



Photo by Alex Filipe

MPP Todd Smith applies chest compressions to a simulated patient alongside nursing students inside a newly renovated Loyalist College classroom.

Learning begins in updated wing

By Alex Filipe

Desks and blackboards have been turned into ambulances and hospital beds as Loyalist continues to redefine the meaning of hands-on learning.

Bay of Quinte MPP Todd Smith, Sault Ste. Marie MPP Ross Romano and other local leaders had a hands-on first responder experience thanks to Loyalist College and its newly opened Northumberland Wing. The renovated \$3.2 million section of the third floor features innovative, experiential learning spaces with interprofessional simulation centres, high-tech classrooms, and state-of-the-art student spaces.

"This beautifully renovated wing is where our future healthcare, human

services and public safety leaders collaborate and learn. It's also where our community partners upgrade their skills and advance their knowledge," said Loyalist President and CEO Dr. Ann Marie Vaughan.

The renovation comes thanks to funding from the federal and provincial governments, as well as Loyalist itself.

"All of this was made possible through a \$2.4 million government investment in 2016, of which \$1.6 million came from the federal government, \$800,000 from the government of Ontario and an additional \$800,000 contributed from Loyalist," said Vaughan.

The modern and high tech classrooms will be put to good use. Since 2017, Loyalist has been steadily increasing

its educational programs concerning health and services.

"This is just the beginning of program growth at Loyalist," said Vaughan. "In 2017, we launched a two-year paramedic Ontario college diploma program at our Belleville campus. In 2018, we welcomed the first class of the college's two-year occupational therapist assistant and physiotherapist assistant program. This September, the college will launch its new care of vulnerable populations post graduate program."

With the new facilities enhancing the realism of applied learning, Loyalist invited the MPPs and local leaders in the audience to participate in some real world scenarios the college's students learn through every day. First starting in an operating room, Belleville Mayor

Mitch Panciuk and Todd Smith both took turns as they provided first aid CPR to a simulated patient who had just lost their pulse.

"I've gone on training exercises with the OPP and police services before. You get that exhilarating experience; your heart starts to pound a little bit harder. The same type of experience happens here even though you know it's a simulation. There are some really good actors in there, as well, that kind of make you feel like you're in a real life situation and you sense the urgency and pain that they're in," said Smith.

Afterward those attending the opening migrated to a first responder scene where a live actor simulated injuries suffered from a fall.

"It's really great to have that type

of practical experience and get that here in a setting where you can be corrected when you're not doing something entirely the right way, by the professionals and faculty that are here," said Smith.

With applied learning in state-of-the-art facilities, those living in the Bay of Quinte can rest easy knowing the future of their first responders and caregivers is in good hands.

"In the updated Northumberland Wing, where students collaborate on interprofessional projects and applied research, we've been able to extend our program offerings, learning experiences and educational outcomes to respond to the labour market and drive social economic growth in the Bay of Quinte region," said Vaughan.

Business degree now available at Loyalist

By Damon MacLean

Community members from the Bay of Quinte region, staff of Loyalist College and staff of Seneca College attended an announcement ceremony Friday afternoon in the Link Lounge on Loyalist's Belleville campus.

The partnership is a "degree pathway agreement with Seneca to enable Loyalist College business students to complete Seneca's Honours bachelor of commerce business management degree, right here at Loyalist's Belleville campus," explained Loyalist President Ann Marie Vaughan.

The audience was greeted by Kathleen Bazkur, dean of media, business and access at Loyalist, through her introductory remarks. Bazkur thanked prominent figures in the audience before reciting a land acknowledgement. Some prominent attendees included David Agnew, principal of Seneca College, MPP Todd Smith, Mayor of Quinte West Jim Harrison and Councillors Doug Leblanc and Mark Bateman, who were representing Brighton. Next, Bazkur introduced Vaughan and handed over the podium for the announcement.

After a warm welcome to the podium and some opening remarks, Vaughan began to speak about the significance of what the new partnership means for Loyalist and the community. "Using face-to-face and the power of technology-enabled learning, through full-time and part-time options, successful students and graduates of Loyalist's two-year business Ontario college diploma will have the opportunity to enter third year for their fifth semester here at Loyalist in the Seneca program," said Vaughan.



Photo by Damon MacLean

Loyalist College President, Ann Marie Vaughan shakes hands with the president of Seneca College David Agnew after signing a new partnership. The agreement opens a pathway for Loyalist business diploma students and graduates, giving them the ability to complete a degree on campus.

