

# Lancers finish pre-season with style

*Women's basketball team defeats George Brown Huskies 74-61*

By Bradley Edgley

The Loyalist Lancers women's basketball team took on the George Brown Huskies Saturday afternoon in the Lancerdome, securing a 74-61 victory in this pre-season game.

Despite a closely contested first half, the Huskies could not keep up with the Lancer's pressure. Three of Loyalist's starting five recorded double-doubles, and the team looked confident closing out the fourth quarter.

Loyalist's star performer in Saturday's win was Daija Thompson, who recorded an efficient 18 points on 50 per cent shooting from the field, 11 rebounds, three assists and one monstrous block to send the Lancers into the second half with plenty of momentum.

"I was able to create an offensive spark which led to easy offensive points for the team, which then fueled many steals, and rebounds at the defensive end," said Daija of her performance, following the game.

Though Thompson may have been the spark fuelled the fire, the Lancers were more than happy to spread the offence. Ali Alexander continued to shine. She leads the Lancers in scoring this pre-season and put up a game-high 25 points with 16 rebounds. Thessa Pangan also notched 16 points on 42 per cent from three-point range, as well as grabbing 10 boards for her own double-double.

The Lancers were dominant on the glass all game long, doubling the Huskies in points in the paint, and tripling their number of second-chance points. Once they found their offensive rhythm in the second quarter, the Lancers refused to take their foot off the gas, outscoring the Huskies in the next three straight quarters. The final score was not just a reflection of the game but is the culmination of the hard work that the entire team has put in this pre-season.

With Saturday's final exhibition game in the books, the Lancers now look forward to the start of the regular season in the new year.

"I have been able to see us grow not only as individuals but as a team," says Thompson. "Our communication has gotten stronger and so has our team chemistry. We have also devoted more days in the week to working on our craft, so we are more prepared for it when it's game time. The regular season is going to be our chance to show that hard work does pay off."

The Lancers will be back in action Jan. 8, 2022, to take on the Seneca Sting, on the road in Toronto and will be back in the Lancerdome Jan. 14 for a rematch of Saturday's game with the George Brown Huskies.



**Daija Thompson shows her dominance after a monstrous block. Thompson recorded 25 points, 11 rebounds, three assists and a block in the Lancer's 74-61 victory over the George Brown Huskies last**

Photo by Bradley Edgley

# Outings help college students relax

By Felix Chagnon

Last Saturday, a group of campus residents from Loyalist College travelled to the Canadian Tire Centre in Kanata, Ont., to attend the Senators hockey game against the Colorado Avalanche.

The trip was one of many activities offered to campus residents throughout the semester to bring residents together and offer a short "getaway" from academic pressure.

"Trips to the NHL games are something that has been happening annually for some time now. It's a great way for students to experience their first hockey game or for those to connect with others that enjoy the game or cheer for the team," said Residence Outreach Worker Thomas Crowhurst, who organized the outing.

"These experiences bring people together that maybe would never have met. It's a great way to learn new things, meet new people, and get away from the many stressors that happen in the school year," he added.

The COVID-19 pandemic has affected students and campus residents in many ways, restricting them from living the typical college experience that past students may



**Residence Outreach Worker Thomas Crowhurst in front of the Loyalist College residence office. He organized a trip to the Ottawa Senators on Saturday.**

Photo by Felix Chagnon

have had the chance to enjoy.

For some, these outings are the only opportunity to gather with their peers during the academic year.

"I was excited to hear that the campus administration was offering a chance to go see an NHL game. I've been a Colorado Avalanche fan my entire life, and I had never had the opportunity to attend one of their games," said Eric Dawson, a pre-health student at Loyalist College and campus resident.

"I think it's great that we have the chance to get out and do things that are not in our weekly routine. The isolation caused by the pandemic is very limiting, especially on campus, which gets worse with academic stress. I think everyone enjoyed their time tonight and is looking forward to the next activity," added Dawson.

The group had the chance to enjoy a high-scoring thriller performance by both teams, keeping them at the edge of their seats for the whole game, which the Sens won 6-5 in overtime.

"It was nice seeing new faces, having new hockey fans ask questions, and seeing the excitement on everyone's faces," said Crowhurst.





Photo by Ron Lavoie

A lantern festival, Twilux, was held in Oxford Mills, Ont. Nearly 300 people can out for the inaugural event.

# Sky lit up at lantern festival

By Ron Lavoie

Oxford Mills, Ont. — Maplewood Park lit up with twinkly lights as the town of Oxford Mills held its inaugural lantern festival, “Twilux.”

Close to 300 people attended the event, from Brockville, Ottawa, Gatineau, North Grenville, and the rural areas surrounding North Grenville.

The festivities included a lantern parade and live music by local bands. It also included a crowd-wowing light performance by Katie Gutz and a local children’s dance troupe.

Twilux was organized by Susanne Lerner and Lisa Poushinsky. Lerner, a member of an artists’ collective, the Department of Illumination, co-created Picton’s Firelight in 2012, but her love of lantern festivals goes back to the 1990’s.

