what they did.

"We want our public to understand and support and emphasize with the people who are experiencing homelessness, and I think being outside on a winter day, and being on foot, which is kind of the experience that people experiencing homelessness would face," said Laurie Caouette, community partnerships and engagement officer.

Each person was given a page called a passport, which showed all the agencies included in the event. Participants walked to each agency to get them to sign their passports, which could be handed into a ballot box for the chance to win a prize.

"I would love to see support for all of the agencies, some collaboration, us working together more collaboratively, as well as having some housing issues resolved or in the works to be resolved," said Lisa Rashotte, manager of innovations and collaboration at Community Living Quinte West.

The fundraiser was promoted and participants for the event were asked to register online and choose a charity or agency that they wished to support. Information was provided about all



Photo by Shelby Holmes

(From left) Ashley Lavecque, resource co-ordinator, and Christine Stevenson, executive director, pose with their Community Partners for Success display at the Duncan McDonald Memorial Community Gardens for the In Their Shoes fundraiser. They were there to show their display and give information on what they do. Stevenson says they saw close to 100 people.

the agencies so that participants were able to learn about them. There was around 98 people who signed up in advance, and more who came to support the event.

When people registered, they were given a pledge form, and many teams brought their donations to the event. Donations ranged from cash to items such as non-perishable food and clothing.

"We want to help everybody in our community. There's a lot of mental health. It's our main focus to make sure people have what they need,"

wsaid Justin Steinhoff, a participant at the fundraiser.

"You really can't beat when the community come together like this and raise the amount of funds in such a short period of time to help everybody!"

At the end of the walk, the corporate team with the highest donation amount was presented with the Mayor's Challenge Trophy. Since this was the first time the walk was held, organizers wanted to make it a fun challenge for participants. The winning team received their name on the trophy, and other prizes were given out to

participants.

"We're so impressed with our community and the numbers we've seen here today indicates that people are committed to learning about the experiences of people who are unhoused and I can definitely see that there's empathy within the community too, and we just hope that that continues to grow and that we understand that people who are unhoused are our neighbours and fellow residents and we have a responsibility to take care of them however we can," said Caouette.

Although this was the first In Their Shoes

fundraiser, it is not the only event hosted to help the community. In October, a panel discussion was hosted, and the In Their Shoes fundraiser was another opportunity to educate the public. Many of the agencies also host events or have days where they offer support to the community and educate the people.

So far, over \$6,500 has been made in donations, and if people are still collecting donations, they can be dropped off at the Customer Service counters in City Hall or at the agency you are supporting.



Christine Whyte (far left) teaching her students the waltz at the Baysville Arena. Christine has been coaching at Baysville Arena for five years. From left, Kiela McPherson, Gabby Griffiths, Dexter Lee and Maddie Whyte.

Bonding through figure skating



Maddie and Christine Whyte working on balance exercises. During this exercise, the skater does laps around the arenas while holding the scarf taut and in the same position. The scarf mimics where partners would hold hands.

Story and photos by Danielle McPherson

As children, our parents are typically our coaches in life. They teach us how to walk and to speak, how to tie our shoes, and to spell our names. They taught us right from wrong and how to love ourselves. But for some, this role of coaching pauses while their kid goes to school or is being taught how to do a cartwheel by their gymnastic coach.

It's different for Christine Whyte and her daughter Maddie from Huntsville, Ont.

It takes the pair seven minutes to go from point A to point B. Seven minutes of jamming out with tunes blaring through the speakers of the car. Seven minutes to spill the latest gossip of elementary school drama, remind Maddie of her homework that is due the next day and ask for signatures needed from school. Nothing goes without the official stamp of approval of mom, both in skating and in school.

Now we all know that the bond between coach and student can be an amazing thing. Coaches have the power to build us up and turn our hobbies into passions that we pour ourselves into. Mothers hold their own power as well. They are our biggest supporters. They are the ones sitting on the sidelines of practices and tournaments cheering until their throats go raw, they capture your every shining moment and are there to wipe to help you back up after your hardest falls. So, what happens when you are fortunate enough to have both your mother and coach within one person? For some, it will make the lessons harder and more confusing with the changing of hats and roles. For others, it is the greatest blessing.