The creation of the degrees being taught on campus is something that both students and graduates have expressed an interest in.

"Our students have also expressed interest in a degree pathway results from the Ontario College

Application Service. 2019 experience survey indicated that 78 per cent of Loyalist College students hope to use their college experience as a pathway to a university degree. This announcement is a response to that call, as well as a need to our local

business community. Our graduates are entrepreneurial, and those that have started businesses are relentlessly passionate about the nature of their work."

Josh Edwards, a local business owner and graduate of Loyalist's

business sales and marketing program, gave his input on why this new deal is a great opportunity.

"This path is super key for entrepreneurs that are coming up now. It is going to give you the knowledge and skills that will help you succeed."

Although the degree was not in existence when Edwards attended the college, he assured the audience that he "would have taken advantage of the opportunity."

Agnew also took to the podium to express his satisfaction with the new partnership.

"Ann Marie has put it really well. I think that if there is one amazing thing from this partnership, and that this agreement is going to do, it's going to shorten the pathway that literally represents hundreds of miles and thousands of dollars of expenses to literally just cut to the chase. We are not asking the students anymore to pack up and move to Toronto, or move to Kingston, or move to any place other than to stay in their home communities and contribute to those communities."

On Feb. 11, at 11 a.m., students are encouraged to attend an online learning demonstration in Alumni Hall.

"We will be demonstrating how technology-enabled learning is shaping the way Loyalist opens pathways to educational program opportunities for the Bay of Quinte region and our students. I encourage those interested in pursuing a business diploma and degree to attend the session to experience first-hand how the scope and breath of post-secondary opportunities are changing at Loyalist," said Vaughan.



Photo by Alex Filipe
Damon Shea displays the sign he's been using in his bid to find affordable, accessible housing in the region. Shea is currently staying at the Grace Inn Shelter after leaving Loyalist College's residence in December.

Belleville housing crisis hits home

No places available for disabled man to live with wheelchair

By Alex Filipe

Like many in Belleville, Damon Shea is stuck spinning his wheels as he looks for a place to live. However, in Shea's case, the search is harder than normal on account of his need for wheelchair accessibility.

"It's a little different of a story from many that would need a shelter," explained Shea. The athlete and former student has been scouring listings in the area weekly looking for any residence that could accommodate him and his mobility chair along with his \$1,000 a month budget.

"I look around on Kijiji, Google searches. I had a social worker that called a bunch of property managers. We just got the same answer everywhere, 'Sorry nothing right now. We're full,' or nothing affordable or accessible," Shea said.

As someone who uses a mobility chair, Shea has specific needs a residence must be able to fulfill for him to live an independent, barrier-free life. He explained some of these requirements.

"You just need to be able to reach things. That's really important for me. Nowadays, there's a lot more products out there. I had pull down cabinets at one point, to have the kitchen and sink at the right height. The shower needs to be big enough and have a detachable

shower-head. I need the toilet to be small enough for me. I recognize that it's not the same for everyone, so it's hard to come up with one standard."

Shea's search has even pushed him to make a beggar sign, but this one isn't asking for money – it's asking for a place to rent.

"The people that took the time to read it, I engaged with them and told them I appreciated the time they took. Some people would just look at it and immediately look away, due to the stigma it has," Shea said.

For city leaders, the housing drought has been a major issue those sitting at the horseshoe council table are working to solve.

"At the end of the day, the City of Belleville doesn't own housing," explained Belleville Mayor Mitch Panciuk. "We work with Hastings County that does our long term-housing, social housing and affordable housing. There are accessible suites. There's not enough, but there are also not enough suites in general in the whole community."

In terms of the accessibility requirements, Panciuk explains that those rules are enforced on developers by the province.

"The accessibility requirements of construction and contractors and buildings are the responsibility of the province. As new builds are coming on to stream, there is a requirement for so many of them to have a number of different accessible features, bigger doors to allow for wheelchairs, elevators if there are multiple levels, ramps, pull bars and a number of other things are all included

in that," he said.

Shea said his homelessness first began when he left his student residence at Loyalist College. While the residence was advertised to him as being wheelchair friendly, Shea said he soon found out that the facilities wouldn't be enough to support him.

"Once you got into the main building, there weren't many issues with accessibility there," Shea said. "But my apartment was at the back of one building, down a hill. So to advertise a unit as accessible and for it to be at the bottom of a hill, there wasn't too much thought put into it."

