



Photo by Tuan Minh Nguyen

Body painting artist Melissa Brant paints on volunteer Chantal Carter's body in her art studio. Brant studied to become a makeup artist before becoming a body painting artist.

Artist uses bodies as her canvas

By Tuan Minh Nguyen

There is a small studio nestled on the second floor of a building in the heart of Belleville. It's an art-filled place with colourful paintings hanging on every wall. Inside, Melissa Brant meticulously paints each stroke on a model's arm with a small brush, her gaze focused on every centimetre of the painting.

Brant is a body painting artist. She lives and breathes in colours, textures, and shapes.

"I was born an artist," she said. "I never took art lessons. I just continued to create myself and experiment, experience new things, and keep trying. I love

to create, so I'm always creating. It's natural for me."

Brant previously studied to become a makeup artist. However, it wasn't enough to satisfy her. Later, Brant started doing more creative makeup looks, which led her to bigger and better things with body paint. For her, the human body was not just a canvas, but a living, breathing masterpiece waiting to be brought to life.

Brant's body painting sessions typically take place one on one.

"We just kind of have a simple conversation at first. I explain to them that I'm going to start painting them while we have a conversation," she said. "And then I intuitively through their energy

and my energy and how it's flowing, just start painting and letting the art just flow through my hands."

The body paintings that Brant creates are based on her inspiration at that moment. She doesn't have any expectations or ideas before starting a piece.

"I actually think that it's a very mindless process, to be honest. I'm not even there. I kind of don't even see the work that I'm doing," she said. "I just grab the colours, whatever feels good to me, and I just put it on the body, and I just continue to flow like that until I feel like the artwork is done."

But for Brant, the best part of the whole process is not when she's in the

process of painting, but when she gets to see people's reactions after they're done being painted.

"It's the best to see someone light up, to see them shine, and just to see them excited about looking at themselves, which is not not something we get to see all of the time...someone's own excitement at seeing themselves and their own beauty."

People who have been painted by Brant are always impressed with the artwork she creates on their bodies.

"It's so personal," shared Chantal Carter, a volunteer who had been painted by Brant. "It was such a wonderful experience and a very meditative one of somebody creating art on my body. I didn't see

what she was doing while she was painting. So, when I got to see it in the mirror, it was mind-blowing. Now I'm thinking about getting a tattoo sleeve because it's kind of fun."

For Brant, body painting is not just a job, but a way of life. It's a way for her to express herself, connect with others, and bring beauty into the world. Each piece she creates is a collaboration, a merging of her artistic vision with the person's personal style and story. As long as there are people who want to be transformed into works of art, Brant will be there, ready and eager to make it happen.

For more on this story, click on the link: <https://vimeo.com/80600622>

Students reach out to families in need in North Bay

By Danielle McPherson

Two students from the social service worker program at Canadore College in North Bay, Ont., are hoping to help connect families in need to the Family Enrichment program in North Bay.

Makenna Burns and Delaney Wohlert are in the second semester of their first year at Canadore and are excited and happy to be working on the Community Organization Project assigned for their social work methods course taught by Professor Jennifer Taun.

Taun shared with students that this project was been running for over 18 years, with the purpose to work and learn as a team, as well as helping local organizations in the ways they need.

Overall, the assignment is worth 60 per cent of the student's final mark, being divided into five separate sections: planning proposal, self and peer evaluation, fundraising/awareness event, the final report, and a presentation on their process.

Wohlert added that it has been laying a good foundation for potential work the students could expect in the field. "It's a good project especially for going into the social service field. Social service work, as a whole, is to better the community and society."

Burns and Wohlert agreed that it has been a positive experience so far and that it has felt good to help in any way they can.

"It's a very uplifting experience, like to just know that we might not be able to give a lot, but just the little bit we can give, will help someone," said Burns.

During class when students were told to form groups and pick an organization, Burns and Wohlert decided to work with Family Enrichment because not many other students choose it as well. According to the women, it is not a well-known program in the community although it has been around since 1980.

'It's a good project especially for going into the social service field. Social service work, as a whole, is to better the community and society.'

