

Building inaccessibility an issue

Two Loyalist students
unable to get into
new residence

By Kelly Michelle Gagné

Two Loyalist College students say the campus's new residence buildings should have units that are accessible to disabled students.

Loyalist College students Samantha Hobbs and Leah Bunnett, who both have cerebral palsy and need wheelchairs for mobility, said they wish they could have moved into "New Res" but can't because it's inaccessible. The new units designed as townhouse residences, opened last fall.

Hobbs, 25, has been taking classes at Loyalist College for the last five years, and has lived in the older campus residence for four years in an accessible unit. She has also been a part of the Loyalist accessibility sub-committee for the last three years.

Bunnett, 21, is currently taking early childhood education at Loyalist and said she was disappointed that she could not live in the new residence.

"There was talk about the New Res buildings at the (accessibility) committee meetings and that they were going to be townhouses. They never mentioned they weren't going to be accessible. We just assumed that they would be," said Hobbs.

Both students said they feel they don't have the same options as the other students.

"It's because of all of this, why I decided to live off of campus this year. I don't have the same rights as the other returning students," said Hobbs.

Bill Walsh, vice-president of enrolment management and student services at Loyalist, said the college considered whether to make the new residence buildings accessible.

"We obviously had to take into consideration of whether to make the buildings accessible or not, but it would have completely changed the layout and design of these buildings, as they are just not designed to be accessible," said Walsh.

"The college already had 20 residence rooms that were accessible and they were hardly ever all filled in a year," he said. "We feel like we have provided a nice va-



Photo by Kelly Gagné

Leah Bunnett, 21, is disappointed that the new residence buildings on Loyalist College campus are inaccessible. Bunnett lives on campus in the Reilly building, where her apartment is completely accessible, but unfortunately for Bunnett, when she wants to visit any of her friends who live on 'New Res', she can't get into the buildings.

riety of living spaces for the students, and we do plan on refurbishing the older residences in the next few years to keep them up to date as well."

The residence buildings are privately owned and rented out by Campus Living Centres. The college only helps the students apply to move into the buildings, and organizes living conditions for the students.

The new residence buildings are exempt from the Ontario Building Code because they are owned by a private

company, not the college. According to the code, private residences are exempt from the barrier-free/accessibility requirements including all single-detached, semi-detached, duplex, triplex, row and townhouses up to three storeys in height.

Bunnett's parents live in Belleville, but she is currently living in an older residence building on campus during the week because of the difficulty she has commuting by bus. Bunnett said she lives on campus so that she can attend classes

and complete her placement on campus while living independently.

"I have friends that live in New Res and whenever we want to hang out, we either have to meet somewhere that is accessible, or they have to come over to my place," said Bunnett.

Bunnett's fired, Caitlin Mortorino, 19, lives in one of the new residence buildings on campus. Mortorino lived in the older residence last year as well, but was happy that in her returning year to Loyalist, she qualified to live in the new resi-

dence.

"I like New Res. It's a good layout and it's spacious. However, it's really bugged me that ever since I've moved in, I haven't been able to have my one friend over who is in a wheelchair. It takes a lot of planning to have her come back to my place, and unless we have people that are strong enough to lift her and her chair up the stairs, it's impossible to get her inside," said Mortorino.

Discloser: Leah Bunnett is a former roommate of Kelly Michelle Gagné.

Tanning exacts tremendous toll on woman

Dermatologist
diagnoses 21-year-old
with melanoma

By Sherry Tompkins

"Unfortunately, it came back as melanoma."

Those were the words that Kate Neale, 21, of Belleville, heard from her dermatologist in June 2011.

"At that point it clicked, I knew it was from the tanning," said Neale.

"Honestly, I couldn't even believe it. I felt like, I really did love my job at the tanning salon, I was really passionate about it and I defended it for so long and then it all came back and kicked me in the butt. Really it did, and I knew that it was from that deep down."

Neale had staunchly defended tanning. Having worked in the industry for two and a half years, and attending many training sessions, she was very pro-tanning.

Dr. John Edward Adam, Neale's dermatologist, told her that it was impossible to tell how bad it was without surgery. Neale's next stop would be the surgeon's office, where her mother accompanied her.

"We went into the plastic surgeon's office and he was talking to my mom. Then he said 'Katelyn' and I said, 'That's me,' and he said, 'Oh my God, I'm so sorry, I thought your mom was the patient. I've never seen somebody so young in my office with melanoma.' He just couldn't believe it.

"If someone had told me, when I was 16, 'tanning or scars all over your body,' I would have picked no tanning."

Back in 2007, Kate Neale was a typical, young 16-year-old girl. She cared about her appearance and as a fair-skinned, blue-eyed blond, she wanted to tan. Although her parents were dead-set against it, at 16 she was legally allowed to choose for herself, and she chose to tan.

"I got up to about 16 times a month. I was tanning for about 12-15 minutes in the strongest bed that they have, and I never took more than a week off," said Neale.

