

## Female arm wrestler trains with men

By Shelby Lisk

Walking down the carpeted stairs into a small dimly lit basement, you might not realize the thriving and warm community that meets here.

Exercise machines have been pushed to the sides, Sportsnet plays quietly on a TV in the corner and trophies are stacked along bookshelves, tables, overflowing to the floor.

Joe Gould opens his home to a dozen men every Thursday evening. Among this group of grown men enters Patrina and Nicky Brooks, 16- and 13-year-old sisters.

Patrina laces her pink running shoes and puts her long hair into a ponytail, while laughing with her family.

The Brooks sisters walk up to the red table, roll up their sleeves, look at each other as they put their elbows on the table, hands hooked together. Gould instructs them in their positioning and then yells "1, 2, 3, GO!" The girls' hair flips to opposite sides and their faces scrunch, as if helping them to exert more bicep muscle to pin the other down.

The Brooks sisters have been arm wrestling for 10 years and both have provincial and national titles under their belts. Nicky won her first tournament in 2008 when she was only three years old and Patrina has started competing in the women's division against those at least two years older than her.

In 2017, the girls attended the Arm Wrestling National Competition in Halifax, N.S. over the Canada Day weekend. On the Saturday of the competition, both girls competed in the youth division, winning in their weight classes, on both their right and left arm. On the second day of competition, Patrina decided that she wanted to try for a women's title for all of Canada. She won with her left arm and got second place with her right.

"It's actually amazing knowing that you can be this young and accomplish goals like that," says Nicky.

They started coming to the Belleville Arm Wrestling Club after their dad, Tony Brooks, discovered the club. They later recruited their grandfather to come with them as well. It's now become a family tradition.

"I feel like it makes a stronger connection, brings us closer together, creates that stronger bond," says Nicky.

Her sister agrees: "It kind of brings you together. You can train together to get better at, go to tournaments, beat some



Photo by Shelby Lisk

**Patrina Brooks tries her hardest in a practice round of arm wrestling against Dawson Marykuca. Brooks trains with men who compete in higher weight classes, which tests her strength and pushes her training. Brooks has been competing in arm wrestling with her younger sister, dad and grandfather since she was six years old. She holds a national title in both the youth and women's divisions.**

people, celebrate after," Patrina adds.

However, looking around this room, these two teenage girls stick out from the grown men. Patrina says there are women who arm wrestle in bigger city centres like Toronto and Ottawa but they don't encounter other women doing it in the Belleville area.

"I think a lot of people would be intimidated when they hear about arm wrestling and think, 'Oh, that's a guy sport.' It's really not. It's definitely for boys and girls. I think a lot of women especially would be intimidated, but once they come out, they would meet the people they would feel the atmosphere. It's like you're join-

ing a family, it's your second family," says Patrina.

Both girls emphasize that they feel right at home training with the guys and it allows them to push themselves in their strength.

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**Editor's note: For the last Pioneer of the semester, first-year photojournalism share some of the work they have done this semester. Second-year students are currently on placement.**

## Ford makes stop in Northumberland

*Came in support of local PC candidate and finished talk at family farm*

By Frank Moses

Hundreds of supporters in Cobourg enthusiastically cheered Ontario PC Leader Doug Ford's promises to fire Hydro One CEO Mayo Schmidt, lower the cost of living for Ontarians, and bring industry back to the province.

Ford spent the afternoon in Northumberland County on Wednesday, April 18. He spoke in support of local PC candidate David Piccini at the Cobourg Community Centre, visited Lorenz Conveying Products in Cobourg, and finished with a talk at the Millson family farm in rural Port Hope. Asked about Ontario Premier Kathleen Wynne's statement calling him the Canadian Donald Trump, he replied that Wynne is fighting her election in the wrong country.

Speaking in support of Piccini, who is the Northumberland-Peterborough South PC candidate, Ford gave few specific details about how he would accomplish his promises to improve life for debt and tax-burdened Ontarians, but his promise of government accountability struck a chord with a crowd that seemed thirsty for change after 15 years of Liberal rule.

Piccini, the 34-year-old candidate who grew up in Port Hope, said that the Wynne Liberals make plans years too late — to fix problems they themselves caused. Quoting The Great One, Piccini said, "You have to skate where the puck will be."

Piccini is a former advisor to Canada's Minister of international Trade and left a job as a project manager with the Royal College of Physicians and Surgeons of Canada to pursue a seat in the Ontario legislature.

Reached by phone and asked about the Wynne platform, Lou Rinaldi, the



Photo by Frank Moses

**Gail Adams, a David Piccini supporter and canvassing volunteer, poses with PC Leader Doug Ford during a campaign stop on April 18. Ford's position on reduced taxes and promises to improve government accountability were enthusiastically received by a crowd of over 200 at the Cobourg Community Centre.**

incumbent Liberal MP in the region, stated that though the Liberals will run a deficit for the next four to five years, it is time to invest in what people need... free child care, medical coverage for people 25 and under, full coverage for people over 65, and support for apprenticeship programs.

Asked where new money will come from, aside from deficit spending, Rinaldi said, "Ontario is in the top three jurisdictions to attract new investment in North America, and our challenge is not bringing in more jobs, it's filling the jobs left empty. In the Kitchener-Waterloo high-tech sector for example, there are 3,000 empty spaces."

Ford supporter Peter Lorenz is president of Lorenz Conveying Products. Taxes and energy costs, along with recent NAFTA-related steel price increases, have him worried.

"We need change in this province. We have a great workforce here. They like living in Ontario, and we want to keep them here."

He said he hopes the Conservatives will be the answer to his problems.

At the Millson farm in rural Port Hope, Wayne and his wife Lana hosted Ford and Piccini. Over 50 farmers and their families paid close attention as Ford chronicled the errors of Wynne and her party. He promised to cut government waste, lower energy rates, and get farming back on track.

Common issues with the farmers who were present are high energy costs and what they see as undue government interference in their way of life.

Sid Atkinson, who runs a dairy farm east of Roseneath, is critical of the recent international trade deals he says have unfairly undercut Ontario's share of the market.

"In dairy farming, we use supply management. Three per cent of our market being taken by European companies is damaging business."

The latest polls have Ford in a comfortable lead with 42 per cent of decided voters. Wynne sits at 28 per cent, with Andrea Horvath and the NDP trailing with 23 per cent support.

# There's no life like it

Retired Brigadier General led a life of exemplary military service around the world

By Frank Moses

At 79 years old, Retired Brigadier General Ian Douglas is an imposing man. Standing at 6'2", he still maintains a strong military bearing and speaks with the confidence and intelligence of a seasoned leader.

As a boy in Glasgow, Douglas remembers being evacuated with his mother and two siblings to the west coast of Scotland because the Germans were bombing the major cities in the U.K. Living in a cottage without utilities, he recounts visiting the outdoor privy and taking a weekly bath in a big pot boiler heated with a wood fire by his mother.

"My dad disappeared for five years into the Royal Navy and we saw him twice during the war," remembers Douglas. When the conflict was finished, his mother served his father with a polite ultimatum. "She was Canadian in the first place and rather cutely told my dad that she and the three children were going to Canada and he was more than welcome to come along."