Glenn Dayton, a project management post-grad student at Loyalist, who uses a wheelchair, addressed some of the limitations of the school's residences, saying, "The residences are old. Back when these were built, they were built to standards of accessibility. Unfortunately, to today's standards, things need to be improved on."

But in Dayton's experience, the college will work alongside students and their needs.

"If there is anything brought up, the school will help as best they can," Dayton said. "They've had students come to them saying they need reachable shelves, so the school built shelves for them. Some couldn't get into the washroom, so they actually had them expanded... When there is a need, the school will (address it). But if no one tells them, it's hard to actually subsidize that help."

Shea explained that he did in fact raise concerns regarding his room, but said

the response from school staff made him feel "like I was ignored, and left to deal with a situation I was really struggling with."

Shea had three main concerns: the amount of storage that was accessible to him, the size of the bathroom and the struggle he had maneuvering around his bedroom.

"I brought up these concerns pretty early on. Within the first couple of weeks, I realized that it was going to be a challenge," Shea said.

"I had to pile things on top of each other, and any storage or surface area I had was taken up pretty quickly. I just couldn't do it. No matter what I did, it wouldn't work or fit. I had just hoped I could get a couple extra shelves, where I could put more things so that they had a designated spot that was easy to access and so that it was more organized. I was just hoping that I could work with the school to come up with a couple solutions that would help."

Mark Kirkpatrick, senior director of infrastructure at Loyalist, explained that in the area of modifications for accessibility, the college does "what we can within our existing residence structures to make whatever accommodations are necessary for whatever person happens to use them."

He continued, "We are dealing with relatively old buildings and there is only so much you can do in those structures right now."

Kirkpatrick said that in the past, there have been similar concerns the school has dealt with that was raised by Shea.

"I know that in the past, we have made

accommodations for students. We made modifications to the showers... changes to some of the cabinetry to make it more accessible, if you happen to be in a wheelchair. I know that the team in residence has in the past brought in additional shelving that is accessible," explained Kirkpatrick.

But for Shea, the timeline on getting those modifications made seemed to be dragging along.

"No one followed up very quickly, I had to keep bringing it up with people in the hopes that eventually someone could tell me if anything could be done," Shea said. "It was taking too long to find out if anything could or would be done. I just didn't get many answers."

In December, one semester after moving into the college, Shea decided it was time to leave.

"My health was declining. It was really hard to get food and use the kitchen to cook it," Shea said. "My first day at the Grace Inn Shelter was Dec. 21. That was my birthday, actually, and I've been there since."

Shea said he isn't looking for sympathy, he's just looking to rent.

"I have a passion to work. I want to integrate into the community and be a part of it," Shea said. "I feel like it's kind of a mission. I have this experience, knowledge and ideas, so I try to be a part of as many discussions as I can. That's how things happen, is by people talking about it. I kind of combat ignorance through my perspective. I don't blame them. You can only think about things that are brought to your attention or that affect you in your life."

Community celebrates Chinese New Year

By Jessica Munro

Many of Belleville's Chinese community members came out Sunday evening to enjoy the Chinese New Year at Centennial Secondary School.

Usually home to the Centennial Chargers, the school's auditorium was home to approximately 20 performers who presented 14 different musical acts and around 70 guests for the night, from 7 p.m. to 9 p.m. The event was hosted by the Quinte Chinese Canadian Association, or QCCA.

The outside of the auditorium was decorated with Chinese lanterns hanging from the ceiling, decorative New Year paintings hanging on the wall, and the stage was lined with red lanterns as well.

President of the QCCA, Shawn Kao says, "It's the biggest festival in China, and tonight there's a lot of people."

The celebration was hosted by Li Fan, and Mike Zhang. The auditorium was filled with folk singing, festive dancing, with food to follow in the cafeteria.

"We have a small Chinese community over here, but we try to make a voice," says Kao.

The spring festival celebration begins on Jan. 25 and lasts until Feb. 4, 2020. The Lantern Festival preparation begins on Feb. 5, and the festival is held on Feb. 8.

This year is a celebration of the year



Photo by Jessica Munro

During the Chinese New Year celebration at Centennial Secondary School, the Quinte HuaCai Dance Studio dances to Country Roads to ring in the Year of the Rat. Thirteen other musical acts performed during the night of celebration.

of the Rat. The Rat is the first zodiac in the 12-year cycle, with 12 animals.

"We just completed one cycle; we start from the beginning again. 2020 is western culture. We use 12 zodiacs to

record our years," says Kao.