After a year and a half of tanning at the salon, she was offered a job. She was thrilled. She loved tanning. This was the perfect thing, or so she thought.

Within the World Health Organiza-

tion, the International Agency for Research on Cancer, raised the classification of ultraviolet-emitting tanning devices from "probably carcinogenic to humans" to "carcinogenic to humans"—the highest risk category—based on evidence of a substantially higher risk of cutaneous melanoma in those who regularly used sunbeds.

James Bezan, a federal Member of Parliament for Selkirk-Interlake, Manitoba has put forth a private member's bill that would raise the legal tanning age to 18 across Canada. The bill would also require tanning salons to improve warning signs and labels on and around their machines.

Bezan is passionate about this bill, the Tanning Equipment Prohibition and Warning (Cancer Risks) Act (Bill C-386), which had its first reading in the House of Commons in December, 2011.

In an interview by phone, Bezan had much to say about his motivation.

"The World Health Organization declared that based upon worldwide studies, that the radiation from tanning is carcinogenic to humans. It's at the highest level of carcinogenic, it's level one, which puts it in the same ball park with asbestos, tobacco, and mustard gas."

According to Bezan, his wife, Kelly, used to use tanning beds. She was 35 years old when she had her first melanoma. She had another five years ago and then three years ago, it presented once again in her lungs.

"That put us through 30 days of pure hell," exclaimed Bezan, "The only way to treat it, that seems to have any success, is through cutting it away. My wife's body is covered in scars. Every time a mole starts to change, we just cut it off."

Bezan is well informed about the subject matter, commenting that even older tanning beds, with older bulbs, are still more powerful than the sun. Newer tanning beds, actually tanning closets, have many times the radiation of the sun.

Bezan added that besides the fact that people are unaware of the risks, when they are outside, they usually put on sunscreen.

"But, what do you do when you go to a tanning bed? People put tanning oil on to enhance that tan and then lay there for 20 minutes and its more powerful than the sun."



Photo by Sherry Tompkins

Kate Neale of Belleville found out she had melanoma when she was just 21. After two and a half years working in a tanning salon, Neale said, "At that point it clicked, I knew it was from the tanning." Neale's dermatologist made her promise never to enter a tanning booth again.

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Loyalist security heads up investigation of thefts

Thirteen iMac computers
taken from
media studies labs

By Joanna Becket

An investigation is now underway into the theft of a total of 13 iMac computers worth \$30,000 from the media studies labs at Loyalist College.

The first of the stolen 2010 iMac 21.5-inch desktop computers was reported missing in August, 2011.

An additional seven computers disappeared just prior to the school's Christmas break, which ran from Dec. 16, 2011 to Jan. 8, 2012.

In the most recent incident that took place on Wednesday, Jan. 31, five iMacs were removed from two separate labs.

The students affected include those in media studies programs that use Mac computers, including art and design, animation, journalism, media experience and photojournalism.

In October 2010, the theft of equipment valued at \$150,000 from the Loyalist school of trades program was reported.

"I do know that the (computer) investigation is underway, so I'm hopeful that it will be successful. It should be. But I just don't know yet," said Jane Harrison, Loyalist's dean of media studies.

The iMacs will cost \$2,300 each to replace.

"Some good news, though, we ordered replacements," Harrison said. "We can't have the students doing without. So that's a costly thing for the college because the cost of the individual computers is not insignificant, but the deductible for our insurance is quite high.

"So, it hasn't been a matter of an insurance claim. We've had to go into our own funds."

Dianne Spencer, executive director, college advancement and external relations, said, "The college is aware of the situation. There will be no comment at this time as the matter is under investigation."

The internal investigation began with Gord Horne, the media studies IT, who runs the labs, reporting it to security.

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Photo by Cole Breiland

Kevin Brandt cuts a wooden board to use in constructing the seating of the longhouse on Sadie's Lane in Tyendinaga Mohawk territory, on Feb. 7. According to Brant the longhouse community is considering a pine wood interior, and loghouse style siding for the building.

Grounds for heart of community getting a rebirth with building

By Cole Breiland

The grounds that once held the ashes of the heart of a community now cradle a growing one.

The Longhouse on Sadie's Lane in Tyendinaga Mohawk Territory is being rebuilt after an emotional two-year journey.

The building was burned to the ground two years ago during a time of political upheaval in the community. Upon seeing the scene Bill Hay of the Ontario Fire Marshal's office said that the fire was suspicious because of the time of night it occurred, the building's isolated location and its lack of power source. No cause or culprit has been found.

The Longhouse was traditionally a building where Mohawk families lived, organized through matriarchal lineage. In

current times is a spiritual and community centre for members of the longhouse, where group and personal ceremonies are performed, meetings are held, and where they can gather socially.

The loss of the original Longhouse was a shock to the community.

"I was devastated, I have never been as devastated in my life as I was that day," said Janice Hill, Turtle clan clanmother, as she described seeing the still burning ruins of the old Longhouse on that dark night. "It broke my heart that our longhouse was burned down."

