

On the street

We asked people at Loyalist College the following question:

March 8 is International Women’s Day. Do you think the day is relevant?



Beatrice Downs, accounting, “Yes, still working for equality, not getting a fair share so it’s good to unite.”



Kim Ward, fitness and health, “Yes, I think that women of all races should be recognized and have a voice.”



Brandon McCrea, television and new media, “I feel like it would be great to celebrate womanhood.”



Taylor Phillips, child youth worker, “It would not be relevant because everyday is like women’s day.”



Dustin Mahoney, civil engineering, “No I didn’t even know about it. Not well advertised.”



Erin Wiggins, OYAP apprentice, “Sure, because we are women, some women don’t have a chance to speak, but we do.”

Editorial

Government giveth and taketh away

Ever wonder where that 30 per cent student rebate that the Canadian government so generously deposited into your bank account last month came from?

Turns out critics are saying that at least some of the funds came from the government program that matched bursary amounts given out to college and university students across Ontario.

In the past, the Ontario government had always doubled the amount of bursary money. For instance, if the college had \$50,000 available to students, the Ontario government would match it, leaving the school with \$100,000 of available bursary money to distribute.

In a time where we still haven’t fully recovered from the economic crisis of several years ago, students are relying heavily on bursary funds to complete, or help complete, their post-secondary education. And although this change won’t affect the bursaries already in place, this leaves very little wiggle room for new ones to open up.

The demographics of universities and colleges are starting to change. Mature single parents, Second Career students, and people from out of province are now, more than ever, attending Ontario’s post secondary institutions. Whereas in the past all of these individuals could qualify for some sort of bursary, now only some meet the requirements of the 30 per cent tuition rebate which essentially replaces the money that otherwise would be set aside for these students to claim.

According to Statistics Canada, 2011 marks the year that just over 24 per cent of the total number of students enrolling in post-secondary education in Ontario are mature students and therefore, not qualified for the 30 per cent tuition rebate.

In turn, this will make it harder for them to receive bursaries that may no longer be funded to help them out with their financial needs.

As the number of mature students and people coming in for an education from out of province grows, so will the difficulty involved in getting a bursary, as less may be offered in the future, when they’re really going to be needed.

Looking at the numbers, you would assume that these changes with rebates are helping a higher percentage of people. But in less than a decade, the numbers will flip as they always have, and there will be more mature students roaming the halls than students coming straight out of high school.

Instead of working toward filling seats in Ontario post-secondary schools, the government is taking all the right steps towards inhibiting the success of students who are now having a harder time getting back into the workforce with a new career.

Topher Seguin

Destroying data from gun registry may not be wise

It was fought on the way in, and it was fought on the way out, but Canada’s Conservative government has finally scrapped the long gun registry, but is making a mistake by destroying the data.

The federal Conservatives have been opposed to the registry ever since its creation, saying it is wasteful and does not reduce crime.

The Conservatives say the registry targets only law-abiding gun owners, such as hunters and farmers, instead of criminals, because only law-abiding citizens feel compelled to register their long guns.

Now, the registry isn’t exactly cheap to keep running; it cost more than \$1 billion to set up in 1995, and \$22 million each year to operate it. But you have to consider its use. The registry was a database overseen by the RCMP, and used by local police all across Canada. It contained information about the three different types of firearms — non-restricted, restricted, and prohibited — and who owned them.

It was accessed by police officers to evaluate potential safety threats when they stopped a vehicle or were called to a residence, essentially keeping our men and women in uniform a little bit safer, which is never a bad thing.

Now that the registry has been scrapped, new firearms will not have to be registered after purchase, but a licence will still be required when purchasing firearms and ammunition.

The information that had been collected over the past 17 years will be destroyed, which is pointless and wasteful. After spending all that money on the registry, the Conservatives want to have the information destroyed just to prevent future governments from starting it up again.

Quebec, however, is fighting to save the information and start its own provincial registry. But why fight to keep the registry? Well, the people of Quebec have a special connection to this registry. It was created after the École Polytechnique shootings in Montreal where 14 women were killed in 1989.

There is, of course, a new question that we will have to wait to see answered. Now that the Conservatives have their way, how much will it cost to scrap the registry?