Prime Minister Justin Trudeau issued a statement on Saturday for Chinese New Year, "The Spring Festival is a time to reflect on the past and look forward

to the future with hope. Family and friends will gather to give thanks for the blessings of the last year, exchange gifts, and share a reunion dinner."

According to the Chinese New Year

website, the myth of the Rat is said to have tricked the Ox into giving him a ride until the finish line, where the Rat jumped down and crossed the finish line before the Ox, becoming the first.

"Last night was New Year's Eve. You're supposed to eat with your family, with plenty of food, just like Christmas in western culture," Kao continues. "Last night, my wife worked, and she got off work at 7:30 p.m. so we waited for her to come home to have dinner together because it's New Year's Eve dinner."

"For all Canadians, this is a chance to recognize the important contributions Chinese Canadians have made, and continue to make, to our country. We are stronger, more prosperous, and more inclusive because of this vibrant community," says Trudeau in the statement.

Recent years of the Rat have been 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008 and of course, 2020.

Those who are born in the year of the Rat are considered likeable by all. They are sensitive to other emotions; they are also kind but because of poor communication skills, they may come across as rude and impolite.

People born in the year of the Rat are most compatible with people born in the year of the Ox, Dragon and Monkey, but least compatible with those born in the year of the Horse, Goat and Rabbit.



Photo by Gagandeep Sarangal

Camber Stanley pets therapy dog Charlie while reading to him at the Belleville Public Library. Paws for Eading gives young readers a chance to read without feeling awkward or uncomfortable.

Reading time with furried friends

By Gagandeep Sarangal

Young readers really enjoy reading to animals. After all, a dog will not correct them or make them feel awkward if they stumble.

PAWS for Reading is a program that allows children to read aloud to a therapy dog to improve reading and communication skills. Children read individually to a trained therapy dog, and their handler, on the first-floor program room of the Belleville Public Library, so they can feel comfortable, confident — and have fun

while reading

The staff in the children's, youth and readers advisory department of the library help run the program. The people from St. John Ambulance organize the people who come to the program with their dogs. Children who are beginners or reluctant readers participate in this program. The program has been offered for a number of years, except this year, it is being offered an extra day in the week.

Belleville Library Assistant Jane Van Manen said, "We added Wednesday evening to open it up to four more kids. It is

important to the community because it offers extra reading help to children. We have done this program for many years and it's always been successful and full."

Julie Empey and her therapy dog Charlie volunteer on Thursday evenings at the library for a reading session. The other two days, it's a different volunteer and a different dog.

Empey has been doing this on Tuesdays for the last six years. She volunteers for St. John Ambulance, and she also goes to nursing houses, court houses with her dogs. She goes to cadet camp in

the summer where about five dogs show up twice a week.

"It is a good program to get people into the library and it is really good for kids to learn to read, because it's more exciting to read for a dog than it is to read for a person," she said.

She also shared her thoughts about a new therapy dog program which started recently. She travelled to the police station, where they wanted therapy dogs to come in and stay with kids them while they give their statements. It calms the children, and they just pet the dog while

they talking, which is helpful.

Marie Stanley takes her granddaughter to Belleville Library to read for the dog. She wants her granddaughter to keep it up for as long as she could get involved. She thinks it's a great program to have kids playing with dogs while they learn to interact with a dog.

"It's a great program and the dog really helps too. I don't know she weather attention to the dog then books but it helps her focus on doing something and she enjoys it, so it's a good program," said Stanley.



Photo by Damon MacLean

This year marks 14 years of Sleep Out So Others Can Sleep In, an annual event in partnership with the Canadian Mental Health Association that brings light to the issue of homelessness in the Quinte area. This year, money is being raised to build a roof for The Grace Inn, Belleville's homeless shelter.

Sleeping Out supports building new roof

By Damon MacLean

The 13th Sleep Out So Others Can Sleep In event is slated for Friday at the CMHA office on Sidney Street in Belleville.

This year's event marks a couple of notable changes, Sandie Sidsworth, executive director of CMHA Hastings and Prince Edward, explains.

"We are actually sleeping out to build a roof. I think that's a really good way to say it. We are hoping to put a new roof on one of our transitional homes and we don't have that kind of capital, repair and maintenance dollars."

Setting the goal of building a roof isn't the only new aspect of this year's event.

"We are partnering with Grace Inn as a dual fundraiser. We are hoping that we both get those funds," Sidsworth said, referring to the approximate \$12,000 in funds that were raised through the event in 2019.