Every coach has their routine before a lesson. Some will stretch and scribble down last-minute warm-up routines. Others will revel in that last sip of coffee that has carried them throughout the day. While the Zamboni goes around and around the rink leaving the ice to appear as if it were glass, Whyte spends it in the changing room with her students. The sound of laughter spills out into the hallways and trickles throughout the arena. There are war stories of frostbite, and pictures of costumes circulating around the room. Skaters tie their laces tightly and layer on sweaters and jackets, gloves under mittens, and for those who

want to go all out, the earmuffs with built-in speakers to hear the music for their solo.

Yet between the chaos of questions about routines and schedules, Whyte has mastered the art of tying the perfect skate for Maddie while addressing three other skaters. Before every lesson in the changing room, you will find Maddie with her foot resting between Whyte's knees as expertly wraps and yanks at the laces. Then wrapping the extra bits of lace around the top of the boot for added support.

Now what most people worry about when they hear of a coach coaching their child, especially in a sport that the parent once dominated, is how that changes their relationship, even just for the couple of hours a week that practice is.

At first, I assumed one of two things would happen, there would be special treatment and exceptions to drills that Maddie just didn't feel like doing, or two, there would be no mercy for the weak so to speak. I have seen both of the examples take place. I have seen the use of added power that a parent and coach can get a little mad from, and I have seen the way a parent can single out their kid by letting them run the show.

Maddie and Whyte are the exceptions. There was no change.

There were moments of Whyte having a private giggle with her daughter after saying goodbye to her husband, and Maddie requesting rice for dinner once again. And then when Whyte was teaching the group how to waltz, Maddie would sit quietly in the back watching her mother glide across the ice. The joke throughout the club is that Maddie knows everyone's routine as Whyte would use her to work out the dance before assigning other skaters to it.

While the skater was doing laps around the rink with scarves, ankle weights, and parachutes, Whyte quietly shared that it has been an amazing experience getting to teach her daughter how to skate and to watch her passion for this sport grow. With a light chuckle, Whyte adds how Maddie would act when she saw Whyte interact with the other children during Maddie's can-skater days.

As parents, you watch your children grow and learn from others in all aspects of life, but little do you know how much you truly teach us.



(Above) Christine and Maddie go into the rink while the Zamboni finishes cleaning the rink after the public skate. Once the two step on the ice, the role of mom and daughter transition to student and coach.

(Left) Christine ties up Maddie's skates before practice. This is a routine of the two. Christine always helps Maddie with her skates both before and after lessons. During the one-on-one time, the two chat about routines or the drills Christine will work on with students in the upcoming lesson.



(Left) Suzie is being photographed by her mother next to an ice sculpture by Festive Ice Sculptures & The Chocolate Fountain Company at the entrance to Loyalist College campus on Feb. 12 during the Winter Family Fun Fest.

Photo by Tuan Minh Nguyen

(Right) Janessa Dishart hugs Disney princess Elsa at the Loyalist College cafeteria during Winter Family Fun Fest. She was brought to the festival by his father. Dishart said that she was very happy to meet princess Elsa in real life.

Photo by Tuan Minh Nguyen



(Left) John Smith photographs his family at the Winter Family Fun Fest. His family lined up for more 30 minutes outside the campus waiting to get inside to attend the event.

Photo by Tuan Minh Nguyen

(Left) Henna artist Laila Bharyya paints on the hand of a participant.

Photo by Tuan Minh Nguyen



(Left) Garnet Peters chops a piece of wood during a lumberjack demonstration by the Great Canadian Lumberjacks.

Photo by Tuan Minh Nguyen



(Left) NorthFIRE Circus dancer Maggie Haze performing an extraordinary fire show at the Winter Family Fun Fest this past weekend.

Photo by Cassidy Jackson

(Right) Family and friends lined up to get a BeaverTail and enjoy the sun at Loyalist College's Winter Family Fun Fest.

Photo by Cassidy Jackson



(Above) - Isabella Hoops and her colleague Tracey as Snowflake Queen & Snowflake Princess, guide two children to pose for a photo during Winter Family Fun Fest at Loyalist College.

Photo by Tuan Minh Nguyen

