

Lancers take home first win

By Isidore Champagne

The Loyalist Lancers women's basketball team defeated the St. Lawrence Surges of Kingston 60-55 last Friday in a high-strung, nail-biting match-up.

Daniellia Myers led the scoring for the Lancers with a 16- point double-double, and Jessyka Maliksi captured 14 points and four steals.

This marked the first win of the regular season for the Lancers and was a redemption from their one-point loss to St. Lawrence in October.

"Last time we played St. Lawrence, we lost by one point after an unfortunate turnover on our end. There was probably 20 seconds left in the game when we turned it over and we lost by one, so we came into this game with a big need-to-win kinda game, so that was our mindset," said Gwen Forrest, a guard for the Lancers.

Maliksi, who was the first to put numbers on the board, started the game hot with a steal and a three, followed by another three a minute later. This galvanized the home crowd, and a group of children in front row seats, who were delighted to wave their six-foot long banner around the gym with "LET'S GO LANCERS LET'S GO" expertly calligraphed with multicolored hearts and flying cartoonish basketballs.

"Our past two games, I have not been shooting too well. I guess people would say that's my best skill on the basketball court so to hit the first two threes and kind of start up the game like that. It definitely helped, especially in terms of our team dynamic, everyone was excited. It just went uphill from there."

St. Lawrence was soon down by five,

but they fought back and the first quarter finished in a tie with each team scoring 18 points.

The Lancers dominated for most of the second quarter but faltered in the last minutes, losing their lead and ending the half down by two.

The team rallied in the third quarter by focusing on their ability to defend. Rachel Givens got a block and layup within the first minute, and Myers then assisted Maliksi with another basket from beyond the arc. This was the start of an onslaught that continued and found the Lancers up by seven at the beginning of the fourth.

"We really talked about not letting them get any second opportunities or offensive rebounds. During the third quarter, we boxed out a lot more and made sure the ball was in our hands most of the time."

St. Lawrence's Ella Doull led all scorers with 21 points but only scored two in the last quarter, and the entire team was unable to score for the first 4:55 minutes of the final quarter. The final score of the game was 60-55. This was the Surge's second loss of the season out of five games.

"Our defence is always our focus. With them it was about having high hands and disrupting with our pressure, gain deflections, and just being a team," explained Caleb Hugh, head coach of the Lancers.

"I think it was a well-earned win that we needed. I'm happy for them because we have been having a lot of early mornings, a lot of strength and conditioning. They haven't tasted victory yet, so it's carried into practice today, and hopefully we can build on that moving forward."



Gwen Forrest fights off the St. Lawrence Surge in the first quarter of the game. The Lancers won the game 60-55.

Book helps people at crossroads in life

By David LeClair

A new must-read book, *Life Blueprint*, is written for people stuck at a crossroads, or feeling disconnected from jobs and personal lives caused by the pandemic or by the ever-growing challenges due to inflation and other issues.

Author/Entrepreneur Nicole Gallucci, BA, is a respected teacher focusing on business general management, marketing, and creative services. Spending a lot of time on the road, Gallucci instructs both at Loyalist College here in Belleville and George Brown College in Toronto, all while raising three kids and a dog.

"I'd like to know how she always squeezes more time out of her day," said Toby Wong, a second-year advertising and marketing communications student.

"She can express her ideas very well in the classroom. I think her program will help many people," said Wong, a grateful student for having Gallucci teach classes both years of his advertising program.

Gallucci moved from Toronto to cottage country near Peterborough during the pandemic and lives in an isolated cabin where she does most of her writing with vibes of meditation music in the background.

Many years ago, Gallucci discovered that writing helped her understand her thoughts and ideas.

Life Blueprint turned its first page in 2008-2009 in another iteration; however, Gallucci started taking the project seriously in 2019 while being down on luck in her personal life after having a series of adverse events occur.

Life Blueprint is based on Gallucci's real-life experiences, not imaginative theories.

Gallucci explained that we have many strategic and planning processes to help manage our day-to-day operations and how we navigate through our business lives that we do not have in our personal lives.

"In business, setting goals means achieving them because you have no choice. In our personal lives, we tend to let go of personal goals and dreams very quickly," said Gallucci.

She explained that we could read self-help books, attend workshops, or get coached, only getting a piece of the whole spectrum to living a more pros-



Author and entrepreneur Nicole Gallucci (centre) shares a quote from her new self-help book *Life Blueprint* with Loyalist College students Marley McFaul (left) and Toby Wong.

perous, balanced personal and business life.

Gallucci created the process for people to think and lay out all the different pieces of their lives and navigate and create a cohesive, consistent format for a way of living for themselves.

"I took the strategic business planning process, re-engineered it and tailored it to our lives, added some of the best from the self-help industry, and created the Life Blueprint Process." "I applied it to myself, and it worked," said Gallucci.

Because people started seeing her

successes while using the methods written in the book and applying them to her life, Gallucci has clients now booking life coaching appointments, looking for her insight and guidance into their situations.

Gallucci explained during the interview that readers would get in touch with emotion while reading and working through the Life Blueprint Process guide. People will experience good highs and vulnerable, tender, and emotionally introspective moments while trying to figure out what kind of impact they want on the world.

"I propose in the book many times to take a break; I set you up for it," said Gallucci.

Life Blueprint will appeal to people aged 25 to 60 – particularly those stuck at a crossroads or whose careers and personal lives have been negatively impacted by COVID.

Marley McFaul, a second-year advertising and marketing communications student from Loyalist, said it's been great having the Blueprint Process worked into some of the class content. "I think it has helped everyone develop," said McFaul during an interview.

Gallucci and her publisher are in the process of developing a workbook to go hand in hand with the Life Blueprint Process, acting as the reader's journal.

"My goal is with the whole process; I hope you find what works for you."

"Once you do this stuff once, it's with you for life," Gallucci remarked.

The book is now available on Amazon, and also available globally in 39,000 stores in physical copy.

Visit her website to view her most recent body of content.

www.nicolegallucci.com