Delaney Wohlert

Currently, the program is being run out of St. Joseph Sacred School classrooms for both the adult and children's programs. Family Enrichment does not have any religious affiliation and are just renting out the spaces for the program.

So far in the project, Burns and Wohlert have had a meeting and have been corresponding via emails and messages to communicate what the program is currently needed.

Currently, the organization needs baby socks, clothing for newborns to ages six and seven, and maternity clothing is at the top of the list.

Wohlert added that many parents struggle to clothe children, especially when they are younger because they grow at such a rapid pace.

"Kids grow really fast, it's not sustainable to buy all the outfits for them," said Wohlert.

The students are accepting other donations such as feminine hygiene products, razors, gift cards, food, and other basic items.

Recently the two have opened a GoFundMe link for those wanting to donate financially to the cause or those who are outside of North Bay.

With the donations (both physical goods and financial contributions), the duo is planning on building care packages of basics and building meal kits with supplies to make quick and simple meals for

those at Family Enrichment.

"If we get donations like money, we are going to make little care packages for them... and little food boxes with quick meals to make. Not every parent has time to make a two-hour meal," said Wohlert.

Anyone with donations is encouraged to contact Wohlert via email at danwohlert@gmail.com to arrange pick-up/delivery for the items.

The GoFundMe is currently at \$250 of their \$2,000.00 goal. To donate or share the link, please click [here](https://vimeo.com/80600622).

Both Burns and Wohlert said that one of the best parts of the Family Enrichment program is that it is there just for families and that while the parents go for their classes, their child is getting one-on-one time with one of the volunteers in their classroom setting.

Burns added that both the child and the parent have access to education, help, and snacks while at the program. "It would be (the parent) dropping them (the child) off in their classroom and then going up to their own class."

Parents can attend classes through Continuing Education that typically work on classes such as Personal Life Management credits that can go towards their OSSD.

While also bettering their education, parents can also reach out to Family Enrichment for help with things like bills, food, and clothing, all while having a safe place for their kid to go to as well.

Burns and Wohlert are optimistic about their project saying that so far, they feel that it is going well and has been a great learning experience, adding that while it is being marked that it truly feels great to help and connect people with the resources they need.

It should be noted that this fundraiser is being run and organized by Delaney Wohlert and Makenna Burns, students of the SSW program at Canadore College. This is not run by Family Enrichment.



Photo by Danielle McPherson

Delaney Wohlert packing a box of feminine hygiene packets. Wohlert's mom donated a box of hygiene kits to the project.

Skater shares skills with students

By Danielle McPherson

From leaving home at just 15 years old, performing for almost 40 years and, now, at 44 years old, Violetta Afanasieva has gone from the spectator, and performer to currently coaching the latest generation of figure skaters.

From a young age, Afanasieva knew she wanted to perform in front of cheering crowds, after all, performing runs in the family.

With her mom, Alpidovskaya Svetlana, being a figure skater, and her dad, Afanasiev Evgeny, being a professional clown, Afanasieva became familiar with the spotlight at a young age.

Both of her parents were a part of one of the first on-ice circuses in Moscow, Russia. Taking her parent's lead, it was natural for Afanasieva to become a performer.

"Growing up, I always saw them performing, I always hung around the ice. It made me feel that was what I wanted to do. I really wanted to be on the ice, and I really wanted to perform," said Afanasieva.

Combining elements from traditional figure skating with the circus life she was raised in, Afanasieva says that she is best known for her hula hoop act. Afanasieva now performs this act solo, but it was once a duet performed with her husband Pete Dack.

Dack was born in Ottawa and raised in Peterborough, met Afanasieva in 1999, and by 2001, she came to Canada with Dack.

Afanasieva said for her whole professional career, whether it be a solo or duet, she has performed with hula hoops, calling it "a circus on ice," adding that it was the hoops that really get the crowds excited.

"We're both figure skaters, we do skate, but we also bring a little excitement, little difference, little extra to the show, so it was really for the hula hoops and circus stuff that we would be hired for," said Afanasieva.