As the longhouse was burning, its members decided to rebuild. Donations started to come in to support the effort that day from members and non-members alike.

Over the next two years, people still gathered to the site to perform ceremonies, while awaiting the Longhouse's re-

construction.

The building process has involved many in Tyendinaga, not just those who are a part of the longhouse community.

Donations and fundraising from within the Tyendinaga Mohawk Community and other Mohawk communities, have allowed that reconstruction to begin over the past few months.

In mid-October of this year, the site was excavated and the foundation laid, with donated time from contractors, tradespeople, and volunteers. The mild winter allowed the building to be put up in four days this January.

Recently the midwinter ceremonies were held at the longhouse, which mark the end of the last year beginning of the new year.

"We renew our fire... we're renewing our home fire, we're renewing our long-

house fire, and we're renewing our individual personal fire, which is our personal energy," explains Hill.

The sacred ceremonies performed at that time are all related to giving thanks to what has been provided in the last year according to Hill.

"It was just overwhelming. The longhouse was full, there was more people in the longhouse than there has been at ceremonies in the last two years."

There is still work to be done. The building stands unfinished surrounded by the slick mud of a construction site, lacking siding, and proper doors. Inside, two fireplaces warm the building.

"It is a little ways off being done, but it's home," says 49 year old electrician Kevin Brant who lives in Tyendinaga, and who is helping to finish the interior of the building. "It is a new building, new beginning, a fresh start," says Brant.

Preparing for an emergency

Emergency defined as any time an event overwhelms resources

By Jessica Corriveau

Sarajevo, Bosnia, has declared a state of emergency in a cold snap that has shaken Europe. Winter is no stranger in Canada -- despite this year's mild winter -- but are we ready for such an emergency?

"An emergency can be defined anytime an event that overwhelms local resources," said Belleville Fire Chief Rhéaume Chaput. "Where there's an effect that overwhelms the local resources and we need support either through provincial funding or something of that nature, then it's quite possibly declared an emergency."

An emergency response system has been put in place following legislation that passed in 1990, the Emergency Management and Civil Protection Act, which mandates that every region and municipality have an emergency plan. As such, Hastings County, the City of Belleville, and Loyalist College have emergency plans put in place and updated yearly, including dry runs to make sure it all runs smoothly.

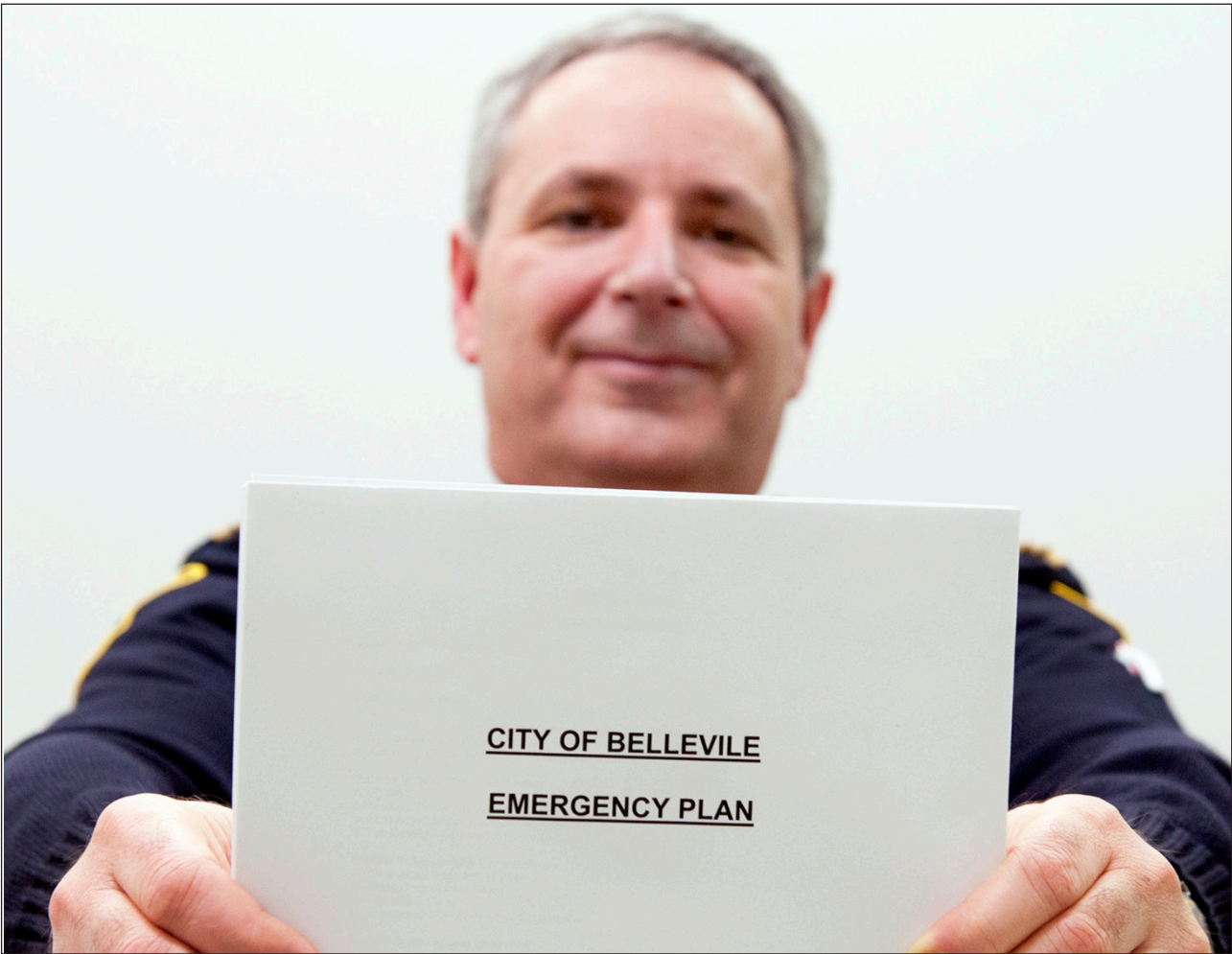
According to Natural Resources Canada, natural disasters that have the highest likelihood of occurrence in this area are tornadoes and severe storms. Because Belleville is located in southeastern Ontario, it is near the highest risk area in Canada for tornadoes.