In July 1948, the Douglas family arrived in Halifax, disembarking the SS Aquitania at Pier 21 along with a flood of other immigrants fleeing the chaos and poverty of war-torn Europe. They settled in Montreal where his mother had family.

Douglas went to D'Arcy McGee High School where he joined the school's cadet corps along with all the other boys, and from there, his decades-long journey in the military began.

The Grenadier Guards, the storied Montreal militia infantry regiment, accepted Douglas, who lied about his age, because at 15, he could pass for 17, the legal age in those days for military service in Canada. He made it to the rank of lance sergeant and then moved on to the officer candidate program in Borden for those who did not have a university degree, though he had been working at night toward a post-secondary education.

In 1957 as a successful newly-minted officer cadet, Douglas decided to join the regular force and became a member of the Canadian Guards, serving first in Petawawa and then Germany, where he met and married his wife Joan.

After Germany, the couple was posted to Picton, Ont., which was a training depot for the 1<sup>st</sup> Canadian Guards. Douglas was then posted to The Royal Canadian School of Infantry in Borden, Ont.

After serving in several positions at the school, he was made the adjutant and went to the Canadian Army Staff College in 1968, was promoted to major, and posted to the 2<sup>nd</sup> Canadian Guards in Petawawa, Ont. as a company commander.

"The beauty of the staff college was that throughout your career... whenever you had a problem you could call, at the appropriate rank... someone you'd been to college with. The old boys network was developed at staff college," remembers Douglas.

Three years with the Guards included The October Crisis, in which Douglas deployed to Ottawa and then Montreal where he commanded security forces from the West Island to Dorval Airport.

This was another adventure for Douglas in that Canadian Forces worked under the RCMP. During his time operating in a city under martial law, Pierre Laporte, deputy premier and minister of labour for the province, was discovered dead in the trunk of a car - killed by members of the FLQ.

In 1972, Douglas was appointed to army headquarters in Montreal, then known as Mobile Command Headquarters, where he was senior staff officer for militia. After three years there, and promoted to lieutenant colonel in his second year, he moved on to command 3 Mechanized Commando, which was a sub-unit of the Canadian Airborne Regiment and based in Baden Baden, Germany.

This was an airborne organization in a ground role. Equipped with armoured personnel carriers, his unit was tasked part of a brigade, as a mobile reserve unit which would fill in any gaps should the



Retired Brigadier General Ian Douglas points to a change of command scroll from his time as commander of the Canadian Airborne Regiment at his home in Brighton. Douglas led many missions around the globe, including stints with the UN in Nicaragua, Liberia and the Congo.

Photo by Frank Moses

Russians invade.

Well-equipped compared to his first posting in Germany, where trucks were the mode of transport, Douglas felt confident in his training and the role assigned to his unit. He was chagrined, however, by the fact that his brigade was the only reserve unit in the central region of Germany.

After two years, Douglas moved on to a role as chief of staff of the Canadian brigade in Lahr, which allowed him to broaden his staff experience by working with senior officers including the Supreme Allied Commander Europe, an American general in Heidelberg.

"In those days, NATO had the feeling that Soviet soldiers were all nine feet tall and had tens of thousands of vehicles that would come running across Europe. In typical young people's fashion, we didn't let that bother us." He felt that training was key to what made a soldier, but admits that particularly in the early '60s and into the '70s, with antiquated equipment and troop reductions, "we would have relied on the Germans, Brits and Americans for support."

In 1979, Douglas, now a colonel, was posted back to Army HQ in Montreal where he took over as the senior staff officer for army training and doctrine. In 1981, he planned an exercise that saw the entire Canadian Army, for the first time in 17 years, descend on CFB Gagetown, N.B. His role for the exercise was divisional chief of staff. The logistics and planning for moving 10,000 troops with their vehicles and equipment from across the country was a monumental undertaking.

After serving as a staff officer, Douglas was given the chance to pick his next assignment. He chose command of the Canadian Airborne Regiment in Petawawa. He was there from 1982 to 1985 and de-

scribes it as a fantastic three years with many highs and some horrible lows.

After the Airborne, he was promoted to brigadier general and went to National Defence Headquarters in Ottawa to be deputy chief of operational research. After jumping from airplanes, this was not his cup of tea, but he became involved in some fascinating things such as the analysis of the motivational aspects of soldiering. His boss was Dr. George Lindsey, one of the men who was instrumental in the invention and development of radar in the Second World War.

After two years, he went back to Petawawa and commanded the Special Service Force, a brigade-sized formation comprised of infantry, artillery, armoured and engineer units among others. Douglas deployed to the Arctic, Alaska and Norway with his troops.

After another two years it was back to Ottawa to become the deputy chief of reserves and cadets - coming back full circle to his military origins.

After only four months in that job, he was offered a chance to go to Central America. Seconded to the United Nations, he worked as the deputy commander for a mission involving five Central American countries. Based in Honduras, he worked with Kofi Anan, who went on to become Secretary General of the United Nations.

The UN mission was to disarm the Contras. Ten years of war had left everyone involved very tired of conflict, including the Americans who had spent millions on it, and the Russians, broke from years of Cold War spending.

As Russia couldn't support the Sandinistas anymore through Cuba, the time was ripe for peace. In a single year, 23,000 Contras were demobilized, with no injuries or deaths among UN troops. For his

work in Central America, Douglas was awarded the Meritorious Service Cross.

Douglas finished his army career as the Canadian military attaché in Washington, which he enjoyed immensely.

Upon retiring in 1993, he was offered another job with the UN, working again for Kofi Anan to bring peace to central and west Africa. In the four years he spent in the region, Douglas saw little progress. With leaders like Charles Taylor in Liberia, peace was a distant dream for the conflict-stricken region.

He went to Africa again at the request of the UN. This time to Zaire, where one and a half million Hutus were settled in refugee camps and looking for revenge.

"I had Congolese troops and police who did not act like policemen. If they saw somebody doing something wrong, they'd shoot them. Women were the only ones who were allowed to line up for food rations, and as soon as they left with their food, it would be taken off them by thugs."

The Congolese guards soon put a stop to that by shooting the thieves in the head.

Remarkably, when Douglas was planning his first African mission, he worked alongside his good friend Romeo Dallaire, who said he felt sorry for Douglas because he had five factions to deal with in his region whereas Dallaire had only two in Rwanda, who had already signed a peace accord.

History would tragically prove otherwise. Dallaire had to deal with a genocide that saw half a million Rwandans slaughtered. In his memoir, Dallaire wrote "I know there is a God because in Rwanda I shook hands with the devil..."

By 1996, the Pearson Peacekeeping Institute had opened in Cornwallis, N.S. Douglas was asked to work with them as a part-time member of their faculty.

He wrote, along with others, demobilization directives and taught courses at the institute. He travelled to Bosnia, Colombia and many other nations to get these courses off the ground and working for the world's conflict zones.

Asked about the upcoming mission in Mali, where Canadians are being sent as early as this summer, Douglas was blunt in his assessment.

"There is no peace to keep in Mali," he said.

Over 160 peacekeepers have already died in Mali. Douglas believes a soldier's job is to follow orders, but he believes those orders should be well thought out and have a defined and clear nexus for Canadians interests.

