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Weather



TODAY:
SUNNY

HIGH OF -14
LOW OF -19



TUESDAY:
PERIODS OF
SNOW

HIGH OF -6
LOW OF -8



WEDNESDAY:
SNOW

HIGH OF -9
LOW OF -20



THURSDAY:
SUNNY

HIGH OF -14
LOW OF -23



FRIDAY:
MIX OF SUN
AND CLOUDS

HIGH OF -13
LOW OF -22

The basement is alive with the sound of music



THE SCOOP

MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) Youth Programs are constantly looking for ways to keep Potton's youth off the social devices and involved in activities to build teamwork, self-esteem and social integration. This as many will agree, in this day and time, is no easy task. Friday night animator, Ethan Ball thinks that he may have found the key to unlocking kids from social media and bringing them back to social interaction.

"Sometimes you have to go back in time to realize that the "old way" worked the best," said Ball. "I really gave a lot of thought to the programs I enjoyed at the Youth Centre when I attended each week and that is what made me realize that sometimes repeating great activities may be the answer to keeping the interest of today's youth."

Ball, who animates the weekly Students Against Destructive Decisions (SADD) group as well as the Exercise Through Boxing Technics group every Friday has now added guitar lessons for those taking part in the other programs

"We used to have guitar lessons with Ralph Steiner and then later with Mandy Vachon and that is where I first learned to play guitar," shared Ball. "My guitar is now an extension of myself and provides



PHOTO: ETHAN BALL

me with a great way of expressing, through the songs and artists I love, my own feelings, joy and sadness," he added.

The program just started this past Friday and by the end, the youth had already mastered 3-4 chords. Ball says that the next lesson will find them tackling strumming and chord changes. He hopes to have the group able to perform a couple of songs by the next Coffee House that will be held in March at the Youth Centre.

Since the Youth Centre had previously offered guitar lessons and since the music room (Ma's Music) now exists in the basement, guitars were not a problem as they were ready and waiting for the kids and a program to begin. As long as the kids remain interested and the desire to work hard and learn is there, Ball

plans to take the group as far as he can in learning to play.

"I feel that it is kind of a way to pay it forward," said Ball. "I can take what was given to me by the teachers we had and pass it on to other youth and maybe, who knows, one day they too will be teaching a group."

For the youth, this is a real treat and nobody minded putting away their cell phones to gather together and acquire this new skill. If a building could smile, the basement of the youth centre was in full grin from corner to corner as once again, music filled the air and the sound of excited youth followed behind it.

For more information about the CABMN Youth Programs visit www.cabmn.org or call 450-292-4886.

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Association for children with cancer

Ben by Daniel Shelton

WHAT'RE YOU LOOKING AT? THE GARDEN.

I SEE A BORDER OF LAVENDER, A SWEET-SCENTED SHRUB ROSE, A PATCH OF FOUNTAIN GRASS...

ALL I SEE IS SNOW...

THE GARDENER'S FIRST TOOL SHOULD BE IMAGINATION.

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