Earlier this month, Afanasieva and

Dack were in Japan for a show called Yuzuru Hanyu notte stellata.

The show was being hosted in Hanyu's hometown, Sendai City, Miyagi Prefecture as a tribute to the Great East Japan Earthquake that took place on March 11, 2011.

According to Afanasieva, Hanyu is Japan's favourite figure skater, and by many, he is known as one of the greatest figure skaters in history.

At only 28 years old, he is a two-time Olympic champion, a two-time World champion, a four-time Grand Prix Final champion, the 2020 Four Continents champion, the 2010 World Junior champion, the 2009–10 Junior Grand Prix Final champion, and a six-time Japanese national champion.

Afanasieva is a guest skater in the show, but said she was most excited to work with Yuzuru Hanyu, a Japanese figure skater and ice show producer.

While Afanasieva was excited to be in Japan, she said that both she and Dack are focusing their time coaching and working with the newest generations of figure skaters.

Coaching for eight years and joining the Skate Muskoka Club in 2021, Afanasieva said she loves it and that it felt very natural to now pass her knowledge to the youngest skaters.

"I absolutely love coaching. I think it's really nice to spend time with the young skaters and to teach them," Afanasieva added. "We're almost like life counsellors, or guides, or mentors, or role models, so we try to help them to become nice human beings, besides all the athletic abilities that we offer."

While coaching is very rewarding, Afanasieva said that her favourite part of teaching is seeing the spark in their eye and their passion for skating grow with every trick or technique learned and executed with grace.

For more on Afanasieva, click on this link:

<https://vimeo.com/806158538>



Photo by Danielle McPherson

Violetta Afanasieva takes off her skates after working with her students in the Skate Muskoka Club. After a successful figure skating career, Afanasieva says she is happy to focus on coaching and working with students.

Ballerina pivots from dance to paramedics

By Danielle McPherson

Not a hair out of place, buns secured with bobby pins and layers of hairspray.

Arms up, feet making a perfect 45-degree angle, bend at the knees, arms come down and gracefully float as if gliding over water. Slowly come back up, the arm comes back into your body and the move is repeated over and over again.

Soft ballet music and ballet shoes skimming the hardwood floors fill the air of the studio. Bodies in black bodysuits and perfectly pink leotards in rows. It actually all started with a mouse.

Inspired by the mouse from the children's show *Angelina Ballerina*, McKendra Hawley started her life of dance at the age of two.

For Hawley, dance came to her as if she was breathing. Throughout her dancing career, she went on to win many different awards and competitions. While most of her training was in her hometown of Huntsville, Ont., Hawley trained for a semester at the Quinte Ballet School of Canada, but later had to drop out due to tuition costs.

Dance gave her a sense of freedom from the stress in life, and in some ways, even acted as her therapy, she says that dance was just her thing.

"Everyone has a thing. You just have to find it. I think dancing was my thing and it still is my thing."

Now two years after leaving most of her dance life behind, Hawley still catches herself building routines

in her head as she grocery shops listening to the music in the vegetable aisle.

2020 was her senior year. The culmination of a life devoted to dance was ripped away. With life turned upside down, Hawley tried to have hope in the fact that she would be able to continue a career in dance. Hawley's hope to audition for dance companies started to fade.

Hawley started to look into more 'practical' careers. In a blur, Hawley applied to post-secondary schools and programs. Looking back now she can't remember the programs she applied for.

Before the pandemic closed the world down, Hawley said she never worried about what she was eating, simply because she would work it off in her next dance class. Once her classes started to lighten up and move online, Hawley started to diet but was still eating. Isolated in her dorm at Nipissing University in the fall of 2020, Hawley had stopped dancing almost completely. Only wearing sweatpants and left alone, Hawley stopped caring completely about what her body looked like. It wasn't until she was home for the holidays and told Nipissing University that she would be taking a mental health break, that Hawley discovered how much her body had changed.

"I tried to put on a pair of jeans, and they didn't fit. I was like, 'What do you mean they don't fit? Like, what is this?' I didn't realize I had gained a lot of weight."