When it comes to the Trudeau directive to involve more women in peacekeeping, Douglas acknowledges the excellence of our female soldiers, but doesn't want them used as pawns to bring gender equality to conflict zones, particularly when women are so often the target of mistreatment in these regions.

Douglas is fully retired now but keeps active in his community. Brighton Army Cadet Corps 88 was started up in 2010 after Douglas lobbied DND for support.

Through the Legion, he also helped raise \$143,000 to rebuild the Brighton Cenotaph which was unveiled in 2012.

Approaching his 80<sup>th</sup> year, Douglas has not stopped working for his community. He still actively mentors the Brighton Cadets and is deeply involved with the Brighton Legion as a member of the executive.

Asked to sum up his service, he laughingly repeats the old refrain "There's no life like it."

Given his decades of exemplary service to Canada, it can be easily stated that there is no man quite like Brigadier General Ian Douglas.



Photo by Shelby Lisk

Patrina and Nicky Brooks face off against each other at the Belleville arm wrestling club practice. Joe Gould, founder of the club, sets up the sisters for their match.

## Arm wrestler...

Continued from Page 1

The sport is aggressive, though. In what other sport are you face to face, nose to nose with your opponent? Gould describes it as the closest you can get to a fist fight when you're going to shake hands after.

Nicky and Patrina also love challenging people's perceptions by being young, feminine women who are also tough as nails.

"A lot of people don't know that arm wrestling is even a sport and the fact that there's provincials, nationals, worlds. They're really surprised, especially when they hear that small girls are going to win big titles like that and even beating guys. A lot of the time I'll get challenged at school and I'll be beating the guys," says Nicky.

Patrina feels that as the sport grows in popularity, there will be more women joining but right now a lot of people don't know about it.

For now, the girls will enjoy their training and competing alongside the guys.

"When you're in the youth division and you compete against the boys, I've made them cry," says Nicky.

"Not a lot of boys like to admit that they've been beaten by little girls... but it happens. That's why you can't underestimate anybody," Patrina adds laughing.

The Belleville Arm Wrestling Club has been around since 1995, when Gould started it with two

other members. Gould learned all he could about arm wrestling from his older brother, Mikel trained with the Port Perry club and holds two world championship titles, won in Japan and Sweden. Mikel also holds the record for the most heavyweight Canadian championships. Gould's training meant that when he started the Belleville club, he was already knowledgeable on the skills and techniques.

Gould also has quite the impressive record behind him, having won six national titles and eight provincial titles. He clearly has an immense passion for the sport, not only founding the Belleville club but also hosting 10 tournaments a year through the Arm Melters Arm Wrestling League.

The club fluctuates in size but Gould says there are about 20 members right now which includes men, women, seniors, children and people of all different skill levels who are training together to improve their techniques and strength.

"It's a blue-collar kind of people, but really people from all walks of life do it. There's stereotypes that it's truckers or it's bikers or whatever. But it can be bikers or truckers or doctors or lawyers and everybody in between. You meet people from all walks of life. But one thing is to me, it's kind of an exercise in assertiveness. It's a physical assertiveness but there's also a different level of assertiveness," says Gould.

For more information on the league, you can find the Arm Melters arm wrestling league's Facebook page with information on upcoming events, past results, videos and training tips.



Photo by Matthew Botha

A barber for over 50 years, Peter Bosciglio cuts hair at his shop in Cobourg, the same shop he's owned and operated out of for the past 41 years.

## Barber's career over 50 years

By Matthew Botha

In today's fast-paced society, it isn't uncommon to have a new career every five years, but for some, like Peter Bosciglio, they're in it for the long haul.

Bosciglio's career started in Italy, where he learned how to cut hair by watching the local barber. At the time, jobs were few, and money was hard to find, so his family made the voyage to Canada in 1965 in search for a better life. Once in Canada, Bosciglio went right back to doing what he knew, cut-

ting hair.

"I never went to school to cut hair. I just started and never stopped. It's something I love."

And it's something he's been doing for over 50 years now. Bosciglio has had his barber shop on King Street in Cobourg for 41 years, and in that 41 years, he's always opened the store on time, never missing a day.

He started the store by himself, and when the regulars became too many to handle, he hired one more hairdresser, Donna Downes, to work with him.

**'I never went to school to cut hair. I just started and never stopped. It's something I love.'**

*Peter Bosciglio*

Some regulars, like Paul, have been getting their hair cut by Bosciglio for decades.

"I came one year after Peter started,

so I guess I've been coming here for about 40 years now," Paul said.

The two of them laughed as they reflected on their days of youth, boasting about the girls they used to chase around the town.

Bosciglio takes great pride in the fact that in that 41 years, his shop has never changed. It still has the spiraling red white and blue barber's pole out front, letting you know that it's a barber shop. The chair he cuts on is the same big retro recliner that came straight out of the '70s. Even the con-

tainer he soaks his combs in is from the 'good old days'.

Now in his 80s, Bosciglio has admittedly started to slow down. He now works four days a week instead of six, his hands have become a little shakier than they used to be, making a straight shave a difficult tradition to continue.

Bosciglio has no aspirations to close anytime soon, and as long as there are people coming through his door, he will greet them with a friendly smile and a great haircut.

## Repairman takes life as it comes

By TaeHyeong Kim

"The best thing, I guess, is being home and having a wife, kids and grandkids. And watching grandchildren grow up is quite fun."

That's what Terry Coons, 60, who works for an apartment repair company in the area, said when he asked about the most important things in his life. It is a life he said he is enjoying very much right now.

Coons has worked for Bellemare Greg Drywall Incorporated in Belleville for 10 years. He does many different types of work for the company.

"We paint window sills and we paint walls. We fix the floors. We fix the ceilings. We fix the cupboards. We do plumbing. We put countertops in. What we do is when somebody moves out, we fix this. So, it's brand new."

This company has been contracted through apartment management company, Shelter Canadian, for a long time. Shelter Canadian has three apartment buildings in the west end of Belleville.

Julie Sullivan is the property manager for one of the properties where Coons works.

"If we have a water leak, the dry-wall gets soft, Terry will make a hole, and replace the area. He has carpentry skills, painting skills. He can do anything he needs to. He is all around handy man."

Belleville is Coons's second hometown. He was born on the east side of Kingston. He moved in Belleville when he was 12. He moved out from his parents' house when he finished high school, and he started working at Stephens-Adamson. He was 19 years old at that time.

Stephens-Adamson builds and installs heavy conveyor equipment at shipyards to carry parts of ships to construct big ships all over the world. After getting a job at Stephens-Adamson, he started to work abroad frequently. He worked in the States, Africa and South Asia. One of the most interesting places he worked was in Singapore in 1977. He stayed there about six months.

Although he focused on his work, it was a tough time to him and his family.

"I always missed my family. I talked to them twice a week on the phone. When I came home after leaving for a long time, it was always happy. Everybody was happy."

His first workplace, Stephens-Adamson, was sold to a large company about 10 years ago. Stephens-Adamson moved out of Belleville and jobs were



Photo by TaeHyeong Kim

Terry Coons, a private contract company worker for 'Shelter Canadian', poses while during his work of painting at Pineview Towers in Belleville.

lost. Coons also had to leave his job. However, he did not want to retire. However, he did not want to get a job that required travel again.