In the past, Sleep Out has been hosted outside of Market Square in the downtown core, but for the past two years, it has been outside of the CMHA office at 250 Sidney St.

"It's easier because of safety; people are staying out all night."

Belleville's homeless population has mixed emotions towards Sleep Out, explains Elissa Robertson, who also works closely with members of the community.

"Some people are really happy about the awareness piece, but unfortunately, people aren't always very kind to our homeless population, so any attempts to raise awareness, build empathy and capacity in our community and some people really appreciate that."

Sidsworth added that "some people, it doesn't even come on their radar because they are too busy trying to survive and you will always get people that say that

'We are hoping to put a new roof on one of our transitional homes and we don't have that kind of capital, repair and maintenance dollars.'

Executive director Sandie Sidsworth

this isn't doing anything and that's a fair question too."

The event is focusing on information rather than speeches, explains Sidsworth. "This isn't about speeches, this about information. We are having these information pods all through the night and all of our community partners, both formal and informal are going to have a chance to talk about what they do. Not about why

we need to alleviate this, but to really understand, "This is what we do, this is how we do it. So people participating understand the connections, that we don't do this in isolation."

A large part of this year's event is about bringing light to the fact that homelessness is a matter that is being dealt with through the combined efforts of numerous organizations, community members and their initiatives.

"Elissa's work isn't done at night in isolation. Grace Inn isn't done in isolation. Three Oaks isn't done in isolation and the Not Alone team are not doing this in isolation," explained Sidsworth. All of these organizations are working together to tackle the issue of homelessness.

The information pods will be there to help participants understand connections.

Sidsworth puts the situation figuratively, "All those pieces have to come together.

I can ask maybe the food trunk for food for someone because maybe they have meals, but I can't ask CMHA because we don't cook meals for people, but we help people get to those, so it's understanding those connections."

Sidsworth describes the event as "a fundraiser and an awareness raiser. We identify it as both events because it usually gives people an experience. It's not about what it's like to be homeless, that's not what it's set up to be, but it definitely raises awareness of the barriers and understanding of how hard it is to do anything, to move yourself out of that pattern of homelessness when you are constantly and chronically tired, fatigued and I mean, bone weary. Chilled, maybe you haven't had proper nutrition when you are totally soul exhausted."

Donations can be made to the cause at the CMHA Hastings and Prince Edward's website at hastings-cmha.org.

Cricket comes to Loyalist

By Deepak Sharma

If you've ever watched cricket and wondered what it would be like to play, here's your opportunity.

Loyalist College athletics have helped create a team for cricket. Practices have been going on in the sports dome, and some people are taking part, but there is room for more people to play.

Last year, a Loyalist cricket team played nine matches with other Ontario colleges and this year they are at six wins out of 10 games. Loyalist is also giving a chance to international and domestic students to play for them. Last year, one domestic student show up for cricket but this time no one has come forward. Many domestic students are not aware of cricket and don't know how to play the game or what the rules are. That might be why no one is showing up to play.

Cricket is one of the most popular sports in the world. Cricket originated in south-east England, and it became the country's national sport in 18th century and developed in 19th century all over the world. Today, it has become an international game played by India, South Africa, Pakistan, the West Indies, Australia and many other countries. It is the second most played sport in the world after football.

This game is played by two teams and each team has 11 players. Each team has a captain who leads his team and also has a toss with a coin, so that the winning toss team gets to decide to bat or ball.

There are three types of matches played in the international level. This first is test matches with unlimited overs. ODI matches are one-day matches with 50 overs, played by each team. The final one is T-20 with 20 overs. Every over has six balls to play.

"I like this game because it is a team sport and being an Indian, it's my national game. Moreover, it's a gentleman's game that you respect other games you play," says cricket coach Bhavik Patel.

There were four balls in one over when the game started, but that changed to five balls, and now there are six balls in one over. In addition, these matches are played by two colours of ball – red balls are played in test matches, while white balls are played in ODI and 20 matches.

"Cricket is my hobby and I am playing cricket from my childhood and it always keeps me fit and fine," said Jiwanjot Singh, a Loyalist Biotechnology technician student.

The shape of the cricket ground is a circular shape. This game is played on a pitch which is 22 yards long and 10 feet wide and includes two stumps on the

crease -- one is on the side the bowler bowls to a batsman and on other side, the batsman faces the bowler. The wicket-keeper stands with their back to the stump and one fielder stands on the slip near to wicket-keeper and captain set the fielding position of other fielders.