In January 2021, because a pair of jeans were not

fitting the way they use to, Hawley started to consciously stop eating and exercising intensely.

During the next few months, Hawley lived off of Tim's coffee, two creams, one sugar, hummus and carrots, applesauce, and three rice crackers. Hawley would lick the salt off of the crackers just to make them last longer. Some days, Hawley would avoid solids in general just drinking water and juices. The sugars in the juice usually kept her from fainting. During her eating disorder, Hawley did not seek a professional diagnosis or help because it only lasted a few months.

In a family as close as Hawley's, her anorexia didn't just affect her. Hawley said there were times that she and her mother, Carrissa MacDonald, would get into arguments over her lack of eating.

"She would make me something that I loved to eat like macaroni and cheese, and I would just say I wasn't hungry, then she would say 'McKendra, you can't just eat nothing. You're going to end up fainting at work.' I would respond with 'I have been eating.'"

Hawley added that because she wasn't eating, she wouldn't have a response for her mother when asked when the last time she ate was.

Like most families, Hawley's tried to do what they could to support her during these times, but as Hawley said, she had to want to get better before she could be better.

"If you don't want to get better, you won't get better."

In the spring of 2021, while scrolling through the rabbit hole of Facebook late at night, Hawley came

across an ad for a one-year paramedic program. Within minutes of sending an inquiry, Hawley received the news that there was a spot waiting for her at the CTS Canadian Career College in the Primary Care Paramedic course. During a CPR course, Hawley learned how exhausting it truly is to do compressions and that her current eating habits would no longer hurt her health, but could hurt her patients.

"I can't not eat, go to a scene where someone is dead and try to do CPR and then what, faint?! Then both the patient and I are toast."

So, with the well-being of her patients in mind, Hawley started eating and learning to accept her body as it is and how it will be. With her final exams in February of 2023, Hawley looks back and sees the paramedic program as her saving grace.

Hawley says that she misses her dance life greatly and that she wishes that she had never stopped, but she knows had she stayed in dance, she most likely would be "very sick."

Hawley has not left her dance world completely in the dark. She says that like dance, in being a paramedic, there is a routine and list of steps to perform with each patient.

From dreams of being a prima ballerina to now saving people on the worst days of their lives, Hawley's life has taken a completely different path than what she was expecting just a few short years ago, and what is in store for her next no one knows, but she is ready for any challenge coming her way.

Behind the scene of media career suits this woman best

By Kennedy Babutac

This year's International Women's Day theme for March 8 is Embrace Equity.

As a staff member and a working woman at Loyalist College, Lori Baker is a reflection of that equity. Baker is the college media equipment personnel.

"As a woman, I find it empowering to work in a media sector, where usually a lot of positions like this are thought of as male positions, so it's very encouraging to be here and to hopefully encourage other women to pursue the equipment side, not just behind the lens, but working with the equipment."

Baker has been a part of the college since 1989. "Our department was originally part of the Resource Centre (currently the Parrot Centre) and we only dealt with the audio-visual equipment used for content delivery in class.

"As more classrooms became 'smart rooms,' the need for an AV department diminished. It was the perfect opportunity for the college to integrate film & TV, journalism and radio equipment into our department. This happened about 23 years ago. Photo equipment eventually moved to our department about eight years ago. We only look after 'media' equipment now," said Baker.

"I have worked primarily with equipment (in Media Resources) the entire time I have been employed at the college. I remember there being a push for equal work, and equal pay several years ago. Jobs were



Photo by Kennedy Babutac

Lori Baker, a staff member at Loyalist College, is the college media equipment personnel.

compared in the college to ensure that staff were receiving equitable pay," said Baker.

Asked about being a woman in charge of the media equipment, Baker commented, "(It's) fatiguing...some of the equipment is heavy! All kidding aside, I find it empowering. Although I do not see my position as a 'masculine' job, some do."

"It is a large responsibility to look after this department, inventorying the equipment, knowing who has/needs the equipment, ensuring the gear is in working order, and following up with any required repairs. I just hope that at the end of the day, the students are happy with the service, and the equipment they use, and can complete their assignments."