He was lucky. He met Greg, his boss. He got a new job at his current company a year after losing his old job. And he works in the area. He doesn't have to wander abroad or to say "goodbye" to his family anymore.

"I travelled for 20 years, so I lived out of a suitcase and restaurants for 20 years. You are getting older. You don't want to do that anymore. It's okay for you young guys but not for old guys like me.

"I don't have to travel anymore. See, with the other job I travelled all the time. I could be down east to west in the States, or Africa. It could be anywhere, wherever they were sending the equipment to put it together. I don't have to travel now and I'm here all the time. So, it's better. It's way better."

The other good thing about staying in the area where he grew up, is that he can go hunting frequently, a hobby he enjoys. He loves to hunt. He goes out hunting turkeys in spring and moose, elks, and sometimes bears in the autumn.

He hunted a big moose with his

friends last year. It was 730 kilograms. He hunts to get fresh meat.

"Wild meat is not sold in the store. So, I load my own ammunition. I build my own guns and I practise sometimes on the weekend so that I can shoot straight."

It is 4 p.m., on a late March afternoon. Coons wraps up his painting tools at his workplace in Pineview Towers. He puts on his camouflage coat and waits for his wife in the parking lot.

Soon his wife picks him up and they disappear quickly in their blue sedan. He has two private meetings tonight.

One is a hunting club, because soon he can go out turkey hunting. He can buy tags to hunt turkeys at the hunting store, two turkeys per tag.

Two tags per person are permitted in one season. He can hunt four turkeys for this season. A slight smile arises on his face. The badge of Lower Trent Valley Fish and Game Club is the only one on his camouflage-patterned hat.

"I want to grow old and be happy and not hurt too much. My thing is, I have got lots of family and lots of friends and we do lots of things. I just like to continue doing it and have fun."

# PASSIONATE WORLD OF COLLECTING



(Above, left) Skye Bulten sits behind his massive 50,000 Magic The Gathering Card collection. Bulten has been collecting since 2012 and plays often with his friends here in Belleville.

Photo by Kyle Visser

(Above, right) Tim Majovsky sits surrounded by his collection of guitars which date back to 1974. The 61 year old leads the band Fast Forward to Friday, which plays gigs in the Frontenac area every weekend.

Photo by Frank Moses

(Left) Elizabeth Prado holds up one of her favourite comic books, *The Amazing Spiderman*, at the 2018 Toronto ComiCon. Prado and her fiancé own Toronto Comics, a comic bookstore. The couple was one of 400 vendors at the popular culture festival over the weekend.

Photo by Robin Grant



(Above) Jermaine Williams poses with his boardgame collection. "Battle Con," the game he is holding, made him enthusiastic about board games a few years ago.

Photo by Mari Hira

(Right) Sherrilynn Strehlau has accumulated My Little Pony objects ever since she watched the first series as a child. She now has a grand collection and keeps buying more and more things to feed her obsession with My Little Pony.

Photo by Abigail Paquin

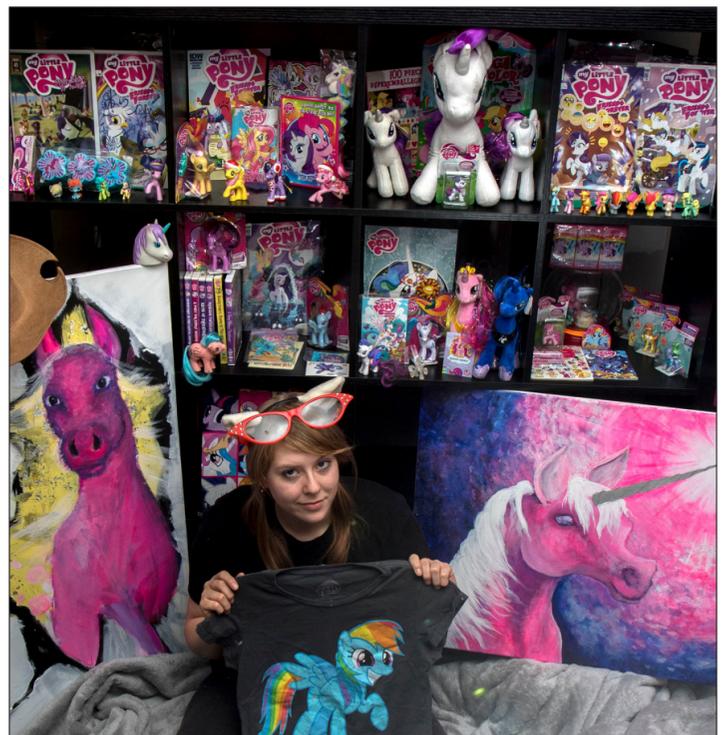




Photo by Andrej Ivanov

Alvin Parkhurst, 91, poses for a portrait beside one of his buses in Belleville. He is the owner of Parkhurst Motors, on College and Moira Streets. He has owned the company for around 60 years, and has been in busing for the better part of that.

## Owner runs business for over 60 years

By Andrej Ivanov

Driving through Belleville, it is hard to miss the big yellow bus that sits atop the Parkhurst Motors building on the corner of Moira and College streets. But on further inspection, drivers may notice a sign that reads: "Happy 91<sup>st</sup> Birthday Alvin."

The sign refers to Alvin Parkhurst, the owner of Parkhurst Motors, who will be turning 92 this July. He has owned the transportation services company for over 60 years and has, over time, specialized in selling yellow school buses.

"There are several hundred buses in the area, but I have 50," said Parkhurst.

Before owning a business, Parkhurst explained that he joined the Navy in 1943. Signing up at 17, he served for about two and a half years until the end of the Second World War. He served the Navy out

of Halifax and in the English Channel.

After the war ended, Parkhurst volunteered to serve the Navy in the Pacific Ocean and could return home to Belleville. He got a call from the Navy while on leave to let him know that he was discharged, as they no longer needed him. Parkhurst then worked in railroads, but did not specify what he did.

"When I was in the railroad, I was out of town a lot and my wife didn't like it. I got married young," said Parkhurst.

This led Parkhurst to start running a truck-based delivery service in the area, which led him to selling the trucks.

While running the business, Parkhurst and his late wife, Audrey, used to volunteer as drivers for children with intellectual disabilities in the 1950s. Parkhurst explained that he got into selling buses because of the volunteer work that he

did with a children's association for mentally handicapped youth. In the 1970s, Parkhurst would become the president of the children's association.

The association is now known as Community Living Ontario. On its website, CLO states that their mission "is a family-based association assisting people who have an intellectual disability and their families to lead the way in advancing inclusion in their own lives and in their communities."

The association had a small Volkswagen bus and a nine-seat station wagon that he and his wife both drove. When the association decided to have someone take over the volunteer driver service, Parkhurst bought the two vehicles. It was this purchase that also led him to starting his busing business. He explained that he bought the two, which led him to buying

and selling more buses.

For all his work with the association, Parkhurst was the first person in Belleville to receive the humanitarian award from the 418 Wing Air Force Association in 1981.

"It is one of the best awards that I ever got," he says. The plaque sits right by his office door.