Loyalist offers some resources to students, accessible on their student accounts when they are logged into the school's computers, or from the resource centre. The resources include a tip sheet on weather indicators of a tornado and a natural disaster plan.

"Typically, if the power is not interrupted, or other main services like water and sanitary, then we'll keep the building open and there will be limited services to it. If there are major utilities interruptions, mostly gas and hydro, then we would shut the building down and close the building," said Kirk Fleming, director of facilities services at Loyalist College.

"In a power outage, the Common Building at the south end of the residence complex, actually has an emergency generator, and so that building can be fully powered with that system. Students would go there and stay warm, and there would be power there to run any of the devices within the building," said Fleming.

Apart from natural disasters, other pos-



Jessica Corriveau

Fire Chief Rhéaume Chaput is director of Belleville's Fire and Emergency Services, the city department in charge of the emergency plan.

sible emergencies include technological emergencies such as fire, explosion, utility failure, or a hazardous spill or leak.

Chaput said evacuation is a key element in the city's emergency plan.

"We have a main hub of train traffic throughout the city of Belleville. We've identified that as one of our hazard identifications and we've identified that those evacuations routes need to be identified for that case, as well as different means of evacuations. So we have in place now multiple sources of transportation, for example, the city bus system, as well as agreements with the school systems in regards to using their bus systems, and those kinds of things," said Chaput.

Loyalist is one of many possible evacuation centres for the County of Hastings, which has its own emergency response plan.

"Our plan would be enacted when sev-

eral municipalities are involved," said Doug Socha, community emergency management co-ordinator. "One example, if there was a flood in Belleville, then it's up to them to decide whether to declare a state of emergency. But if there were a flood in Belleville, Trenton, Napanee, and Deseronto, if there were multiple municipalities involved, if provincial resources were needed, then we would come in."

With yearly practice runs and updates since the original plan was approved in 2004, officials say Belleville is prepared for the varying dynamics of the emergencies it could be confronted with.

"I'd like to think we're prepared for more than one. I would say the ones we're more prepared for are the flooding, weather events, those kinds of events, major traffic issues on the 401. We have plans for that," said Chaput.

"Sometimes we participate within

[Hastings County's practices] so that we can see how we interact with their facilities and their communication systems. We hold our own once a year as well because we're mandated by law to do that. Last year was in the fall, the year before, it was in the spring. We try different times of year and different types of events," said Chaput.

The city of Belleville's fire department has adopted social media as a resource to communicate with the public.

"Social media is a really important part to emergency management and disaster emergency preparedness. So we now are on board with social media and we hope that we'll be able to build on it," said Chaput.

To receive updates, simply like the Facebook page, City of Belleville Fire and Emergency Services, or follow the fire chief's Twitter, @COBRheumeChapu.

Employers take part in job fair

By Megan Voss

Holding stress relievers in the shape of hard hats and hammers, pens that spray hand sanitizer and munching on timbits, students milled about the gymnasium and cafeteria at Loyalist College.

Among the key chains, pens and candies, there are pamphlets and flyers, with potential employers standing behind the desks they laid on, ready to meet with their potential employees in the form of Loyalist students.

Dressed to impress, the students hovered about the various booths, hoping to make connections and network to get jobs after they graduate.

From 10 a.m. until 1 p.m. on Feb. 9, the 15th annual career fair was held at Loyalist.

Francine Short is the career advisor at Loyalist and is part of the team that organized the fair.

"Everyone has a different goal," she said. "They could be looking for summer employment, securing a job upon graduation or placement opportunities. The goal is to somehow find a 'career,' whether it is for summer or part-time placement."