“I saw the amazing Illuminares Lantern Festival in Vancouver and was hooked! Since I moved to Oxford Mills, five years ago, I have thought the hamlet would make a beautiful backdrop for this sort of magical event - and I was right! It was so terrific!”

Lerner thinks every part of Twilux was a success.

“The local bands (Glenna Hunter & Friends, The Grateful Kids) were a wonder (especially playing in the cold!). They gave the parade and the park lively, joyful energy that we have all been missing these last many months. Katie Gutz’s light performance definitely wowed me, and the local dance troupe was adorable!”

Unable to secure funding for the event, Lerner and Poushinsky raised the money themselves.

“We launched a GoFundMe campaign, received private donations and had huge support from the local com-

munity association (Oxford Mills Community Association and the local school - Oxford on Rideau)”

The pair even made the organizing into a community event.

“We held lantern-making workshops with four classes. Some of the students came to the event with their creations!”

Oxford Mills joins thousands of other communities around the world that bring people together to share some light as the days grow shorter.

For Heather Currie, tourism co-ordinator for the municipality of North Grenville, the event was a success, fit-

ting well with the regional tourism plans.

“The tourism strategy identifies North Grenville as a place that’s current, innovative, curious, generous, and family-oriented. The Twilux Lantern Festival was all of these things.”

Lerner is already putting the wheels in motion for next year’s Twilux. “Next year we hope to gather more creatives to help us build beautiful light installations and immersive art for everyone to enjoy. We also hope that next year we will be able to offer a hybrid event that is indoors as well as outdoors.”

# Historic Frost House becomes pop-up shop

By Christie Leja

Tim Porter, founder of Tweed and Company Theatre, hosts a Christmas pop-up shop in newly renovated Frost house, as the theatre company prepares for their first live-in person show in two years, *A Tweed & Company HoliYAY!*

The historic homestead named Frost House, once the home of the Frost family in downtown Tweed, was built in 1887. Purchased by Porter in 2016, the house was initially intended as a rehearsal and performance space for Tweed and Co. It took years to get permits in order to fix the space up.

“It was a run-down, horrible little shack. I had gotten as far as getting the concrete repairs on it. When I came home March of 2020 because the contract that I was doing got cancelled, I was just going to work on my house for a couple of weeks. At that point, the addition had been framed and the roof was on. But that was pretty much it,” Porter explains.

Like the rest of the world, Porter was sent home at the beginning of the pandemic in March 2020. At the time he was on contract performing in *Kinky Boots* in Cambridge. Upon returning to Tweed, he took the time to focus on the renovations at Frost house full-time, and the space was completed by October 2020.

“With the theatre company shut down at the time, it was just sitting empty, so I was like, might as well do something.”

When Porter picked up some antiques in Belleville, he was asked by an antique dealer if he would like to have the additional pieces consigned. It turned out to be a serendipitous set of circumstances. From there, the once “far-fetched” dream of Porter having his own antique shop became



Photo by Christie Leja

**Tim Porter (seated), owner of Frost House and founder of Tweed and Company Theatre, poses with a friend Mike Lee, in the Christmas Antique Market pop-up located in downtown Tweed. Lee has come in to help manage the store as Porter gets the theatre company ready for their first-holiday show in two years.**

a reality, and by the summer of 2021, he has acquired enough to open up a pop-up shop aptly named Frost House

Antiques.

Since the first pop-up, it has grown exponentially. Porter contacted Tweed

Studio Tour organizers in the fall to see if he could round up a few vendors to participate in the pop-up market. He

had multiple different artists displaying a variety of goods when the market opened this holiday season, from stunning pottery by local Roslin resident Bailey Brown, to garlic farmed by Our Neighbors Farms located in the village of Thomasburg. The Christmas market has been a local and tourists favourite for the Tweed area.

Even with the massive success that has been Frost House Antiques, Porter is excited for the space to be used as it was intended, a rehearsal and performance space for the theatre’s upcoming season, with the kick-off being the *Tweed & Company HoliYAY!* This holiday show is a favourite for the company, giving them the chance to highlight their favorite performers who have been with the company, in normal times during the previous season, to come back at Christmas and perform their favourite holiday numbers. With this show being the theatre company’s first in-person, live indoor event in two years, everyone involved is buzzing with excitement.

“We’re very excited. It obviously is starting to go back to feeling somewhat normal, even though it’s not really at all,” Porter says. He goes on to share a silver lining to the events that unfolded for him coming home and focusing full-time on the theatre company during the pandemic.

“We’re expanding so dramatically in the next couple of months. It’s kind of insane, which would not have happened, I don’t think, if it weren’t for COVID.”

*A Tweed & Company HoliYAY!* has two show times on Dec. 18. Tickets for the holiday show can be purchased online at [tweedandcompany.com](http://tweedandcompany.com).