The company has changed quite a bit since its humble beginnings selling trucks. From a delivery company, to selling trucks and buses, to a deal with the Hastings and Prince Edward District School Board in the 1970s, Parkhurst has adapted to all the changes.

Parkhurst also explained that his son, Jim, was one of the founders of the Belleville Drag Races. Jim started dragging when he was 14, and it is a trend that would continue in his family from Jim onward. Jim and his brother, Gregory,

would also become heavily involved with creating the Shannonville drag races.

Although he is not a drag racer himself, Parkhurst said that they "are a family of dragsters." His grandsons all drag race, and they run the Parkhurst Motors Racing Team at the Shannonville drag races.

His wife, Audrey Parkhurst, passed away in 2010 and his sons, James and Gregory Parkhurst, both died in 2010 and 2014. Her obituary states, "Audrey was monumental in starting the first cub pack for the mentally handicapped in the Quinte area."

As for his business, he still comes in every day at 5 a.m. to make coffee for his employees and the drivers who store their buses on his lot, and to do work.

"When I retire, I'll be out here on No. 2 Highway, in the cemetery," chuckles Parkhurst.

## Minister helps people coping with loneliness

*Former home economist pursued life in the church when she reached her 60s*

By Robin Grant

Rev. Kate Ann Follwell wants to help people suffering from loneliness.

As a deacon with the Christ Church Anglican in downtown Belleville, she said she sees loneliness as one of the most hazardous ills affecting people today.

"I felt called to do it," she said, sitting in a pew in Christ Church in Belleville on a recent April morning. "It was something I was passionate about."

Since being ordained as a deacon in 2013, Follwell has witnessed how much loneliness not only affects seniors, but military and low-income families and youth in the community.

"Loneliness seeps into everything," she said. "It touches everyone's life."

A home economist by profession, Follwell, who turns 69 this month, decided to pursue a life in the church in her sixties – although she said she has been a member of the Anglican church since she graduated from high school.

After her ordination – a process that involved taking master's level theology courses at the University of Toronto – Follwell said she moved back to her home in Hastings County where her husband, a retired lawyer, lives.

Soon after, she took up her station at Christ Church Anglican and hasn't looked back.

Follwell's role as a deacon is to bring issues, such as social justice or the environment, to the church's attention and, ideally, lead people to action.

To help address loneliness, Follwell is starting a program called the Contact Club in the spring to be held every Monday. The club will bring together people who feel alone and are looking for others to talk to and have a meal together each week.

"It's just making sure people are engaged with other people," she said, adding the club is open to everyone, not just seniors.



Photo by Robin Grant

Rev. Kate Ann Follwell, a deacon at the Anglican Christ Church in downtown Belleville, wants to help individuals in the community suffering from loneliness. As a deacon, she goes out in the community and brings communion to those who cannot attend church. Follwell was ordained as a vocational deacon five years ago.

Sharon Mortimore joins Follwell each week on pastoral care visits. These involve visiting Anglican worshippers in the community and finding out what issues they face. She called Follwell a "wonderful mentor."

"She's very warm and friendly," Mortimore said. "She'll just come up and

give you a hug no matter what. There are so many people in this world who don't have human contact from one month to the next. There are lots of lonely people."

Rev. Michael Rice said Follwell does an excellent job of ensuring the church is up to date on pressing social issues.

One of her recent initiatives was holding a human trafficking workshop in February to raise awareness about the issue.

"She does what she does out of her faith and out of her love for God and the community, not any financial reward," he said. "She is an inspiration to all of us."

All the positive response from the community and her colleagues affirms to Follwell that she has chosen the right path.

She quoted Mark Twain: "The two most important days in your life are the day you are born and the day you find out why."



Photo by Natasha MacDonald

Gerry Bongard, 88, celebrates the Stephen Licence Ltd. store's 100th anniversary. Bongard is the previous owner of the store for 61 years, but still comes in to work with his family and dog. Bongard recently won a lifetime achievement award from the Chamber of Commerce.

# Stephen Licence turns 100

By Natasha MacDonald

It may have been grey and rainy outside, but there was warmth from within the Stephen Licence Ltd. store.

Stephen Licence Ltd. is celebrating one hundred years of family-owned business in downtown Belleville. Immediately stepping into the store, customers feel welcome as they are greeted by Gerry Bongard himself...and their one-eyed corgi, Rudy.

Bongard, 88, son-in-law of Stephen Licence and the previous owner of the store, is celebrating one hundred years of the family-owned Stephen Licence Ltd. store. Proud owner of the store for 61 years, Bongard thanks the community and his family for the success.

"Making it one hundred years was a goal. No one knows if they're going to make it or not, but it's a success and a surprise," says Bongard.

The store sells a sizeable selection of bikes, crafts, tools, and hobby items. To Bongard, Stephen Licence Ltd. isn't just a store, it's also a place where people come to find ways of dealing with the more difficult aspects of life.

"I call it a therapeutic store. You have to stop and concentrate. So, if you've got a troubled mind, it helps you get rid of that feeling. Even cycling -- that can help you with the many problems of life," he says.

Bongard was recently awarded a Lifetime Achievement award by the Chamber of Commerce. The store is important to all generations of the family, even, Rudy,

**'Making it one hundred years was a goal. No one knows if they're going to make it or not, but it's a success and a surprise.'**

Gerry Bongard

"We managed to keep it going again, keep the sign going... It would have been a shame to see it disappear," says Bongard.

The store currently has three generations present, Gerry, Kevin, and John Bongard. Kevin Bongard started working for a part-time job and now is the current owner of Stephen Licence Ltd.

"I started in 1980, but my dad is still

here," he says.

Over the past 38 years at the store, Kevin shares the same appreciation for their customers and sense of community as his dad.

"My dad often said his favourite part was meeting the people, and as I've grown older, it has grown to that as well. But when I was younger, it was about fixing things, like bicycles," he says.

John Bongard, Kevin's son, is the youngest generation working at Stephen Licence Ltd. and has been working at the store for almost eight years.

"Everybody's great. It's a family shop, so it's like hanging out at home," he says.

Bongard made sure he was around for the transition of Kevin taking ownership of the shop. The store is an important

part of his life and making sure all goes smoothly is a tremendous accomplishment.

Bongard said he is excited to have his son and grandson working for the shop and keeping the Stephen Licence Ltd. name going.

"John is going to Loyalist College for business administration and when his time comes for the driver's seat, he'll have a little background," says Bongard.

The community-focused family store has made it this far all because of the family of owners' ability to work together and cater to the needs and wants of customers. Family and community are key for this store's success.

"We keep a very good social attitude within our store."

## Sheep farmer came to Canada in 1986

By Sasha Seftor

A light fog rolls across Albert Botha's farm as he cracks open his barn door and sets out to start his work day. Inside the barn, everything is still and silent. Botha reaches for a large bag of dog food and suddenly with a crash, five working farm dogs are bearing down on him eager for their morning feast.

As Botha makes his way through the barn and heads out to the surrounding pastures, he takes a moment to survey his property. His exhaled breath dances in the morning chill. The distant sound of bleats from his herd of over 500 sheep breaks him from his moment of meditation and beckons him to continue into the field.

This serene and peaceful life is a relatively new one for Botha, having seen more than his share of adventure in his 58 years of life. Botha breaks his morning silence as he slings the sheep feed onto the field.

