

Raising colon cancer awareness

Health and patient groups work with Belleville Bulls to promote testing

By Melchizedek Maquiso

To observe Colorectal Cancer Awareness Month, several health and patient support groups and the Belleville Bulls have collaborated to raise awareness about the disease in the Yardmen Arena Wednesday night.

The awareness campaign underlines the importance of having early detection especially that at-home test kits are readily available.

"What we're looking to do today is to try to get people to be aware – to get them to self-check. We want people to be aware that colon cancer is a big problem and that we're offering the home kits to them that they can take home and actually just send in themselves. It doesn't require using a doctor at all," said Shannon Del Grosso of the Hastings and Prince Edward County Health Unit.

Del Grosso is specifically referring to the Fecal Occult Blood Test (FOBT). According to Cancer Care Ontario, the FOBT is the most widely available test for screening for colorectal cancer that can be done at home. Samples of a person's stool are taken at three different times within a 10-day period. Once completed, the samples can be sent in a postage-paid addressed envelope for laboratory analysis.

"We really like people to know the importance of being screened early," said sisters Carol and Elizabeth Risto, whose parents both died from the disease. The sisters are volunteers for the Colorectal Cancer Support Group.

Dr. Hugh Langley of the Southeast Regional Cancer Program in Kingston discussed specifics.

"We know that colon cancer, when found early, is easily treated. But when found late, when a patient comes in with symptoms or bleeding, the treatment is much more complex and less effective," said Langley.

Langley added: "There is a special group of people that have had a brother or sister, mother or father with colorectal cancer. In those patients in the program should start colonoscopy – an examination with a tube on the colon at 10 years younger than when the relative got the disease.



Dr. Hugh Langley of the South East Regional Cancer Program does a fighting stance with Belleville Bulls mascot Ringo symbolizing the fight against colon cancer at the Yardmen Arena. March is Colorectal Cancer Awareness Month. Several health and patient support groups including the Belleville Bulls collaborated to raise awareness about the disease.

"So if a 50-year old man has a brother that developed colorectal cancer at 60, he should start colonoscopy. But for most people, it is the stool test every two years."

According to the Canadian Cancer So-

ciety, FOBT should be started when the person reaches 50 years old.

Statistics from Cancer Care Ontario indicate that an estimated 8,100 Ontarians are diagnosed with colorectal cancer

and 3,300 die from the disease each year. The cancer is the second leading cause of cancer deaths next to lung cancer in the province.

Photo by Melchizedek Maquiso

Blues festival extends format

By Manuela Garay-Giraldo

This year the End of Winter Blues Festival has been extended and has a two-day format for the first time in its eight years.

It all begins on Friday, March 9 at 9:30 p.m. at Little Texas with the festival's first-ever Mardi Gras Party and ends on Saturday, March 10 at Loyalist College's Shark Tank Pub at 1 p.m. for an all-ages event.

"A lot of people were saying they couldn't come on Saturday but could on Friday night and that they wanted to attend," said Ron Foxall, the festival creative director. "So we spoke with the owner of Little Texas and we decided to do this together."

The festival will feature Loco Zydeco, a "foot-stomping dancing music" band from Toronto. This is the third year the band has participated in the festival. On Saturday, the festival will feature local acts from the greater Quinte region, and will be headlined by The Johnny Max Band.

"I remember Ron jumping onstage with us and doing his best to play one of our extra rub photos - and I think I may still have the photo to prove it," said Ray from Loco Zydeco.

"I also remember the excellent lineup of talent the festival put together both times we played. It's always great to run into old musical friends at festivals as well as sharing the stage with new ones. Nothing but good memories."

This will mark the third year Loco Zydeco play at the festival.

One of the aims of the festival is to "provide a showcase for local talent," said Foxall.

The End of Winter Blues Festival started eight years ago as a class project during the special event course in the hospitality management program.

"The overall aim is to provide real-life learning experience for the students involved in the planned, presenting and operations of the festival," said Foxall.

Every year, about 50 students get involved in different aspects of the festival.

"A team of business administration students do the planning, the new media and T.V. students film the event, and the food is provided by culinary students," said Foxall.

Tickets for Friday and Saturday combo are \$30, for Friday night \$10 and for Saturday \$25. For more information or locations to purchase tickets visit www.loyalblues.ca.

Havelock Country Idol gets name for himself in Canada

By Mark Tarnovetsky

Jamie Spurvey had heard his calling.

After placing first place at the ninth annual Havelock Country Idol last year Spurvey has made a name for himself in Canada. Aside from performing at music festivals, Spurvey also frequently does shows at local pubs in eastern Ontario, grinding his way toward his dream.

Spurvey's mother, Dana Spurvey, has pictures of him holding a guitar when he was seven years old. It was when he turned 10 years old that his parents de-

cidated to get him music lessons. His uncle, Dave Spurvey, who lived with him at his home, was an accomplished accordion player, and heavily inspired his nephew during his upbringing.

Spurvey started out playing the accordion but eventually would trade it for the country twang sound made famous by country stars such as Alan Jackson, Randy Travis and other "great musicians."

Spurvey was raised in a military family, drifting between homes across Canada.

Born in St. John's Newfoundland, Spurvey followed in the footsteps of his

father. He joined the Canadian Forces after graduating from high school. After spending two years with the Forces, Spurvey received an honorable discharge to pursue a music career.