Photo by Kayla Isomura

Pauline Hanmer-Wannamaker displays some of her many gnomes that she has created. It has become a full-time venture for the Trenton woman.

# Gnomes help bring some joy

By Kayla Isomura

What started as a hobby making gnomes has become a full-time venture for a Trenton woman.

Over the last year, Pauline Hanmer-Wannamaker has made countless variations of the creatures, selling them across the country.

"It's just a passion for me," said Hanmer-Wannamaker, 54. "I like making people happy."

Hanmer-Wannamaker said her craft keeps her mind busy, following years of working in a factory.

"Being off work due to arthritis, I find there are only so many movies you can watch, there's only so much

you can do between physio," she said, noting that her gnomes were originally made for family members, each crafted with a large rice-filled sock.

Today, some of her gnomes have full bodies, standing on two legs made from stir sticks concealed with denim, while others are simply a head made up of a small jar filled with fake snow.

However, each gnome shares the same distinct features: a fluffy beard and a large pointy hat pulled down to the gnome's round nose.

What sets each one apart is their unique characteristics, whether it's the colour of their beard, the pattern on their boots or the design on their hats.

"When I started making the ones [wearing] the sports paraphernalia, it just blew up like crazy," said Hanmer-Wannamaker, referring to her gnomes representing various sports teams.

Hanmer-Wannamaker said she primarily sells her gnomes on Facebook Marketplace and works out of her home.

With the holiday season in full swing, this is the busiest time of the year for her, she noted.

"Some days are 12 hours, sometimes it's seven days a week," she said, describing a typical schedule crafting her gnomes.

In addition to her sports-themed gnomes, the crafting artist said she

makes custom gnomes designed to match a person's personality, which have been popular as well.

Last month, she said she made a gnome gifted to a boy battling leukemia.

A fan of the Incredible Hulk, his gnome boasted a "green bushy beard and green hat."

"He really liked fish so I put a little aquarium on the side of this gnome," she added. "And of course, it had green gravel to represent the Hulk."

According to Hanmer-Wannamaker, the child had recently finished chemotherapy, making this gnome a "heartwarming" one.

Another memorable design was

making a lookalike gnome for Canadian miner and television personality Tony Beets, she said.

"I felted little work boots on him, the laces not tied up, and the blonde everywhere," she described. "Blonde beard, blonde hair and everything."

"That was huge."

Following the holiday season, Hanmer-Wannamaker doesn't plan to stop making gnomes. Much like this past year, she said she will continue to craft them year-round.

"I woke up one morning and I had 19 messages, but I love it," she said. "I know after Christmas, it's just going to be tweeted down and I'm fine with that, too."

# Shorter days, longer nights affect those with Seasonal Affective Disorder

By Dexter Classen

The pull of the seasons is something that people who live in the northern hemisphere are all too familiar with. Summer to fall to winter is a routine repeated every year like work of a neurotic playwright, who is prone to pulling the curtain shut before the act is done. Many years the transition between fall and winter seems to be random. Without any warning, the curtain would fall and the late afternoon becomes pitch black.

For many, this means doing something as simple as sleeping earlier or curling up in front of the fire, but for some, the increased darkness holds weight over them. According to the Canadian Mental Health Organization, seasonal depression or SAD (Seasonal Affective Disorder) affects up to 15 per cent of Canadians, with two to three per cent of those being more severe when paired with known mental disorders.

In a country as cold and dark as the "great white north," this is particularly severe for many people.

One may not even notice they are being affected by the darker and longer nights, but a lack of a vitamin D can commonly result in depression-like symptoms as well as your internal clock telling your body to produce way too much melatonin due to the increased darkness. But what about a non-chemical based effect? Something more intangible, like the blood slowing in your veins when on a day you're particularly busy, the sun stops keeping you company. Though it can be sometimes

uniquely treated by a form of light therapy whereby the patient is exposed to a special light fixture that is used to simulate sunlight.

In reality, true SAD isn't a disorder that stands on its own. It's a form of depression that has been highlighted for its seasonal recurrence. Students are a sadly potent example of Seasonal Affective Disorder.

"It's like clockwork every year. Around the end of October, it hits me pretty hard, even if I know it's coming," says University of Georgia student Ian Kelly. As the reality for most students is a mounting responsibility of getting an education, it can all come to a head much quicker when the environment they live in doesn't highlight good mental wellbeing first and foremost.

"I think it is magnified by being a student. School is usually at a peak around the beginning of the winter months. The fact that everyone suffers the same doesn't help my mood. It reveals a flaw in the system," says Kelly.

Kelly has suffered from mental illness for a good portion of his life, it being amplified like this is an unfortunate side effect of SAD. The flaw that he speaks of highlights a system that buries a good portion of its participants' mental wellbeing for a great many years as the light of the aftermath of this is starting to peek through the cracks. Although it is a much less stigmatized topic and there are more treatment options available to students, it is a wide spread bi-product of the winter months.



Shorter days and longer nights have a big impact on those with seasonal depression, SAD.

Photo by Dexter Classen