

Golden Hawks' undefeated streak continues

By James Paddle-Grant

A nail-biter is the only way to describe how Friday night's hockey game between the Trenton Golden Hawks and the Kingston Voyageurs went. The Voyageurs travelled to Trenton Nov. 14 to take on the league-leading Golden Hawks.

The Golden Hawks were on a nine-game winning streak before entering Friday night's game. Despite outshooting the opponents 44-28, the Golden Hawks couldn't pull off the victory, as the game resulted in a 3-3 tie after overtime.

Voyageurs goaltender, Matt Penta was a large factor in the Golden Hawks not achieving the win. Penta recorded an astounding 41 saves, including 18 in the third period, and 10 in overtime.

Penta stated, "Last game we played I didn't have my best outing, but I was trying to work for the guys. They deserve more so going into this game, I really wanted the win."

The Voyageurs also played well defensively at keeping shots away. Trenton Golden Hawks Head Coach Jerome Dupont gave the Voyageurs defence credit. They were successful at boxing out, and blocking shots, he said.

Kevin Lavoie opened the scoring for Trenton, putting the puck past Kingston's Matt Penta.

Cole Bolton answered for the Voyageurs midway through the second period with a break-away backhand past Riley Brown. It was then followed up with a quick go-ahead goal by Ryan Watson of the Voyageurs.

The Voyageurs increased their lead with a power play goal by Alex Stothart which was deflected by a slap shot from Blake O'Niell at the blue line.

The Golden Hawks brought themselves back to a close game when Robert Smythe scored on a snapshot over Penta's shoulder late in the second period. The goal brought the Golden Hawks to a 3-2 deficit.



Photo by James Paddle-Grant

Kingston Voyageurs goaltender Matt Penta dives across the crease to make one of 41 saves against the Trenton Golden Hawks last Friday. Despite the impressive performance by Penta, the Voyageurs could not break the Golden Hawks nine-game undefeated streak. The game ended 3-3 after a scoreless overtime.

The Golden Hawks were all over the Voyageurs in the third period, as they were looking to tie up the game and continue their win streak to ten games. The Golden Hawks outshot the visitors 18-9 in the third period.

With three minutes to go, Reid Russell took a high sticking penalty, giving the Golden Hawks a power play late in the game. With 1:22 left to play, Hunter Fargey put the puck past Matt Penta, who was stuck between traffic in front

of the net.

After 60 minutes of play, and two extended overtime periods, neither team could find themselves on top. The final score of the game was a 3-3 draw; something which doesn't happen very

often in the OJHL.

Although the Golden Hawks could not extend their win streak, they still continue to be undefeated in the last 10 games, and continue to hold the best record in the OJHL.

Music comes alive for Shout Sister

By Nathan Zbeetnoff

Musician Georgette Fry is 61, who has now accumulated 17 different women's choirs scattered across Ontario, called 'Shout Sister'.

Fry is the conductor for three choirs, located in Kingston, Picton and Brockville.

The age group ranges from five-year-olds right up to women in their 80s. Every Thursday from September to the end of January, they practise for one big performance, which can be anywhere.

The audience can range from 300 to 700 people, sometimes more, depending on how much the theatre or venue can

hold. The group starts up again in February and continues until June.

"It's a 10-month thing, that's broken into two five-month sessions," Fry said.

The Shout Sister Choir also performs at local events and fundraisers along the 10-month journey, free of charge, so long as the fundraiser is for a good cause.

"We like nothing better to get all dressed up in black, put on some sparkles and get on a stage," Fry said.

In Kingston, Fry was teaching private voice lessons for 13 years before she started the women's choir.

One of her students offered the idea to Fry of starting a choir back in 2001. Fry laughed and said to the student, "How

could I start a choir if I can't read sheet music?"

The student said, "You've taught music without the benefit of being able to read music, couldn't you expand that to a larger group?"