The college had to make changes to classroom delivery when COVID started. Media Resources was deemed essential to the learning outcomes for media students, and we were kept open for student access.

This was very positive for students. Now that classes are back on campus, there has been an increased surge in students using equipment from media resources.

Baker comments on the equipment that is loaned out to students in the media field.

"Given the amount of equipment that media resources looks after, keeping current with industry standards for all the programs is very expensive. Every program has equipment that is reaching its life expectancy and replacement items are reviewed for purchase. Currently, the college needs to look at purchasing a new (media) car for students to use."



Photo by Tuan Minh Nguyen

Jeremiah Jude video calls his girlfriend in his apartment. Jude is excited to move in with his girlfriend to a different apartment after spending time in a long-distance relationship.

Surviving a long distance relationship

By Tuan Minh Nguyen

On a recent late-night ride to Belleville from the suburbs of Toronto, Jeremiah Jude leaned back on the seat behind. His girlfriend was tightly holding his hand. They both had just finished a long tiring day at work. Jude had been verbally abused by a rude customer during his shift at work, but his face was still brightened up when he saw his girlfriend. His girlfriend followed him back to his dorm at Loyalist College to make him the best chicken biryani in the world, he claimed. Today is Jude's birthday.

Jude is currently in his last-year as a student in the cyber security program at Loyalist. He is from India and came to Canada with dreams of a better future. It was here he met the person he believed to be his destiny. "The thing happened to us. It was so subtle. It was so natural. It was never an intention,"

Jude said. "I didn't know where that came from."

But when Jude and his girlfriend officially started their relationship, they also entered into a long-distance relationship. At that time, Jude was in Canada while his girlfriend was still in India. "We text each other. We call each other. But the thing is we have a different time zone," he said. "So, if she calls at night, it will come in the early morning for me. I will be so sleepy in the morning."

Currently, his girlfriend is studying at a college in Scarborough while Jude has to return to Belleville campus of Loyalist to continue his program. However, this is still better than when they had to be thousands of kilometres apart for a long period of time in the past. Jude travels to Toronto for his part-time job every weekend and also to have more opportunities to spend time with his

girlfriend.

"We may meet like once a week only," Jude said. "We love food, so we will go to a restaurant and then we will try new foods."

However, when this difficulty passes, there are other challenges that arise. Due to their busy work and study schedules on weekends, there are weeks when they cannot meet each other.

"She has a totally different schedule. We want to spend time with each other, but we can't meet often," he said. "So, we just call or text each other a bit before going to bed."

As the time spent on their relationship dwindled, arguments between Jude and his girlfriend became more frequent. "And then she asked me this question one night: Which spot I am in your life?" he said. "The thing is, I got a lot of stuff going on in my mind. I didn't

tell her anything. So, she thought, 'he is just using me' or something like that."

Before starting his current relationship, Jude also had a long-distance relationship that didn't end well.

"After the past, we will have an experience that we will think like we don't want to go to a new relationship and then get the same thing again," he said. "So, I was thinking a lot. After my first relationship broke up, I didn't trust anyone."

But for Jude, his girlfriend is the only person he trusts to share everything with. Similarly, the same goes for his girlfriend. "I trusted her. Naturally," he said. "After these things happened, we got to a pretty good understanding. We came to a good understanding that we are doing that for each other."

It was precisely because of the difficulties during their time apart that Jude and his girlfriend now cherish ev-

ery moment they spend together even more.

"That's the thing. It made us close, actually. If we were not in the long-distance relationship, we would not have realized how much we are attached to each other," he said. "At some point, I don't even want to go to work. I just want to meet her."

Jude's program at Loyalist will end this April, meaning he and his girlfriend will take another step towards being closer together. Jude plans to move in with his girlfriend after completing his course and securing a stable job in Canada. While he can't be sure that there won't be any more difficulties in the future, Jude believes that as long as his girlfriend is by his side, they will be able to overcome anything.

