

## On the street

We asked people at Loyalist College the following question:

**How often do you eat breakfast, and what do you normally eat? How important is eating breakfast to you?**



**Brianne Young, community and justice services worker,** "I eat breakfast every single day. It's very important. I have a granola bar and orange juice."



**Stephanie Clarke, culinary skills,** "If I'm at school, I have egg and cheese on an English muffin, and if I'm at work then I usually have bacon and egg whites with spinach."



**Chris McEwen, culinary skills,** "I try to eat breakfast every day. Cereal, fruit ... I just feel better when I do."



**Tammy O'Rourke, nursing professor,** "I eat breakfast infrequently, but when I do, it's usually yogurt. Eating breakfast is very important. I just don't have the time."



**Mike MacDonald, border and customs services worker,** "I don't eat breakfast much, maybe three or four times a week. I've got an apple and that's about it. It's not that important, I just kind of wake up and go to class, and that's about it."



**Lisha Bijay Jacob, developmental service worker,** "Normally we'll go for cereal, like oats or cornflakes. It's very important. I try to never skip breakfast."

## Editorial

# Cell phone materials may be killing people in Congo

The material in your cellphone may be killing people in the Congo.

The products that we consume here in western society can be directly related to a country's civil conflict, poverty, health and education. One example is the minerals used to create the electronic devices that many Canadians use on a daily basis.

Many electronics, including computers, cellphones, camera lenses and chemical processing equipment, use columbite-tantalite, also known as coltan. This heat-resistant mineral is used for storing and releasing electrical charges in electronics.

Nearly 80 per cent of coltan can be found in the mineral-rich Democratic Republic of Congo. What many people don't know is this mineral has caused years and years of civil conflict in the DRC.

Rebel warlords have taken charge of the mines in the DRC and an estimated three million people have died either as a direct or indirect result of the civil conflict. Surrounding countries of the DRC have been invading the country to exploit its minerals and then export the coltan to First World countries.

The majority of the population in the DRC earns less than US\$1 a day, which goes to show how little people are being paid to mine this mineral.

Not only have humans been affected by First-World greed, the animal population of the DRC has suffered as well. The majority of coltan deposits can be found in Kahuzi Biega National Park, a tropical forest ecosystem.

This national park is also home of the Grauer's gorilla, a species nearing extinction. The mining has cleared most of the national park where the gorillas roam, and many Congolese have been killing the gorillas for "bush meat."

So how can someone in Canada make a difference? Well, Canadians could be more cautious and aware about where their products are coming from, whether the product they're purchasing is conflict-free, and encourage manufacturers to use ethical materials and make fair-trade products.

The Canadian government is implementing a policy to ensure Canadian companies do not purchase conflict minerals. Even though this policy is in place, avoiding conflict minerals in products that have been imported cannot be guaranteed.

In short, educating yourself and asking a simple question could save a life.

Brynn Campbell

# Professionalism important for Mixed Martial Arts to gain credibility

Mixed Martial Arts is gaining popularity quickly around the world, but is the lack of professionalism in the sport holding it back from becoming a fan favourite?

Fans of MMA have watched its popularity climb significantly in the past five years. The competition and intensity of this sport are extremely exhausting to the athletes' minds and bodies.

The fact that it takes months to train properly for an event is remarkable. Studying videos of the competition and constantly being in and out of the gym all the time is physically draining. Constantly striving for perfection and gaining the respect of fans and other fighters is the main goal for most fighters in the Ultimate Fighting Championship. As a professional athlete, you should know your role not only because you are in the limelight 24-7, but because you are a role model to all those watching.

Being pressured to hype up your fight and bash your opponents into the ground doesn't seem like the moral thing to do. Although some fans enjoy the athletes trying to hype up the fight, there is no need to make it into a joke. Constantly hearing about how you want to tear your competition's head off and how you're going to knock them out isn't the best way to express your devotion and passion for the sport.

"I'm not out here trying to put on an act like I'm crazy. In my opinion, everyone else is crazy. They're the ones trying to put on an act for you," Nick Diaz, a professional UFC welterweight fighter, told the *Canadian Press*, in an article published by City News.

Acting like you're crazy doesn't increase your popularity in any way. Showing no respect towards the sport and/or opponents is another degree of insult. Fighters are aware that they are making a public message disrespecting their opponent. Without thinking about the consequences and how it makes fans identify them as arrogant, brash or just plain ignorant.