Short said about 1,000 students were expected to attend the fair, whether they were looking for a job or not. With such a large attendance, the variety of jobs represented was fairly vast.

"We usually get a good number of employers in the justice field, the health care and human services field, the skilled trades, manufacturing and business," Short said.

One of many tables was Cruickshank, a company that does road, bridge and infrastructure construction.

Having attended the fair for the past three years, Brenda McAllister, the human resources generalist for Cruickshank said that they have hired several civil engineering alumni.

She echoed what Short said about networking with the students.

"It gives us a pool of people to choose from, and some of them work with us year after year," she said.

Tanning...

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The World Health Organization, the International Agency for Research on Cancer, the American Medical Association, the American Academy of Pediatrics, the Canadian Medical Association, the American Academy of Dermatology, the Canadian Dermatology Association, the Canadian Cancer Society, the Save Your Skin Foundation, the Melanoma Network of Canada and the Canadian Paediatric Society all support legislation that would prohibit the use of artificial tanning devices by people younger than 18 years of age.

In Canada, children and youth under 18 years of age are banned from commercial indoor tanning facilities only in Nova Scotia and on southern Vancouver Island.

Asked about the timeline to see this bill through, Bezan said that because of where he sits in the lineup, the earliest the bill would be up for debate would be sometime in the winter of 2012-2013.

"The best-case scenario is the minister of health and the Government of Canada say we like this idea and we're going to implement it and it becomes a government bill then, rather than a private members bill.

"I would think that if Minister Leona Aglukkaq decided that she wants to make this government legislation, then she would be able to move it through the chamber in a fairly expedited manner.

"We are going to be launching, here in the next week or two, with our health partners, (the Canadian Cancer Society and the Canadian Dermatology Association) a letter-writing campaign, a petition process, as well as an online petition. Canadians can express their support directly to their own members of Parliament as well as to the minister and to the House of Commons via petitions."

Neale has a painfully unique opinion. "I think that's it good that I've been the customer, I've been the employee, I've been the advocate. I want people to know.

"I just wish I could tell young people, don't do it. You don't want six inch scars in the middle of your stomach. If I could say to them, 'Well do you want to have scars all over your body when you are 21?' That sucks."

Thefts...

Continued from Page 1

The matter is now in the hands of security. "If they feel it's warranted and they've gathered enough verification that a theft did occur then they will bring the Belleville police into the picture and the police will take over the investigation at that point," said Harrison.

There have been discussions about what measures should be taken, Horne said. In the labs there are already new security processes in place.

Since December, said Horne, the work study students under his direction check off an online lab check list accounting for every computer, mouse and keyboard, in the four media labs on the second floor, at the beginning and end of every shift. At the end of their shift, they email him the digital file.

"So, that's how we knew on Jan. 31 when these computers were stolen, that it happened after the person's shift was complete. It was after 10 o'clock and security on that night had locked all the labs when my tech left for the night. It was after 10 o'clock and all the labs were locked at that time," said Horne.

It feels like spring everywhere but in Batawa

Hills remain white despite lack of snow and warmer weather at Batawa Ski Hill

By Kelly Michelle Gagné

Despite the lack of snow and warmer weather this winter in the Quinte region, Batawa Ski Hill has been keeping its hills freshly white.

It's certainly been a very mild winter this year, but we've kept busy at the hill and have been doing fairly well," said Stephanie Adams, administration supervisor at Batawa Ski Hill.

The staff at Batawa have had a fairly busy winter despite what people outside the hill would think, taking advantage of the nights when the temperature would drop back down to -5° C to produce as much machine-made snow as possible.

"We've definitely had to produce a lot more fake snow than we would have liked due to the weather. It's been more expensive financially for us than last year to produce the snow, as opposed to having well – free snow," said Adams, laughing.

"We do have snow which is hard to believe for a lot of people. Everyone outside the hill gets to see green and yellow patches of grass, but I sit here and look out my window and the hill is just completely white," said Adams.

Frost Fest took place at Batawa the following weekend, Feb. 3 and 4, and the ski hill had a really good turnout, according to Adams. All of the planned events were open, with a good amount of snow, and the park was filled with smiling faces after a weekend of mild weather and sunshine.

"Word of mouth has definitely been the key to spreading the word about the hill being in perfect condition to ski," said Adams.

All events have gone as planned this year for the hill. The season isn't over yet,



Photo by Kelly Gagné

It's hard to believe after all the mild weather we've had this winter, but Batawa Ski Hill is still open and busy, with a lot of snow for their skiers and snowboarders.

with more events planned for the next few weeks, some whether there is snow or not.

"We've only had to close the hill one day all year, and that was a morning when

it was plus 10 degrees outside and raining, but other than that, we've had a fairly successful year for the hill," said Adams.

With Family Day coming up and the

March break, the staff at Batawa say they are looking forward to all of the skiers and snowboarders.