"It's like patience. We both have to wait for a good lifetime," he said.

Harry Potter and his magic are back through theatre production

(Editor's Note: This is a review of *Harry Potter and The Cursed Child*)

By Kennedy Babutac

Harry Potter and The Cursed Child is a magical experience, with twists and turns and amazing effects that make you feel like you are in the wizarding world.

Upon entering the Mirvish Theatre in Toronto, you are greeted by decor from the Harry Potter world. Different Patronus on the walls, amazing treats and butterbeer as well as the small gift shops with merchandise.

The theatre itself was almost a full house with fans that came with families, friends, and dates. From the start of the play, the opening scene starts with platform 9 ¾, with the actors and actresses dancing around the stage, creating magic that begins the play.

The play starts 19 years after the Hogwarts war when Harry Potter and Ginny Weasley take their children to platform 9 ¾. In Act 1, Harry and Ginny Potter send their younger son, Albus Severus, on the Hogwarts Express to begin his first year at Hogwarts. Albus is worried that he might be sorted in Slytherin, while his father tells him not to worry.

When Albus gets on the train, he becomes a friend to Scorpius Malfoy, Draco Malfoy's son. Scorpius himself is surprised that the son of the famous Harry Potter wants to be his friend with the rumours going around about him. The actors and actresses that were picked for this play worked fantastically together and had great chemistry.

From then on, the magic stats from Polyjuice potions to time tuners, spells, dementors, and magic fights. The crowd was sucked in during this experience. One person said, "It was also absolutely incredible. It was so cool to see the world of Harry Potter live on

stage. It's a must-see for all fans of Harry Potter.

"My favourite part but these special effects they made it seemed as if they were actual flames coming out of the rafters, wants and as if the world was travelling back in time. I think my favourite part was when the dementors who sucked out souls appeared from the ceiling," said the audience member. They have been fans since a child, from reading books to watching movies when they were released. There were people there to see the magic they have waited for since childhood and those who are children. Even parents support the members of the crew.

The play was a magical time and brought the wizarding world to life. It brought out many different types of people and earned a standing ovation at the end.

All you were able to hear when leaving the theatre were comments about the amazing things this play showed the crowd. "How was that possible!" was overheard from one departing audience member.

The talent and hard work with much time and effort on the part of the performers and producers made this show magical. Or you could simply say that the audience got a peek into the world of wizards and magic.

Craft store survives challenges of COVID

By Shelby Holmes

Glitter & Ink, a paper crafting store in Belleville, has adapted and changed over the past few years because of COVID-19. Despite the changes, the store continues to interact with the community.

"A lot of pivoting, a lot of changes," said Liette Berube, the owner of Glitter & Ink, about the last few years. "We had to close our store front down, so we did curbside pickup and our shipping grew immensely. We became part of a lot of online events, so our name got out there cause we were still relatively new when COVID hit."

Glitter & Ink has a variety of ways they are involved with people who are into arts and crafts. They host Weekly What's New chats, which started when COVID hit because people couldn't come into the store. The chats allow new stuff for that week to be showcased, people are able to talk about stuff that's happened that week or will happen in upcoming weeks, and interact with each other.

Garage sales are another event the store hosts. Two garage sales normally happen a year, and people are able to sign up to be a vendor to get rid of what they don't use or want anymore. The vendor would get a vendor package, price everything, bring their stuff to the store and the store will sell it for you. Anything sold under the vendors tags will be given back to the vendor in 100 per cent store

'On a whole, we try to do one technique-based class a month, where we do it via Zoom.'

Owner Liette Berube

credit.

"We all go through phases where you're really hooked or you really like one company let's say, and then they kind of change their style and now you don't like that company anymore or you've used up as much as you can of that collection or stamp set and it doesn't appeal to you anymore, you have no more use for it. It gives it life to someone else who might want to or who's just building their stash," said Berube.