"Everyone told me when I was growing up that I was going to do something musical. I always made money from music but I didn't see the big picture."

Things changed when a personal friend and mentor, country musician John Landry, began to help Spurvey with his songwriting.

Landry said to me, "I believe you can

do this," and that is when the musical dream dawned on him.

"This is coming from someone who's done it, and I'm going to give it a shot."

Spurvey's destiny continued branching out last year after coming into contact with his current manager, Greg Verner.

"Jamie is a dynamic voice. But beyond his singing and songwriting he is an amazing person," Verner says. He describes their professional relationship as a friendship that has grown greatly.

"Jamie is focused and committed and

together we remain determined to reach for the stars."

Spurvey is now working on putting out a debut album through Iguana Studios, putting the final touches on the mixing and mastering of the material. Spurvey is hoping for a release of his album later this year.

Even though the draw of success in the big city is tempting, Spurvey has no plans on leaving his roots. When it comes to living "definitely has to be in the country."

Remembering all the victims as well as promoting kindness

By Thomas Lee

Candles were lit to remember all victims of violence during the Violence Awareness and Random Acts of Kindness Week at the Quinte Mall Monday night.

Fourteen high school students were nominated for a grand prize draw for a new computer and printer. The winner was Rob Clare, a 17-year-old student at Nicholson Catholic College. Clare was voted into the event by his school and picked from a draw.

"It feels really good. It's definitely a big confidence booster," said Clare.

Along with Clare and the high school students were 130 elementary students from 66 elementary schools who also received awards for various acts of kindness and creating posters for the event.

Violence Awareness and Random Acts of Kindness week was started by Chris Macdonald and Pam Smith 16 years ago after Macdonald's son, Mark Fyke was murdered during a robbery that went wrong in Daytona Beach, Florida.

This year's event was bigger than last year's. Almost 500 people showed up to the Kindness Court for the opening ceremony.

"People can identify and understand the event," said Smith.

"They know how great it feels doing something kind for another person and passing it on."

Violence Awareness and Random Acts of Kindness Week will continue until March 11. Activities and events have been planned throughout the Quinte area during the week. These events include participants showing acts of kindness in random areas, people wearing blue ribbons and selecting a kindness citizen of the year.

The event was held in Kindness court in the Quinte mall because it was named after the event and the mall is one of the main sponsors.

Students practice hands-on skills during special event at Loyalist

I'm Set up for College gives Grade 7 and 8 students a taste of what's to come

By Meagan Pecjak

Grade 7 and 8 students used their hands-on skills during the I'm Set Up for College event held at Loyalist College last week.

I'm Set Up for College was a March 2 event held to give students a taste of college education.

Loyalist was filled with hundreds of Grade 7 and 8 students.

Many college programs were involved in the event, including construction, nursing, radio broadcasting, television and new media and several others.

Students built doghouses and mouse traps and watched nursing students work. Loyalist construction and renovations students spent the day building a doghouse with the children.

Grade 8 student Gabrielle Sheridan was one of five taking part.

Sheridan said construction wasn't her first choice, and that if it were up to her, she would have gone into the nursing portion of the event.

"My mom went to school here, and she said the nursing program was really cool!"

Joshua Harvey, a Grade 7 student, said he was pleased to be placed in construction.

"I love to build stuff. Me and my dad do it in the garage."

Tammy Hurrell is a first-year class representative for the construction and renovations program at Loyalist.

Hurrell was helping the group build the doghouse, and said the event is not only helpful for the students who visit, but also the students from the college.

"We learn by doing this ourselves," said Hurrell.

When it comes to the learning aspect for the children, she said, "It's exposure to something that they may not see at home."

Hurrell also said the event gives the children a chance to get a feel for college,

and what they may want to do after high school.

This was the first time Loyalist has held Set Up for College.

Justin Manlow was the key organizer for the event.

"It is one thing for the students to come in and spend a day at Loyalist sitting in a classroom listening to a lecture. It's another to bring them in and actually get them into a hands-on session of essentially what they might want to do for the rest of their lives," said Manlow.

Running the modules was left in the hands of Loyalist students who were chosen by their teachers.

"They did a fantastic job," said Manlow.

"The faculty was double-booked because the skills competition was happening the same day. So for them to be able to leave some of the sessions in the hands of their students really shows the work that the students do, and the leadership they can provide."

Manlow said overall the day went phenomenally well, and that he overheard several of the students participating talking about the fun they were having.

"There were a few students who pulled me aside and said, 'How do I come here for college... To go back to being 12 or 13 years old and already thinking about going to college, and not only going to college but coming to Loyalist, that's exciting. That's a lot of fun.'"

"It is important for the students to see that from a college standpoint it is not the theory behind it but the hands-on technology we are using in the real world. And I think that is not what only sets Loyalist but also our programs apart," said Manlow.

Chantal Dilts, who also helped co-ordinate the event, said she believes that it gives participants hands-on experiences in careers they may not have previously considered.

"That's the whole principle of the idea ... going to college and getting a career," said Dilts.

"I find that it is often more fun to learn from a peer than an adult or a teacher."



Photo by Tiffany McEwen

Elementary school student Danielle Porter holds a candle against violence at the opening ceremonies for violence awareness and random acts of kindness week.