Marina Sanford



Opinion

Taking a holistic approach to medicine

Eastern medicine addresses all parts of individuals

By Melissa DiNardo

Mental illness is a rising epidemic in North America. The more the medical system ignores the connection between the body, mind and soul, the more we allow pharmaceutical companies to create a zombie population.

We need a more holistic approach to medicine. The separation of organs from each other in the medical field is one of the first problems we have here in Canada. We have specialists who study and practise for only a certain organ, never looking at the body as a whole conscious being. Separation from the mind, body and soul is how Western medicine is performed.

The Canadian Mental Health Association states that 20 per cent of Canadians will experience mental health issues in their lifetime. More and more of our youth are being put on anti-depressants, uppers and downers to control moods and thoughts. The CMHA

states that suicide accounts for 24 per cent of all deaths among 15-to-24-year olds and 16 per cent among 25-to-44-year olds.

We trust our doctors, our specialists, to know what they are treating and that they hold our health as their highest priority. But what if the actual understanding of medicine in the western hemisphere is wrong? Why do we separate the mind from the body, the body from the soul, the soul from the mind? Separate different organs from the whole being? Separate the individual from their environment?

In Eastern medicine, mind, body and soul are all connected, which is called holistic healing. Holistic or “wholistic” healing addresses all parts of the individual, not just the physical facet of a person where manifested ‘dis-eases’ are most evident. ‘Dis-ease’ is a holistic term referring to people’s diseases being formed in their mind and is the ‘dis-ease’ of their being. Holistic healing is not a one-time fixer but rather a lifestyle change removing the dis-ease from one’s life; ultimately, living better, being healthier, and striving for wholeness.

Holistic healing is a combination of wise counselling, medical intuition with a vast understanding of natural herbs used as medicine,

not chemicals. Thought empowerment and stress management are necessary to restore the balance between mind, emotions, the physical body and the energetic body.

The understanding of energy and its frequency is used in the trained healing methods (Reiki healing, Tai Chi and Chi-gong are energy-training methods). Homeopathic remedies are derived from natural ingredients. A given remedy is selected based upon the totality of symptoms for both mind and body of the patient.

Nutrition is also a huge factor in the rise in mental health problems as well as in the disease that is affecting our loved ones. More processed foods with more chemicals than nutrients are being fed to our youth, and pizza is now considered a vegetable in cafeterias.

The lack of amino acids and indole-3-carbinol (which repairs cells and defends against cancer and is found in kale) are some of the nutrients that our bodies are lacking.

When using holistic healing practices, we eliminate the reliance on drugs and all the chemicals that come in them, essentially creating a healthier, happier and abundant lifestyle.

Use OSAP and bank loans with caution

Easy to get in over your head with student debt

By Stephanie James

Debt can become a hole that seems to just grow bigger and bigger, and eventually, we find ourselves stuck in the bottom with no way out.

Student debt is one of most common forms of debt. Continuing your education after high school, or pursuing a second career is a choice made by many all over the world, but for a fair percentage of us, it comes at a cost that we can’t afford.

OSAP and bank loans exist to help us when we need that bit of extra money, but these options come with caution.

It is easy to get in over our heads and spend

money on things we don’t need and that are not school-related, with money that is loaned to us.

I am not saying that OSAP is a bad option. It is a great program provided by the Canadian Government to help many students, but you don’t want to get bogged down with the interest rates that come along with the loan.

According to The Globe and Mail, almost 60 per cent of post-secondary students expect and hope to graduate with no debt or less than \$10,000 in debt, according to a Bank of Montreal survey.

No matter how much wishful thinking we may have, the fact still remains that the average amount of debt that graduates take with them when they are done school is about \$19,000, according to Statistics Canada.

It’s a good idea to manage your loaned money, not blow it all at once. It is just like a credit

card. You get a bill stating how much you owe. If you don’t have the money to pay it back, either all of it at once or in small portions, more gets added onto your owed amount as a late fee.

I was fortunate enough to have family that was able to put money away for me to help support my college career and to start working at a young age to try and put money away for the future. But not everyone has this option.

Putting money away before starting college is always a good idea. It doesn’t have to be the full amount, but a little something to get you on your feet.

If you are unable to do so, then OSAP is a great option. Just try and not to get tied down by the interest rates.

There are many other things your money could go towards, rather than paying back for your education for the rest of your life.

The Pioneer

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