One is a striking batsman and the other batsman is on the non-striker end which is on the other side of the pitch from bowler is bowling. Boundaries are set up for fours and sixes. If a batsman hits the ball and the ball bounces before the boundary, that scores four runs. But if ball does not bounce and crosses the boundary while in the air, that scores six runs. Every player gets only one chance to play. If the player gets out, they have to sit on outside of the field and they will not get another chance.

In batting, Sachin Tendulkar from India is highest run scorer with 18,426 scores in all cricket formats. In bowling, Sri Lankan Muttiah Muralitharan is the highest wicket-taker with 534 wickets.

"Everyone, from all over the world, they want to be like Sachin Tendulkar. He is a legend in cricket," says cricket player and Loyalist General arts & Science student Nikhil Khanna.

In 1975, the first Cricket World Cup was organized by England in their home country. The West Indies won the first World Cup and Australia was runner-up. Up until this year, 12 World Cups have been organized by different countries and Australia has won five of those.

In 2019, England won and its first World Cup. Every four years, the International Cricket Council organizes the Cricket World Cup, and between those four years, they organize the T-20 World Cup.

Nowadays, T-20 World Cups are also getting very famous. The tournament started in 2007 and was hosted by South Africa, and India won. A total of six World Cups have been organized until now, and the next one happens this year.

Back at Loyalist, the team is preparing for upcoming matches

"We are planning to organize a cricket tournament here in March with teams from Humber College, Fleming College and other colleges," Patel says.

Loyalist College is also supporting cricket team by paying for the sports dome and by buying new and protective equipment for players so that they can play. They are looking for more people to show up for cricket so that they can make a proper team and start organizing tournaments.

If anyone is interested in cricket and wants to play for Loyalist, they can contact cricket coach Patel at bpatel@loyalistcollege.com.



Photo by Deepak Sharma

Loyalist College's cricket team has done well this year. They have played 10 games, winning six. Ritik Arora and Guramrinder Singh practise in the sports dome for their next match.

Getting to the heart of the matter

Ultrasound course teaches basics to resident physicians

By Jessica Munro

Belleville General Hospital hosted a one-day Emergency Department Echo, or EDE, ultrasound course on Saturday, designed to teach the basics of emergency and office-based ultrasounds.

Models were needed for the resident physicians to practise their skills upon, and during the morning sessions, approximately 20 volunteer models came out to the hospital.

"What we do is look for life-threatening conditions in someone that would come into the emergency room," says Dr. Miriam Layefsky.

The course needed volunteers who were considered normal, as well as volunteers with aortic aneurysms, pericardial and pleural effusions and peritoneal dialysis, as well as women who are seven to 10 weeks pregnant for the physicians to train with.

"This morning, we were looking at the heart to make sure there was no fluid around the heart and we also look at the aorta to make sure it's not widened or at risk of rupturing," says Layefsky.

There were nine resident physicians who practised the ultrasound techniques during the day of training.

Using healthy models can show the doctors what a normal inside of person should look like, so that they can easily recognize abnormal images more quickly.

"Our goal was to intergrade it into the Belleville family medicine curriculum to teach all the new residents," says Layefsky.

"I think it will be really helpful. This is one of the first in Canada, so there's not too many courses in Canada integrated in the residency programs itself."

Many of the residency's students plan on practising in a rural community, which don't always have access to ultrasounds all the time or



Photo by Jessica Munro

Justin Pang lays on the examination bed while a resident physician uses an ultrasound to examine his aorta and heart during an Echo (EDE) ultrasound course at Belleville General Hospital.

all types of imaging modalities, says Layefsky.

Kim Edwards, a first-year family medicine resident, as well as a trainee in the ultrasound course says, "So, it's an emergency ultrasound course. It's essentially the first step in many. It allows us to use ultrasound in the con-

text of emergency medicine patients to help narrow our differentials... and can help with our diagnosis."

During different ultrasound demonstrations, models were asked to either wear loose-fitting clothing or eat a light breakfast depending on the ultrasound, so the physicians can see

clearly. The male models were seen from 8 a.m. to noon, while females were from noon to 5 p.m.

Justin Pang, an abdomen AAA model, or a normal model, says, "They examined my aorta and my heart. I'm a physician, so I know what they were looking for."

Any high school students or nurses within the hospital were able to earn community service hours by participating as a volunteer model, as well as free snacks and gift cards for participating.

"It's good to help out," says Pang.