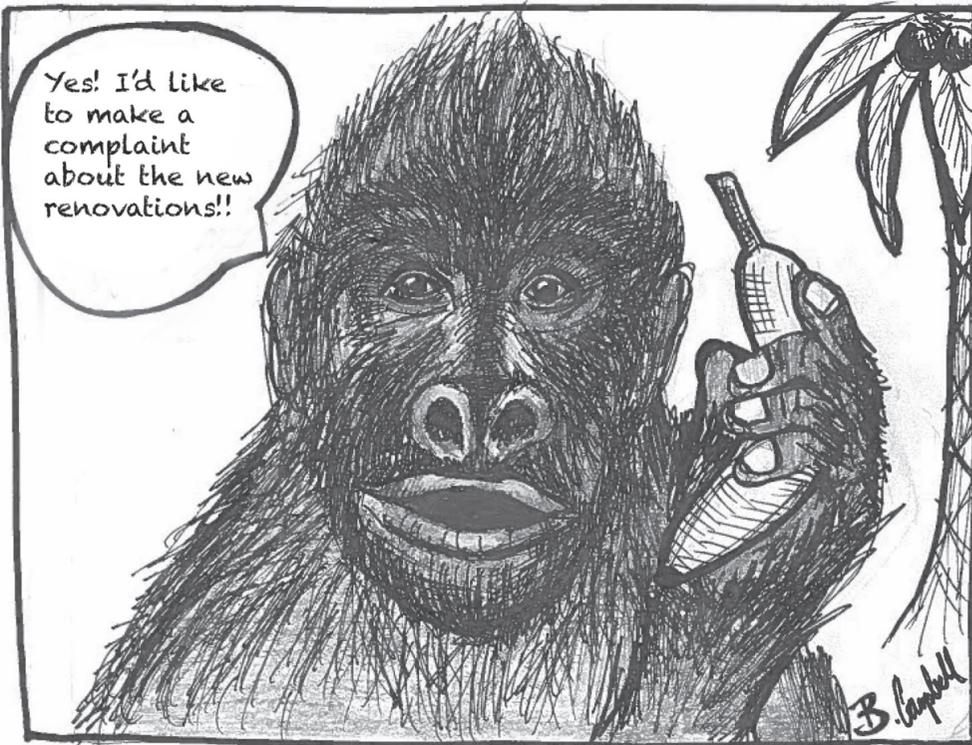
After Diaz didn't show up to any press conferences when he was scheduled to fight Georges St-Pierre in Toronto on April 30, 2011, Dana White, president of the UFC, confirmed that Diaz was removed from the fight. Shortly after the fight was rescheduled, St-Pierre had to back out due to a knee injury.

"Who knows, maybe Georges isn't really hurt. Have any of you seen the pictures of (St-Pierre's knee) surgery? Because I haven't ... I want to see photo or video," said Diaz on City News.

Calling your competition out and saying someone isn't hurt after having to back out of a fight is unreasonable and immature.

If fighters in the UFC can learn to become more realistic and professional, it might just increase their fan base.

Kayla Allen



## Opinion

# Social media not really that social for users

By Carleen Schmidt

Turns out social media is not so social after all.

Social media like texting, e-mailing and sites such as Facebook and Twitter can bring more harm than good to those growing up in this generation.

According to Larry Rosen, a social media researcher at California State University, about 42 per cent of teenagers say they can text blindfolded. A study released in 2010 noted that 48 per cent of those polled update their Facebook or Twitter accounts during the night or as soon as they wake up and 19 per cent under the age of 25 update anytime they wake up in the middle of the night.

Most people think social media increases social life and helps introverts come out of their shells, when in reality it is the opposite. Yes, introverts may become more open over the Internet but in human-contact situations they are more likely to be more introverted, according to Clay Shirky in a *New York Times* article on social media.

Shirky is a social media teacher at New York University who said, "Digital media is an amplifier. It tends to make extroverts more extroverted and introverts more introverted."

Rosen discovered a relationship between heavy Facebook use and narcissism in teenagers. Though social media does not cause narcissism, he said it enhances the existing narcissistic

symptoms by providing the opportunity to say what you want without anyone seeing you.

According to a York University study, Facebook presents a new method of "self-presentation." Users can recreate themselves in the virtual world of Facebook. They can decide how they want to be viewed by others.

