



Photo by Alex Lupul

He shoots, he scores!

Carson McNulty scores a goal despite the defence of Brady Drinkle on the frozen Victoria Harbour near the Bay of Quinte Yacht Club in Belleville on Sunday. For more skating photos, including the East Hill park skating rink, see page 2.

Massage therapy program coming to Loyalist in the fall

By James McAlpine

As a result of increasing demand for massage therapy, Loyalist College is getting a new three-year advanced diploma program in the profession, according to Alicia Mutton, professor of health sciences at Loyalist.

The program, starting this September,

will accept a maximum of 26 students into the program per year to maintain smaller class sizes. Modifications to the student health centre will feature new spaces for the massage therapy students to work in, and on-campus lab students will work with individuals from the community to teach students.

"The student labs are going to share

space within our existing mobility lab, which is what we use with our occupational and physiotherapy assistant program. It is really exciting because they'll get a chance to work side by side with some of these other students on combined projects," says Mutton.

But what is massage therapy and how is it different from physiotherapy programs?

"So massage therapy really focuses on manual therapies, or manual manipulations of muscles, and in terms of sort of restoring them back to full range of motion, proper function. It can help with in some ways relaxation and an increasing range of motion so it's a very hands-on program, explains Mutton.

"There will be learning, not only about

sort of manual massage therapy techniques on healthy individuals, but they'll also be taking several courses focusing on special populations, for example individuals who are pregnant, those that maybe have chronic conditions, older individuals," says Mutton.

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Photo by Madison Ladouceur

Amanda Jarvis, owner of Double MM Cheesecakes in Belleville Ontario, loading up her father-in-law's van with different kinds of cheesecakes to be transported to Kingston.

Cheesecake wins top honours in community contest

By Madison Ladouceur

In the last fleeting weeks of 2020, the year that brought so many challenges to our lives, some fun came into the lives of some Belleville residents. The annual Community Votes Belleville 2020 started up in hopes of bringing some fun back into our lives.

Amanda Jarvis, a Loyalist College student in first year of the Protection, Security and Investigations program, found her way into the community voters' competition in a few categories. Shortly after the pandemic started, Jarvis came across someone on Facebook looking to get a cheesecake made. Jarvis, who didn't mind making cheesecakes every now and then, offered to help. Jarvis said that the woman told her that her cheesecakes were amazing.

"She told me it was the best cheesecake she's ever had. The person she made it for absolutely loved it. She said you have to start selling these, so for the heck of it I thought, 'Okay, why not?'"

Jarvis said that from the start, she has gained an extreme amount of support in her small business that she said happened 'by accident'. Because having a business was new to her, Jarvis was not fully aware of the community voting contest until a customer brought it to her attention.

"I'm totally new to having a

'The support from the community has just been outstanding. It's been phenomenal for something that started accidentally to what it is now.'

Amanda Jarvis

business, so this is all new to me. I wasn't fully aware of the community voting contest until a customer actually brought it to my attention and said they had noticed I had been nominated and to start pushing it, to get votes. So I posted it on the website; I posted it to the group, and I made it through the nomination period and was successful through the voting round. I won in each of my categories."

As we were in the middle of a pandemic, the contest was an online-based nominating and voting system. Belleville residents could nominate their favourite businesses and the top 10 businesses would move on to the voting period. After they were nominated, and the voting began, and businesses were placed into the remaining top 4, for bronze, silver, gold and platinum.

Jarvis and her Double MM Cheesecake business won silver in the "Bakery" category, Gold in the "Cakes" category, and won first place in platinum in the "Desserts" category.

Jarvis said that when she found out she had won in the three categories, she was completely shocked.

"My jaw hit the floor. I was sitting in my doctor's office because I'm pregnant, so for the heck of it, I was scrolling through the nominations and noticed that voting had taken place. And the winners had finally been posted. So when I saw that we had won in each of the categories, I could not believe it."

After finding out she had won, Jarvis immediately called her husband to share the good news. The future for Double MM Cheesecakes is looking bright after Jarvis shared her hopes for her business in the future. She said that the sky's the limit and she hopes to expand to a storefront whenever she can.

"At this point, the sky's the limit. Expanding and eventually getting our own storefront would be amazing."

Jarvis explained that the support and love from the community have been amazing. Because the people of Belleville really seem to like her cheesecakes.

"The support from the community has just been outstanding. It's been phenomenal for something that started accidentally to what it is now."