"It's definitely been a successful year,

thanks to the staff for stepping up to the plate and really helping produce the fake snow and with maintaining the hill for our skiers," said Adams.

Workshop looks at why people lose jobs

Strategies offered to maintain a positive working environment

By Cole Breiland

While many students are worrying about finding work in their field of expertise, it is useful to keep in mind what students should be doing to keep that job and make it a more positive experience.

This week the Northern Lights employment resource centre in downtown Belleville held a workshop detailing the top reasons people lose their jobs and outline strategies employees can follow to have a positive working relationship.

According to the points covered at the workshop, the top reasons people lose their employment are:

- Knowingly breaking company policy.
- Always waiting to be told what to do.
- Being unable to change with a changing environment.
- Not making an effort to improve after warnings
- Doing just enough to get by – and then falling short.
- Having a poor attitude with the boss.
- Poor attitude in general.
- Mistakes from not checking work.
- Poor work attitude about doing their job.
- Poor Attendance and tardiness.

The workshop also gave strategies to

have a personally and professionally rewarding employment by avoid these pitfalls.

They encouraged people to make better relationships with co-workers, as it will make their work easier and their performance better.

Similarly, they suggested avoiding gossip and negative venting, while tempting, is likely beneficial in the long run as it can reflect poorly on your personality.

Along the same line, they advise to find a mentor if you can. Is there someone with good management or technical experience in your organization? You can ask for their guidance. They point out that individual does not need to be a boss or someone with influence to learn from

them.

Knowing what is expected of you and pushing your own limits to take on task outside of what you normally do can make you a more valuable employee, the presentation recommends.

Valuing your position is something the centre thinks is of importance. They bluntly point out "despite what we may want, or think, we are all replaceable." They make clear that doing your best to show your employer that you are the best person for the job is something that does not end at the interview.

Students in need of job search, application, or career advice are advised to contact the Loyalist College Community Employment Services.

Population census released

By Melissa Murray

The population and dwelling results from Canada's controversial long-form census were released yesterday.

Belleville's population now sits at 49,454 and it increased just 1.3 per cent or 633 people between 2006 and 2011. Neighbouring Quinte West grew by just 0.9 per cent, or 389 people. While Quinte West grew by 0.9 per cent, Prince Edward County's population shrunk by the same amount. Approximately, 238 fewer people live in the area now as compared with 2006.

The two urban centres that had a decreasing population, both turned out to be in Ontario. Windsor and Thunder Bay saw their populations decline by 1.3 and 1.1 per cent respectively.

Cougars defeat Golden Hawks in Wednesday action

By Dan Pearce

The second place Cobourg Cougars narrowly defeated the first place Trenton Golden Hawks last night in Trenton.

Despite a 3-1 lead heading into the third period, the Hawks were unable to maintain the furious pace they set earlier in the game, and the Cougars clawed their way back, winning 4-3 in a shoot-out.

Fans on both sides enjoyed the game, and despite the loss, Hawks fans were still in particularly high spirits.

"I just thought that it was awesome to watch because it was such a well matched game," said Hawks fan Mary-Lou Morden. "They've got some great players, and some great skill. You win some, you lose some."

As enjoyable as she said the game was, Morden admitted the shootouts never get any easier to watch.

"The shootouts are torture, and we've had a number of them throughout the season," she said. "That was a real tough loss for them."

Cobourg fan Joseph Bazarin was elated with the game's result. Bazarin's grandson, Loren Ulett, plays defence for the Cougars.

"I think it was a great game. It could have went either way. Both goalies made some fantastic saves, and a break here or there is what won it"

Tacresa McRae, from Cobourg, had high praise for the Cougar's goalie Emerson Verrier.

"Emerson is the greatest goalie we've ever had," McRae said. "The game was absolutely marvellous," she added.

Trenton Jr. A hockey fans are happy to have a team perform so well. They haven't seen a team win the Eastern Division in 16 seasons, though The Trenton Sting took second in 1998, 1999, and 2003.

Mary-Lou Morden said, "We haven't had a winning team here in about ... I couldn't tell you how many years, so to get a winning team here in Trenton is very exciting.

This concludes the season series between the Hawks and Cobourg, with the Hawks coming out on top with four wins and two shootout losses.

The Hawks remain in first place in the Eastern division, though Cobourg is now just one point behind.

The Hawks will face off against the Kingston Voyageurs Friday at the Memorial Gardens at 7:30 p.m.

"We'll be here Friday," said Morden. "Go, Hawks, go!"



Photo by Dan Pearce

The Cobourg Cougars celebrate a shoot-out victory against the Trenton Golden Hawks at the Memorial Gardens arena in Trenton on Feb. 8.

Love is in the air for sweethearts

Candy, flowers and gifts all part of Valentine's Day

By Rachel Cohen

Every Feb. 14, across Canada and around the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine.

There are varying opinions as to the origin of Valentine's Day. Some experts state that it originated from St. Valentine, a Roman who was martyred for refusing to give up Christianity. He died on Feb. 14, 269 A.D., the same day that had been devoted to love.