"Here now. Come on sheep. Time to eat and get fat!"

Botha is South African. Coming of age in a country rife with violence and racism was not easy. Botha fought during apartheid in South Africa, a political and social system which institutionalized racial segregation.

A young man at the time, Botha had little choice but to engage in this "war of brothers." As he saw the atrocities being committed by his country, he felt he had no choice but to abandon that life.

As a personal statement, and for his own peace of mind, he burned every bit of government army issue paraphernalia he owned. Botha was determined to start a new life. "I wanted to leave that life behind and be my own man, make my own decisions."

Botha moved to Canada in 1986 in search of freedom and personal growth. Transitioning out of army life was not easy, but it was a welcome change for Botha. He began to work on film and television sets and eventually found his calling as a producer.

With over 18 production credits to major motion films and television series under his belt, Botha was at the top of his game among his peers and his industry. Botha was living his dream, but now, with his longtime partner and wife pregnant with twins, he began to plot his next escape.

With new hopes of a quiet family life away from all the parties and deadlines of the film industry, the couple decided to settle in Cobourg, Ont. to raise their children. Eventually Botha began to long for another challenge and as a family, they decided to purchase a sheep farm in nearby Grafton, Ont.

For the past 10 years, Botha has been living and working on his farm raising his family with his wife. With their two children off to college, Botha and his wife are currently planning their next and most anticipated adventure, retirement.

"We picked up a small piece of land on a lake. We are going to build ourselves a little house, kick back, relax, and enjoy a few beers."



Shepherd Albert Botha rests in his barn after feeding his herd of over 500 sheep. Botha, a South African native, has been in Canada for 36 years and in the sheep farming industry for the past 10. After living through apartheid in South Africa, Botha had an illustrious career in film production before choosing to settle on a farm to raise his children.

Photo by Sasha Seftor

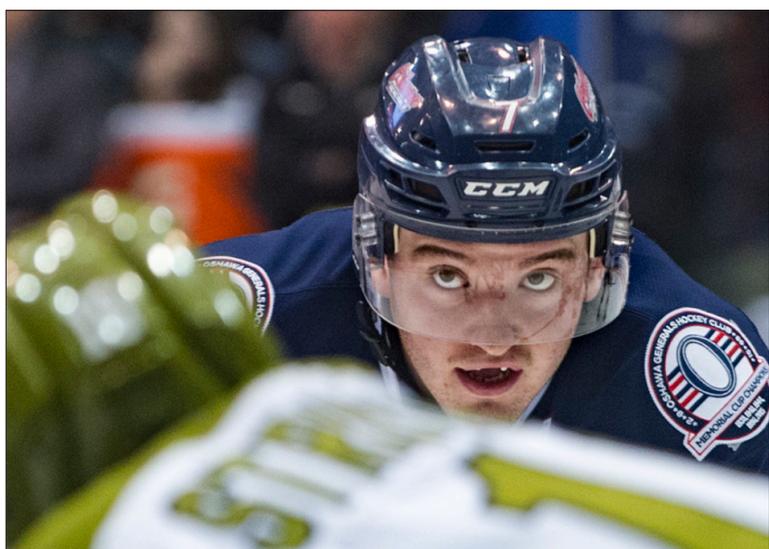
# Hockey moments



(Top) A young Belleville Senators fan enthusiastically cheers for her team while others in the crowd aren't quite so excited. With a record of 42 losses and 29 wins, the team failed to make the playoffs.  
Photo by Matthew Botha

(Below, left) Oshawa Generals left-winger Hayden McCool (No. 7) looks on at the face-off between the Generals and the North Bay Battalion at the Tribute Communities Centre in Oshawa, on Feb. 19. The Generals went on to win 5-4 in overtime.  
Photo by Andrej Ivanov

(Right) Trenton Golden Hawks player Layne Cocek, watches a memorial slideshow for the members of the Humboldt Broncos hockey team who lost their lives during a vigil at McDonald Arena in Trenton. On April 6, a bus carrying the Humboldt Broncos hockey team and staff collided with a tractor trailer near Armley, Sask., killing 16 people and injuring 13.



(Left) Belleville Senators defenceman Ville Pokka knocks the puck off of Toronto Marlies centre Jean Dupuy's stick during the third period of a game at Yardmen Arena. The Marlies went on to win the game 4-1.  
Photo by Sasha Seftor

(Above) Belleville Senator David Dziurzynski fights with Springfield Thunderbirds' Ryan Horvat as referees try to break it up. The Senators fell 2-1 to the Thunderbirds at the Yardmen Arena.  
Photo by Robin Grant

(Left, below) Belleville Senators fan Mika Pujic anxiously awaits the opening puck drop during a sold-out game against the Toronto Marlies at Yardmen Arena. The Senators went on to lose the game 7-3.  
Photo by Sasha Seftor





Photo by Brian Choi

Faye Smith, 77, has lived in the Quinte area for over 60 years. She loves spending time at the Belleville Public Library and her favourite type of book is a good mystery.

## Library a popular seniors' hangout

By Brian Choi

The Belleville public library is one of the most popular places for seniors in the Quinte area, and Faye Smith is one of its regular visitors.

Smith, 77, has been living in the Quinte area for over 60 years. She worked at an elementary school for over 25 years before retirement.

She likes reading books, especially mysteries. Last week, she was choosing a book at the library. Her favourite mystery writer is Louise Penny, a Canadian mystery author, who has published many books about serial murders.

Smith never married. For her, marriage wasn't important because she didn't

want to be bothered by another person because she is peaceful in her own life. She said she feels very happy and never feels she is alone. She lives with her niece and three grandnieces. She has a cousin who is over 100 years old.

Smith also likes travelling to other countries. She especially remembered when she travelled to China, for one of the greatest experiences in her life. While in the China, she had the opportunity to see three panda bears.

She then got involved at the zoo, helping to save one of the panda's lives. There were 10 pandas in the zoo, which had been injured in Rwanda and Thailand. One panda was under one year old and couldn't move well, but Smith helped to

feed the panda and finally, it was cured, which she said was a great memory in her life.

She has also travelled all over the Canada and across Europe, including Holland, Germany, Austria, Sweden and Denmark. She even went to Russia and England.

She went to Austria twice because her friends live there. One of those times was almost 40 years ago because she worked there on a working holiday program. The second trip to Europe was a few years ago to visit some friends, specifically several friends who wanted to thank her father.

Smith's father, Clifford, now deceased, was a soldier in England in the Second World War. Her father and mother lived

in England in the 1940s. Although his rank in the military was low, her father could get some food through his military job. During the war, there were not enough food to eat in England.

Her mother helped her friends, through her father's support. In the 1950s, those people who were helped by her mother and father immigrated to Canada and other countries in Europe. Once a year, she would meet those friends abroad or in Canada.

Faye also likes sewing in her spare time, just as much as she likes reading. When she learned to knit the first time, she felt it was a fantastic hobby. She likes to wear sweaters that she has knit herself.

When she was young, Smith's dream

was to become a nurse. But when she got older, she started to work for a bank. After that, she wanted to be a teacher, so she went to teacher's college. After graduating that college, she became a teacher in an elementary school.