Glitter & Ink offers classes for those who want to learn about certain arts and crafts. Pre-COVID, three or four classes would run a month. Due to issues during the pandemic, classes got moved to online. They try to offer at least one class a month, and have an ongoing art journal class that is hosted every two weeks and is run in four-month blocks. In case people miss the class, recordings are posted so people are able to go back and view what they missed or would like to see again. Classes are posted on the store's website, with de-

tails about what the class is about and when it will be happening.

"On a whole, we try to do one technique-based class a month, where we do it via Zoom. This way, it allows you to ask questions as immediately as it's happening versus like a Facebook live where you have to like stop and type the questions and then you know I have to try and catch the questions, so we do it via Zoom. That way too if you can't make it, you get the recording of the class so you can basically take it anytime you want," said Berube.

If classes weren't going on and nothing was scheduled for a certain time, people were able to call the store and use the store space to work on their projects.

"Pre-COVID, basically if you wanted to come in and play all day on your own things, you or a group of you, you could definitely just give us a call ahead of time and see if there was anything planned for the day. As long as there was no class, you could use our space, and it's free," stated Berube.

Although classes are still online and people aren't able to go in and use the store space yet, there is a chance everything will open back up soon and people will be able to gather at the store and work on projects with others.

For more on Glitter & Ink, click on the link:

<https://vimeo.com/806155741>



Photo by Shelby Holmes

Liette Berube, the owner of Glitter & Ink, works on a project on her day off.



Photo by Danielle McPherson

(From left) Hallie, Robin, and Quinn Harris are shown in their home, shortly before Robin returns to work as an office supervisor. Robin said that while it is hard being a working mom, she loves it.

Respect key in this parenting style

By Danielle McPherson

Robin Harris and her husband Jordan, who are parents of Hallie and Quinn, believe that being a parent is more than caring for the basics, and teaching children to respect both themselves and others is a key factor in shaping them into being good people.

Harris says that while parenting style changes from generation to generation, she and her husband take bits and pieces from their upbringing to raise their two girls.

"It's taking bits and pieces from both, and then figuring out what works best for us in this day and age," said Harris.

Whether it be learning through their parents' parenting style, or by watching their daughters grow up, Harris says she understands how much a parent truly impacts their child's life and wants to be mindful of what she says or does because the girls will see and hear it.

"I guess before I had kids, I was only aware of that to a point, and now it's clear that I can easily pass on my little idiosyncrasies or that the way I parent with them is going to have life-lasting effects on her."

From the ways Harris talks or interacts with others, she says already she is becoming more and more aware of how the girls react and at times mimic what they see.

Having just turned four earlier this month, Hallie takes in everything she can.

Harris says since having the girls and becoming a parent, she has also learned to be confident in herself, saying that being confident in herself is also teaching the girls to be confident in themselves as well.

"Being a mom, especially of girls, you're sort of the leader of the pack, so you are the role model for those girls."

Both in her life and the girls' life, Harris says they are surrounded by strong female role models, and many women in their family are in good or higher career paths.

Having these women in their life shows the girls that being a woman is not a disadvantage and says, "Hey it doesn't matter that I am a woman. I can climb a corporate ladder or be a boss, or I can do X, Y or Z," says Harris.

Harris added that growing up, she never felt that being a woman was a disadvantage and hopes that her daughters grow up knowing that as well.

While being a woman didn't hold her back as a child, Harris says in adulthood and in the workforce, she can encounter the problems many women face simply for being born a woman.

Although there are incentives and initiatives to close the pay gap between men and women, Harris says that it is mind-blowing that it still exists in today's world. She adds that women of colour are more likely to be affected by the pay gap than their white counterparts.

Harris says that while her work was

great and understanding during her maternity leave, she still felt as though she was behind in her work upon returning from the leave.

Part of their parenting style has been based on teaching the girls to respect and embrace themselves and others. Whether it be gender, race, or culture, it is okay to be different. Harris is of the belief that often it is a lack of understanding that creates negativity towards differences.

"People are often negative to what they don't understand... I want to create that understanding for my kids. Kids aren't born with any type of hate, it's taught," Harris added. "Our job as parents is to ensure that they are taught to embrace everyone."