Legend also says that St. Valentine left a farewell note for the jailer's daughter, who had become his friend, and signed it "From Your Valentine".

Other aspects of the story say that Saint Valentine served as a priest at the temple during the reign of Emperor Claudius. Claudius then had Valentine jailed for defying him. In 496 A.D. Pope Gelasius set aside Feb. 14 to honour St. Valentine.

Whatever story holds true, today we celebrate Valentine's Day to express how we feel to our loved ones.

"Valentine's Day is the symbol of love, and for us at Donini Chocolate, it's a pleasure to serve our local chocolate lovers all year round," says Lee Ann Brennan, store manager of Donini Chocolate on Bell Boulevard, in Belleville.

Every year it seems there is a debate among the population on the validity of



Photo by Rachel Cohen

Natalie Ackerman takes a moment to embrace her arrangement of roses during a busy day at Live Love and Laugh, located at 222 Bell Boulevard. "Roses are number one, they are classic, always have been, always will be."

the holiday. Whether it be the person who calls it a "Hallmark" holiday, and who refuses to acknowledge its existence, or the person who goes to extraordinary efforts

to impress their loved one.

Natalie Ackerman has been working at Live Love and Laugh flowers for 17 years, and for her family-owned business, Val-

entine's Day is something to look forward to.

"Florists alike have to designate Feb. 14 to spend our day at the shop. We are

constantly prepping starting this week for everyone's Valentine's Day passions," said Ackerman.

As the women of the crowded flower shop were busy at work, Ackerman shared her favourite Valentine's Day story.

"Every year, my boyfriend has the understanding that the shop is too busy, and working long hours is inevitable. But one year, my boyfriend surprised me on Valentine's Day with one of the most beautiful bouquet of tropical flowers I had ever seen, waiting for me at the shop. All of the girls kept it a secret. It was perfect."

The floral shop will be running its 17th Valentine's Day this year, and the employees say they share the same excitement.

"I started eight years ago on Valentine's Day, and even though it's crazy busy, I love seeing the men waiting in line ups with smiles across their faces. They don't mind the wait," said store employee Ellen Webb, in between serving customers.

It doesn't matter whether your gift of love falls in the form of a dinner reservation, a card professing your love, or chocolates.

"Roses are number one. They are classic, always have been, always will be," said Ackerman.

Live Love and Laugh expects to sell about 200-300 dozens of roses on Valentine's Day. On an average day, the shop sells up to five to ten dozens.

Snipping a handful of roses, Webb smiles.

"You can't deny what a great holiday this is — the season of love is so much fun!"



Photo by Mallory Haigh

First-year Loyalist College Developmental Support Worker student Liz McLennan is a participant in the Belleville General Hospital Foundation's Quinte's Biggest Loser competition. She utilizes the Loyalist College's student fitness centre in the quest for a healthy, active lifestyle.

Loyalist student joins Biggest Loser event

By Mallory Haigh

The Quinte's Biggest Loser weight-loss competition has almost drawn to a close.

The event, which is run by the Belleville General Hospital is a weight-loss competition modelled after a popular reality TV series.

Contestants, raising money for the hospital foundation, strive to have a healthier lifestyle and compete to see who can lose the most weight and raise the most funds. The contest was announced in December and ends next month.

Local businesses and fitness facilities were also encouraged to participate. Gyms including Belleville's Curves, Quinte West and Belleville YMCA and Goodlife Fitness are offering free gym time to competitors.

In addition to providing participants with a fitness outlet, the foundation has scheduled various health and nutrition classes to support the cause.

Liz McLennan, a first year developmental services worker student at Loyalist, said that joining the program and participating in the competition was a spontaneous decision.

"I need to lose weight but I'm so completely bad at motivating myself. The natural accountability and very public aspect of fundraising for BGH works to

keep me moving," McLennan said.

McLennan is both a mother and popular local blogger. She runs the Life With Bellymonster blog, which focuses on her day-to-day life as a mom and student. She has returned to Loyalist as a mature student, after having originally been educated in journalism.

With a long-term 60-pound weight loss goal in mind, McLennan has her short-term sights set on incorporating fitness and exercise into her life, and maintaining a healthy, active lifestyle.

"I walk every day. Well, six days a week. I've been trying to get to some yoga classes and "boot camp" like things, too. I'm not too into weights, but don't mind running, so I do that," she said.

McLennan noted that she has already noticed big changes in her life. In addition to healthier eating and an exercise routine (she frequents the Loyalist Student Fitness Centre), she has lost a few pounds and commented that she does feel healthier and can notice an improvement in her fitness and health.

Said McLennan, "I'm not even close to achieving my goal, but I've lost a few pounds and size since this competition began. Plus, I'm eating better so it's all good."

The final weigh-in for Quinte's Biggest Loser takes place on March 29.