In addition, she spends her day cooking, doing dishes and cleaning. She also likes to watch documentary films, and especially likes TV murder mysteries.

Smith came to the city of Belleville 16 years ago. She thinks this area is a very convenient place to live and plans to be here for the rest of her life.

She looked very happy as she headed home, giving a graceful smile and waving her hand farewell.

## Family lives in Trenton home for over 70 years

By Amy Walton

For over 70 years, Ester Neil has lived in the same house in Trenton, Ont. that she bought with her husband in 1939.

Neil is 96 and her husband, James, recently passed away. She married him when she was only 19 and he was 23. Unfortunately, only a week after their marriage, James had to leave to fight in the Second World War and was gone for over three years.

Before getting married, Neil grew up during the Great Depression in Mapleleaf, Ont. As a child, she went to elementary school and high school, but never in the wintertime, because getting to school was too difficult. Sometimes she would walk up to three miles to get to school on dirt road and through rough terrain. Neil never did continue school after high school. Her life consisted of building a big family with many grandchildren.

The Neils were married on Dec. 4, 1939 in a kitchen of a minister's house. When they bought the house on 81 Byron St. in Trenton, they paid \$1,000 to completely own the house, which Neil still lives in today.

Neil said she was only paying three dollars a month to make her payments on the house. She could pay with the money she was making working at the canning factory, where she and a group of women would can vegetables that were in season.

"We'd have to peel off all the skin on a whole pot of tomatoes and we would get 14 cents per giant pot."

Neil said at the end of the day, ladies would have made around 50 cents, which was a good payout for them at the time. Most of the ladies really didn't need the money, but they wanted to get out of the house and socialize.

All the men were off at war, and the ladies not only went to work but had to do everything on their own.

Neil described remodelling her entire house while her husband was away, and if you see the interior, you can most definitely tell it is the styling of a colourful woman. She painted all the walls. The most eye-catching is her emerald blue kitchen and lime green living room. She also did all the wood panelling on her walls and put paper tile on her ceilings and painted it, with the help of her girlfriends.

Some of the best times Neil had were spending time with the girls, chatting while working in the canning factory.

"All the girls would go out together after work. Everyone was always together in groups."

During their lunch breaks at the canning factory, one of the ladies would play her violin, and everyone else would dance around and enjoy themselves. Community was very helpful and important for each person during the challenging times during the war.

When James Neil was sent away, he was always gone for three years at a time, and in the army, he only made \$1 a day. In their wedding day photo, he



Photo by Amy Walton

Ester Neil, 96, sits in her home in Trenton, pointing at a photo of her and her husband, James Carmen Neil, on their wedding day in 1939. That is the year Neil first moved into her house and she is still living there 70 years later.

is wearing an old First World War private's uniform, because the government was too cheap to give them a new uniform. He received a hand-me-down one for the first six months of serving it wasn't until he got to England that he received a proper Second World War uniform.

Neil was very self-sufficient when James was gone. She was successfully providing for herself and not only that, she noticed the problem of abandoned children and decided to take it on as her own priority to care for them. She eventually rented another house so that she could babysit and look after around seven children.

As her own children grew up and left, they went off to college and universities and travelled while Neil has made a cozy life at home for herself in a house full of memories that she's always known.

Her favourite thing now is when her children, grandchildren and great grandchildren come to visit.



Photo by Debbie MacNevin

Lynda Sutherland, 57, stands in the window of her workplace. Sutherland is an energy healer. Clients come to see her when they have issues emotionally. She also is a master of reiki, and meditation instructor.

# A healer of energy finds path

By Debbie MacNevin

Lynda Sutherland is a 57-year-old woman from Belleville, whose work can seem unusual or uncommon.

Sutherland works with people's energy. She is also a teacher of meditation, performs reiki, and does spiritual counselling with those who need it.

The work Sutherland does help clear blockage of energy within the body. How she works depends on the type of issue that a person brings to her. If someone has an emotional issue, she works with a person's aura. Aura is the area of distinctive atmosphere around a person. If someone has a lot of body issues, then she would perform reiki on them. Reiki is a form of healing done using your hands. Placing hands onto the human body is how the energy of reiki flows through. It's said to feel warm when reiki is performed.

"It was why I came to earth. It's my path," Sutherland explained about why she has been working with energy for 30 years. Sometimes Sutherland can feel a reaction when she works with energy. Sometimes she gets messages as to what has happened to one of the persons she is working with.

She said she can tell if the client in front of her has been raped because it causes blockages of energy in that area. This leads her to having to ask if they were raped. Most times, the client she is working with hasn't opened up about being raped yet. Other times, if someone is having a major issue on their body, Sutherland's hands will go burning hot or freezing cold depending on what the body of the client needs.

She hasn't always lived in Belleville. Sutherland moved here from Vancouver 20 years ago. It wasn't the path of energy that brought her to the city.

"To be honest, I didn't even know where it was on the map," Sutherland chuckled. She believes she had been guided here to the city of Belleville to help people who need her healing.

Sutherland always felt like she was odd, that she didn't fit in. She always had a "knowing", but she felt that everyone had this. Her mindset was different than others and it wasn't until later in life she realized it.

At a young age, when she saw two boys fighting, she would think instantly that one of them was in his first life. First life can be a reference to someone who has never had a "past life" - it's their first life time experiencing the earth. If a speaker came into a room, everyone would be drawn to this speaker, but Sutherland didn't understand what people saw in a speaker. Why people would gravitate to them? She thought something was wrong with her, that she was being judgmental towards other people. She couldn't understand how she couldn't like a person when everyone else did.

At the time, she didn't understand that this was her "knowing" that this would set the stage to her true path.

Sutherland said she discovered she was a "crystal child." A crystal child can "see the truth". Most crystal children end up being psychics and healers. Normally they have some sort of unusual ability or trait. She said knowing this allowed her eyes to be opened more clearly than they were before.

Sutherland uses this "speaker" as an example as to how she saw herself in comparison to others. She was born to stand out where everyone else followed the wave of the ocean.

"I wish I would have known that a long time ago because then I would have stopped beating myself up." She said she never really understood what she knew.



Paul French stands behind his latest canoe being built by the Grade 12 class at Quinte Christian high school. This will be the eighth canoe QCHS produces to donate to a local Christian school.

Photo by Kyle Visser

# Vice principal also the shop teacher

By Kyle Visser

A cool Thursday morning breeze blows across the lonely - for now - parking lot at Quinte Christian High School.

The time is 6 a.m., and Paul French has been up since 4. "It gets easier as you get older," he says, taking a sip from his coffee.

French is the vice principal of technical studies and a shop teacher at QCHS. Doing both jobs makes for a very busy schedule, which he makes up for by arriving so early. For the last 18 years, 58-year-old "Mr. French" has been with the school first as a shop teacher, then later becoming vice principal.

French was not a teacher for the

majority of his career, however. After graduating from Sir Sandford College in Peterborough, he got his start in the heavy equipment construction industry. French worked a number of jobs, including Caterpillar Equipment, and even his own company.

During this time, French was on the Fleming board of advisors for the heavy equipment program, as well as a guest lecturer.

"People kept saying to me 'You should be a teacher' and I kept thinking, 'You guys are crazy. That's the last thing I'd want to do... Why would anyone consider doing this?' Isn't that funny?"