Many college residence advisors are taking advantage of social media sites to monitor freshman students for symptoms of depression, major stress etc. that show up through status updates, according to Dr. Megan Moreno, a specialist in adolescent medicine at the University of Wisconsin-Madison.

However, Rosen said overdoing it with social media can draw out negative emotional behaviours in people.

Strong social media presences also lead to other psychological disorders including anti-social behaviors, aggressive tendencies and depression, as discussed by Rosen in a plenary talk entitled "How Social Networks can Both Help and Harm Our Kids."

Clifford Nass, a Stanford professor who led a 2010 study on the impact of social media on teenage girls, said that younger people, especially girls, need to experience the full "pantheon" of communication that comes from face to face contact.

"Humans are built to notice these cues – the quavering in your voice, perspiration, body posture, raise of an eyebrow, a faint smile or a

frown." Those are all things that cannot be seen when communicating through social media.

This lack of face-to-face contact also affects relationships in this generation. Relationships suffer from social media because the intimacy and closeness are depleted by communicating through texting or Facebook rather than phone calls when couples are apart.

Breakups are now often done through text messaging or other forms of social media to avoid the confrontation of having to see someone hurt. When people are behind the screen of a computer, it gives the illusion that they are anonymous and provides them with the opportunity to easily say things that would otherwise be difficult to say.

Relationships are occasionally started through social media sites where you may not have even met the person before or know anything about them. This can lead to potentially dangerous situations for anyone.

Perhaps those under the age of consent should be continuously monitored when on social media sites. They should be encouraged to interact with others on a daily basis rather than spend time on the Internet or texting.

To avoid these problems in the future, social media should be used in moderation. It is pretty clear that in today's generation, kids are not going to stop using social media because of the popularity of it but we can at least limit the amount of usage.

# Inhalable caffeine shots the latest energy fix

By Melissa Murray

Addicts are always looking for their next fix.

Coffee. Tea. Uppers. Energy drinks.

Now there's a new one.

An inhalable caffeine shot.

The product, called AeroShots, was launched in the United States last month and the manufacturer claims it will give you your next fix for your sleep-deprived study night or your upper for a bland board meeting.

Their motto is, "Breathable energy. Anytime. Anyplace."

Although not yet approved in Canada, AeroShots contains less than the legal limit of caffeine and according to creator David Edwards, a biomedical engineering professor, there should not be an issue having Health Canada approve the caffeine shot.

Though not yet available at a convenience store near you, the product can be shipped in

from Paris, France and the cost of the product is about the same as a latte. For an extra eight Euros or just over \$10, the product will be shipped to your doorstep.

This product just might be the next big caffeine option. It doesn't take much. A few tweets to introduce the product, then a few more to say it is amazing. A friend of a friend whose sister's cousin's friend loved it.

From Tickle Me Elmo to planking and smoking cigarettes. Each one was the creation of a marketing genius or propagandist, and Edwards might be the next one.

Not only does it claim to be an amazing "high," but it also has no calories.

But AeroShots aren't easily mixed with alcohol, so the inhalable shot won't be the catalyst for the newest way of mixing your liquor. There will be no new Jager bomb, or touch-down or VRB: vodka red bull.

The real appeal: in four to six puffs or a full

canister, the user is supposed to acquire the energy that they would normally get from a large coffee.

A product like this could be a hit around college and university campuses. Students won't have to rely on the hours of their local java joint or pharmacy, but instead can pull out a sleek canister and take a couple of puffs of caffeine, like the new smoker.

The buzz surrounding the product, which was launched on U.S. campuses, is huge. While tweets suggest the taste is overwhelming, consumers are biting at the chance to try the product. Being in a demographic that often needs a boost to finish an assignment late at night and talking about the product with people around the school, most seem eager to try it. It might just be a new fad, but even that has its own appeal because, while addicts are not only looking for their next fix, they're also looking for the next big thing. Will you be next?

# The Pioneer

The Pioneer is currently produced by photojournalism students for Loyalist College and the surrounding area. In the spirit of the pioneers who settled our community and who were rooted in tradition, these pioneers always had an eye on the future. Our students strive to serve the public interest, seek the truth and uphold the highest standards of our profession.

**Editor, Brynn Campbell**  
**Photo editor, Kayla Allen**  
**In Focus editor, Carleen Schmidt**  
**Faculty advisers: Patti Gower, Luke Hendry, Frank O'Connor, Scott Whalen**  
**Managing editor, Mike Beaudin**  
**Publisher, Jane Harrison**

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