For 2023's International Women's Day, the International Women's Day organization's theme is #EmbraceEquity, with the purpose to get people talking about why equal opportunities aren't enough and acknowledging that people start from dif-

ferent places and closing that gap.

When teaching Hallie and Quinn the difference between equity and equality, Harris says that it is important to her to teach her daughters that it's okay to have differences, but it is key to have those uncomfortable conversations about why people may act or look differently.

"Raising this next generation to just be aware of those inequalities teaches from a young age... like, the next generations are going to hopefully fix the problems of the ones that have already passed."

Harris says that women are amazing in their own way, similar to how a man is amazing in his own way.

"Our bodies are amazing, the mental load we carry is amazing... we're just amazing creatures. I'm glad I'm a woman, that's for sure. I am very proud to be a woman, and I am very, very proud to be raising strong daughters and I'm very excited to see what their future holds."

Career fairs offer opportunities to students

By Tuan Minh Nguyen

A career fair was held in late February in the Shark Tank Pub at Loyalist College, with the participation of 15 employers and a large number of Loyalist students.

Tracy MacLeod, the office co-ordinator of alumni and career services, said that there will be a total of seven events related to the career fair.

"Right now, this will be number five," she said. "This is for the business and media programs. So, employers are looking for either one in accounting, business, global management, public relations, anyone that's kind of under that umbrella of business and media programs."

MacLeod believes that this career fair was a good mixture of employers.

"We have a number of employers from the City of Cornwall, Fastenal, Baker Tilly, which is an accounting firm. We have a couple of employers that are here for insurance like RBC," MacLeod said.

"So, most of the employers that are attending today are looking for staff. So, they're either looking for part-time, full-time summer staff. They're hiring either students, or students that are graduates, for permit positions."

Amy Malyon, from the economic development department of Cornwall, attends this event with over 500 jobs available throughout the city.

"We are coming here and hopefully recruiting some students or recent graduates to come down to Cornwall and experience the great lifestyle that we have and hopefully fill some of our jobs," she said.

Malyon also hopes to promote the city of Cornwall so that more people can know about it, whether they come to work or just



Photo by Tuan Minh Nguyen

Baker Tilly's recruiters advise students from Loyalist College during a career fair at Shark Tank Pub. This is number five out of seven events related to the career fair held at Loyalist College with the participation of 15 employers.

to visit. "If we could have a couple of people decide that yes, they'd like to come and live in Cornwall, set up and build a family and set up their career there, then that's really what we're here for."

Siksha Siksha, a final-year student in the

business program, learned about this career fair through a recommendation from her professor.

"He told us that we must visit here because there will be lots of employers coming to hire and we may get nice op-

portunities," she said. "I was looking for customer service or HR jobs. I did find three or four of them that were willing to offer me a co-op or an internship after my graduation, but they had certain requirements that I need to meet. I will work on

that and hopefully, I'll get a job there."

Siksha also shared that through this event, she could have a chance to learn more about the expectations and requirements that employers need in different fields.

Another final-year student from the business program, Brooke Balsom, said that she felt much more comfortable and confident when interacting with employers at this career fair.

"I was super nervous coming here. But, yeah, it's been a lot easier than I thought, and it's just better," she said. "It's a little bit stressful because there are so many people, but it's pretty well-organized, and everyone was super welcoming and nice."

The career fair series at Loyalist will continue to be held throughout the academic semester to help students access job opportunities more easily with various fields of expertise.

The annual Key Performance Indicator (KPI) results, published by Colleges Ontario on Jan. 25, 2023, showed that Loyalist College surpassed the provincial average in graduate employment, graduate satisfaction, and employer satisfaction rates. In particular, Loyalist College achieved the highest graduate employment rate in Ontario, with 92.3 per cent of its 2020-21 graduates finding employment within six months of graduation.

The college also received exceptional marks for employer satisfaction, with a rate of 100 per cent, which was 11.1 per cent higher than the provincial average. Similarly, Loyalist College's graduate satisfaction rate was also noteworthy, with 81.5 per cent of graduates expressing satisfaction, which was 6.1 per cent higher than the provincial average.