After that, French shifted focus to the marine industry, working on ships and other waterborne heavy equip-

**'Everything I do, it goes through a filter. It says right there on the wall, 'Do they know you love them? Do they know that what I'm doing is for a reason, for them?'**

Paul French

ment. One day, he received a call from Fleming asking him if he would consider teaching for them. He thanked them, but politely declined.

A year later, he received the same phone call. "This time I thought, 'What if it's God calling? I better go talk to them.'"

French went to work for Fleming College, merely the very beginning of his teaching career.

One day, French's wife Julia was talking with someone at their church. They were discussing the local Christian high school wanting to start a tech shop program, and they thought Paul would be a good fit for the job.

Time passed, meetings were met and French was asked if he would consider submitting an application. After much prayer, consideration and encouragement from his men's group at the time, French applied and was

given the job as the tech shop teacher.

"I came to the school for one reason only, and that was to help students learn. Period. I did not come for money. When I first came, my paycheque dropped to a third of what it was before. That was a huge adjustment to say the least.

"Everything I do, it goes through a filter. It says right there on the wall, 'Do they know you love them? Do they know that what I'm doing is for a reason, for them?'"

French teaches small engine repair, large engine repair, woodworking, metalworking and welding. On top of that, French builds a cedar strip canoe with his Grade 12 class every year to donate to a local Christian organization.

# Students capture the news



An estimated 800,000 people took part in the March for Our Lives event in Washington. The event, an attempt to raise awareness on and prevent future gun violence in schools, was organized by students in the wake of a deadly high school shooting in Florida.

Photo by Sasha Seftor



(Left) Britta Gaddes and her daughter Moira Gaddes take a moment of silence at a vigil for Colten Boushie. Gaddes is a Cree woman from British Columbia who moved to the community over a decade ago. The vigil gave them a place to come together with their community to mourn in the wake of Boushie's death and the acquittal of Gerald Stanley.

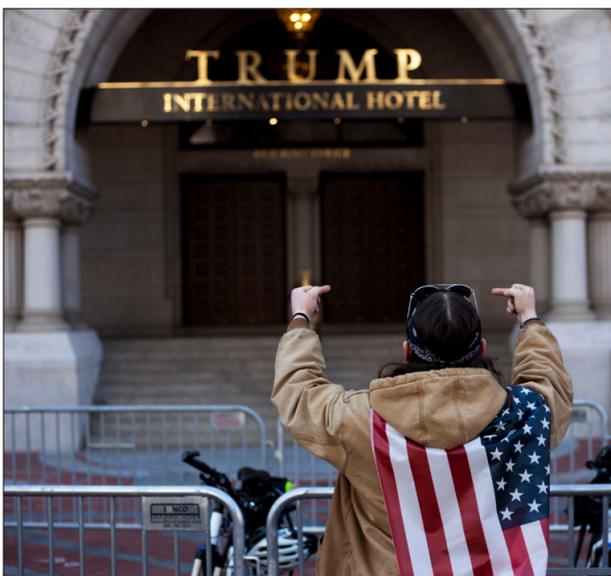
Photo by Shelby Lisk

(Below, left) A protester takes part in the March for Our Lives rally in Washington to demand gun reform. The crowd size was an estimated 800,000, with people coming from all over the country to support the cause.

Photo by Matthew Botha

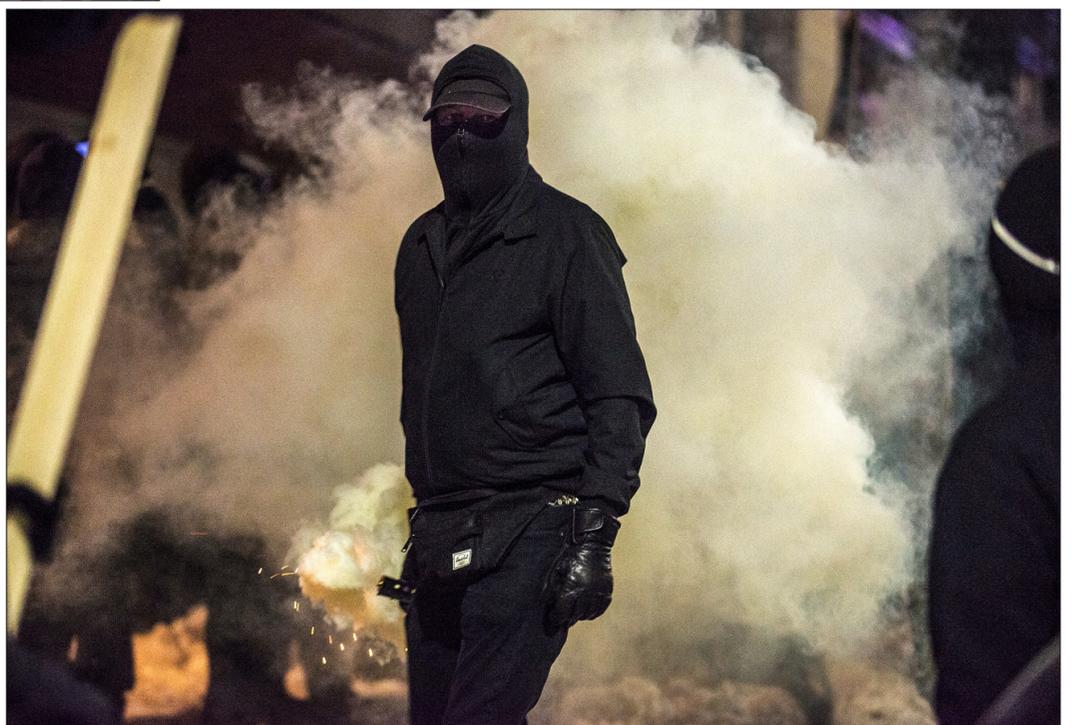
(Below, right) Fatimah Yassine with the Dorset Park Youth Council holds up a sign while Henry Dryden, a Stoneman Douglas high school student from Parkland, Fla. (left), gives a speech at the March For Our Lives protest in Toronto. More than two thousand people came out to the march in support of gun control in the United States and Canada.

Photo by Robin Grant



A protester holds a smoke bomb during the yearly anti-police brutality protest in Montreal, Que., in March. This year, protesters marched against the alt-right movement and that police defended them.

Photo by Andrej Ivanov



# A photographer's perspective



**(Above)** Disabled Cubans and Canadians take off from the start line of the Marathon of Hope (Maraton de la Esperanza) in front of the capital in Havana in March. The Marathon of Hope is held to commemorate Terry Fox and to raise money for cancer research.

*Photo by TaeHyeong Kim*



**(Left)** Elizabeth Baker was happy to get a tattoo to commemorate her father and his life.

*Photo by Brian Choi*



**(Above)** Children run to pick up eggs at the 18th Easter Egg Hunt event at Batawa Community Centre in Batawa. This event was held by the Batawa Lions Club and the Trenton Military Family Resource Centre (MFRC).

*Photo by TaeHyeong Kim*

**(Left)** Ben is a tattoo collector and uses his own body. He has 86 tattoos and is about to make 87th.

*Photo by Brian Choi*