Bus driver loves shuttling junior curlers

By Joanna Becket

A yellow school bus has been barreling east along highway 401 by 7:30 a.m. every morning this week with Rome Dorval at the wheel.

Dorval is shuttling competitors in the 2012 Canadian Junior Men's and Women's Curling Championships from the Fairfield Inn & Suites in Belleville where they're staying, to two locations in Napanee where they're competing.

The games are taking place at the Strathcona Paper Centre and the Napanee & District Curling Club and wrap up on Feb. 12.

The fact that Dorval's an avid curler makes this assignment that much more appealing.

"I belong to the Napanee & District Curling Club and I've been curling for five years, so I'm right in my element," he said. "I'm driving the buses which I enjoy plus I'm meeting people in a sport I enjoy. So I've got a big smile on my face."

Dorval, 70, was first inspired to drive a school bus by his daughter Julie. It's a big change from his previous career as the owner of his own business in metal fabrication in Mississauga, Ont., a company he ran for 20 years.

"After we were living here and we adopted our daughter Julie, she got so excited about riding in a school bus that she turned me on to it," said Dorval. "I enjoy driving and I'm very comfortable in the company of children, so driving a school bus is something I enjoy doing," he said.

Dorval now has his own route, picking up and dropping off elementary and high school students five days a week all over Lennox & Addington County.

"You get to know your kids," he said, "and all the different stops. You feel much more comfortable when you have your own route."

A temporary driver has taken over Dorval's route while he's providing the shuttle service.

Driving a school bus is only one of Dorval's passions.

Now married to Judy Dorval, 67, the couple moved four years ago from Mississauga to Napanee to be closer to their own children and to fulfill their dream of someday living in an old stone house.

The Dorvals have six children and 12 grandchildren between them.

They also have two adopted foster children, Crissy, 23, and Julie, five.

Judy Dorval has been fostering children for more than 30 years, many of them with special needs.

Rome Dorval has been involved in fostering since the couple met eight years ago. The Dorvals married in 2006 and adopted Julie in 2009.

Both Crissy and Julie were foster children from birth. Judy Dorval is the only "mom" they've ever known.

Life is busy for the Dorvals. They're the parents of a five-year-old with all that entails – pre-school classes, dance classes, birthday parties, family outings, and with Julie, medical appointments to monitor her care.

They also deliver meals-on-wheels in their community.

"There's never a dull moment," said Judy Dorval.

"I'm quite happy with our lives right now. It suits me well," said Rome Dorval. "And we're still fostering. We're still enjoying the fostering."

Artist suggests others 'listen to their voice'

Messages sent out regarding artist's beliefs about cars and their negative effects

By Megan Voss

What do muffin tins, road kill and car parts have in common?

Artist Jeff Mann's work includes – but is not limited to – those three things. His artwork is being displayed from Feb. 2 to Feb. 23 at the Belleville Public Library.

Mann says he hopes people enjoy the work. His goal is to inspire others.

"I'm not very good at drawing, so sculptures and print/painting are good for me," he said.

"I hope to encourage others who may feel discouraged that they aren't 'good' at art to listen to their voice and find a way to express themselves if that's what they want to do."

As well, he said he wants to get his message about cars out to people.

On his website, he writes a lot about his beliefs about cars and their negative effects. He strongly believes society should be setting goals about cars and reducing pollution, the improvement of fuel efficiency, and minimizing the use of natural resources.

On his website, he writes about creating a demand for non-car transportation, and doing so by increasing the efficiency of public transportation, removing the aspects that hinder it and encouraging transportation methods that use less energy and natural resources.

Mann portrayed this theme through his brightly coloured and textured artwork, using parts of cars as an element of it.



Photo by Megan Voss

Lilianne Denis pauses for a moment to examine some artwork by Jeff Mann at the Belleville Public Library on Feb. 7. She says the paintings say a lot, because a lot of the themes of the pictures are of cars, and a large number of people are killed by them every year.

He called the process, "Reconstructing the car." He described it on his website as the transformation from something he would generally think as malignant into something benign. He said that his approach is, however, not negative.

"I don't make ugly pieces to reflect the evils of the car, but rather celebrate the incredible beauty of car parts and their complexity."

There are different interpretations of his work. Lilianne Denis was attending a

meeting in another part of the library, and during a break, she came up to check out the artwork.

"It's very interesting," she said.

"There's painting and multimedia, and it says a lot. Quite a bit of his theme is cars, and with the large number of people killed every year by cars, it's quite relevant."

Mann said he gets his inspiration from car parts, although he has no idea how the end product is going to turn out.

"Generally, I work directly with no pre-

conceived idea," he described on his website. "I choose an object, an actual car part or a tire tread pattern and respond to it by focusing on what makes it interesting to me."

Mann began his artwork in 1999. He started with clay sculptures and moved to metal and concrete ... and recently, he has been using car parts.

In 2000, he presented his first show. He displayed his work at the Chocolate Church Art Gallery Juried Regional show in Bath, Maine.

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?

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



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."



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 lead 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 touchdown 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.

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