Fry was intrigued by the idea. It was one month later that the student brought Fry 10 women who wanted her to create a choir so they could join. Fry laughed and said, "Get me another 10 and I'll do it."

Shortly after that, women continuously called Fry, asking if they could join her choir. The first night that Fry created the choir in 2001, 50 women showed up. The second night she accumulated 70 women.

"There is probably 70 percent attendance rate at all times, which is pretty good."

Anybody can join Shout Sister and it's as easy as showing up on a practice night and finding out if it's something you're interested in. "It's not everybody's cup of tea," Fry said. "Some people prefer, I'd say, rule-orientated type of performance. This is just relaxed, so you can have fun. Some people have a hard time letting go. It really is just a healthy thing to just relax and let it out."

When Fry started expanding her choirs, the priority is finding another director to direct that group. Fry will connect with the local musical community,

looking for somebody with stage experience or working in a band.

"The director has to be able to keep a bunch of different things going on in her head at once ... When I watch the local players I can pick them out in a second," Fry said.

"What I really wanted this thing to be from the get-go, is getting back into doing music because it's fun," Fry said.

Fry said she believes that people have taken music into something too serious and that others need to let go, enjoy music and stop thinking about it being a chore.

"I want to bring the soul back into music."

Debilitating pain turns life upside down

By Elaine Bombay

Cynthia Johnston was a single mom with a busy career in the travel industry and an active social life when debilitating pain turned her life upside down.

In September 2013, Johnston began experiencing pain in her back while on a trip. When she got home to Belleville, she went to see her family doctor, who found a small lump on her rib. At that point, it didn't seem too serious and the doctor recommended a wait-and-see approach.

By January, the pain was debilitating. Johnston, 43, who had led an active life, found herself sleeping on the couch many nights because climbing the stairs to the bedroom was too painful.

The small lump had grown to the size of a hard-boiled egg, cut in half. It was clearly visible on her back when she leaned over.

"Standing washing dishes, which to anyone is a simple task, but standing there for five minutes, the tears would be coming down. I'd have to ask my son for help."

The lump, now diagnosed as a benign tumour, was pressing on a nerve, resulting in constant pain. Johnston was prescribed strong pain medications, but was not able to take them during the workday because they would interfere with her ability to work.

Not working was out of the question because Johnston is the sole breadwinner for herself and her son, Ryan. After work, Johnston would make dinner and then head to bed by 7 p.m. so that she could finally take her medications and get some relief.

"We all knew about the pain, but she never complained about it, never let on that she was in pain," said Donna Byrd,

who works with Johnston at the Belleville CAA office.

"My husband went through the same thing, so I knew the pain she was in."

Johnston had once been an active member at Quinte Alliance Church, involved in the youth ministry and participating fully in the worship times. Now, she was on the church's prayer list. Attending church was difficult because standing and sitting for long periods exacerbated the pain.

"But I knew I needed to be there," said Johnston. Knowing her church family was praying for her helped during the low times.

In August 2014, Johnston had an MRI on her back. She described it as one of the worst experiences of her life.

"I was laying on the table and within minutes the tears were coming down. It was so painful. An MRI should not be painful at all but when the machine is going, it's a constant little wiggling that aggravated my back so much. And just laying on the back and not being able to move to the point of nausea. I've never felt anything like that in my life."

After reviewing the results, Johnston's doctor immediately referred her to a surgeon to set a date to have the tumour removed.

Two weeks later, Johnston arrived at the surgeon's office. The first person to examine her back was an intern. He felt around the site of the tumour and went to get the surgeon.

The surgeon repeated the examination and finally said, "The pain you are feeling is where the tumour used to be. There is no tumour now. I don't need to see you again."

The surgeon could not explain what had happened. Donna Bryd can.

"For something like that to disappear,



Photo by Elaine Bombay

Cynthia Johnston is shown with her son, Ryan, at their home Thursday. For almost two years, Johnston lived with intense pain caused by a benign tumour pressing on the nerves in her back. In September 2014, the tumour miraculously disappeared.